



LIVINGDHARMA

Yongey Peace
Prevails Center
January 2009

Calendar

Jan. 6, Tuesday

Calm Abiding Meditation
6:00 p.m. TUCSON
Ames Residence

Jan. 12, Monday

Calm Abiding Meditation
6:30 p.m. PHOENIX YPPC

Jan. 18, Sunday

Mahamudra Level I Practice
9:00 a.m. PHOENIX YPPC

Jan. 20, Tuesday

Calm Abiding Meditation
6:00 p.m. TUCSON
Ames Residence.

PHOENIX CONTACT:

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TUCSON CONTACT:

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2009 Teaching Update: Book Signing Held at Changing Hands Bookstore on May 1

*Discounted early
registration ends
Jan. 31 for other
teaching programs.*

Since the December issue of *Living Dharma* was published, there have been a few updates to Yongey Mingyur Rinpoche's 2009 teaching schedule in Phoenix. These are noted as follows:



Yongey Mingyur Rinpoche at Changing Hands Bookstore in 2007.

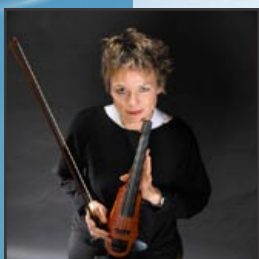
Book Signing for Rinpoche's New Book: Changing Hands bookstore will host a free book signing with Mingyur Rinpoche celebrating his forthcoming book, *Joyful Wisdom*, on Friday, May 1, at 7:00 p.m. The signing includes an informal question and answer period with Rinpoche.

[Changing Hands](#) is located at 6428 S. McClintock Drive, Tempe, AZ 85283, (480) 730-0205. A map is provided on the store's Web site .

Date Change for Chenrezig Empowerment: Due to the addition of the book signing event above, the Chenrezig Empowerment is being moved to Sunday, May 3. All programs and registration forms provided on the YPPC Web site have been updated to include this change.

(continued on next page)

Mind Meets Music Concert Update



YPPC's revolutionary benefit concert "Mind Meets Music," held Sunday, April 5, 2009, in Mesa, Ariz., is revolutionary in several ways -- most notably that the event begins with a brief introduction to meditation using music as a focus -- from none other than Tibetan meditation master Mingyur Rinpoche. In addition, stellar performers for the concert include Laurie Anderson and Lou Reed (both students of Rinpoche).

Laurie Anderson.

(continued on next page)

Update on 2009 Phoenix Teachings
(continued from front page)

**CURRENT 2009
TEACHING
SCHEDULE**

Phoenix, Ariz.

Thurs. & Fri. April 30 - May 1
Mahamudra Level II
Location TBA.

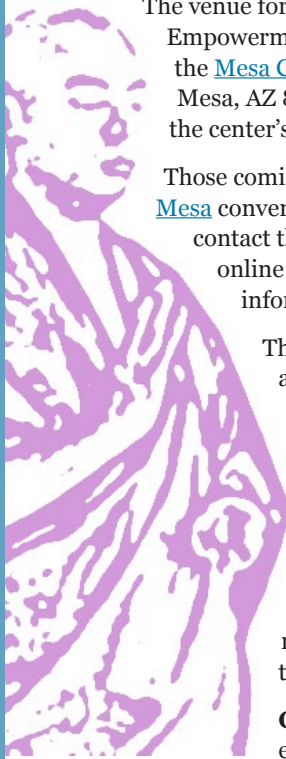
Fri., May 1, 7:00 p.m.
"Joyful Wisdom" Book
Signing at Changing Hands
Bookstore, Mesa.

Sat. - Mon., May 2-4
Mahamudra Level I
at Mesa Convention Center.

Sat., May 2, 7:00 p.m.
Long Life Buddha
Amitayus Empowerment
at Mesa Convention Center

Sun., May 3, 7:00 p.m.
Four-Armed Chenrezig
Empowerment
at Mesa Convention Center.

Mon. - Wed., Aug. 24-26
Calm Abiding (Shamatha)
Meditation Silent Retreat:
Location TBA.



Location Set for Mahamudra Level I & Empowerments:

The venue for the Mahamudra Level 1 program and the Empowerments for Chenrezig and Amitayus will be held at the [Mesa Convention Center](#), located at 263 N. Center Street, Mesa, AZ 85201; (480) 644-2178. Directions are provided at the center's Web site.

Those coming from out of town may find the [Phoenix Marriott Mesa](#) convenient as it adjoins the convention center. You can contact the hotel for rates at (480) 898-8300, or inquire online at their Web site. Other Mesa hotels and visitor information can be found at www.visitmesa.com.

The locations for the Mahamudra Level II program and Calm Abiding (Shamatha) Retreat are still to be determined.

Early Registration Closes Jan. 31. Save on tuition by registering early. Just mail in your registration information by Jan. 31 to the address provided on the form available at on the YPPC Web site [Registration page](#). All courses except the Changing Hands Bookstore event require fees to help cover costs, but are eligible for the early registration discount.

Current Phoenix Schedule: Rinpoche's updated teaching schedule in Phoenix is featured in the sidebar at right. For a description of each program,

further updates, contacts, and a mail-in registration form, please go to www.yongeypeace.org/events.html.

Mind Meets Music Concert
(continued from front page)

Also featured are performances by Lyra, and performances by Shangao Cai and the Phoenix Chinese Art Ensemble.

Concert tickets are \$48, \$58, and \$68 and may be purchased online at www.chandlercenter.org, or by calling the box office at (480) 782-2680. Also, special fundraising packages offer the chance to attend a private reception and dinner with Mingyur Rinpoche, Ms. Anderson, Mr. Reed. These may only be purchased from YPPC. For details, please visit www.yongeypeaceconcert.org.



Shangao Cai.

Joy of Living: Conditioning Factors



Suffering follows a negative thought as the wheels of a cart follow the oxen that draw it.

-- *The Dhammapada*
translated by Eknath Easwaran

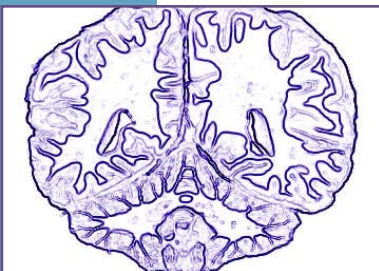
Biology and neuroscience tell us what's going on in our brains when we experience pleasant or unpleasant emotions. Buddhism helps us not only to describe such experiences more explicitly to ourselves, but also provides us with the means to go about changing our thoughts, feelings, and perceptions so that on a basic, cellular level we can become happier, more peaceful, and more loving human beings.

Whether looked at subjectively through mindful observation taught by the Buddha, or objectively, through the technology available in modern laboratories, what we call the mind emerges as a constantly shifting collision of two basic events: bare recognition

(the simple awareness that something is happening) and conditioning

factors (the processes that not only describe what we perceive, but also determine our responses). *All* mental activity, in other words, evolves from the combined activity of bare perception and long-term neuronal associations.

One of the lessons repeated again and again by my teacher Saljey Rinpoche was that if I wanted to be happy, I had to learn to recognize and work with the conditioning factors that produce compulsive or trait-bound reactions. The essence of his teaching was that any factor can be understood as compulsive to the degree that it obscures our ability to see things as they are, without judgement. If someone is yelling at us, for example, we rarely take the time to distinguish between our bare recognition "Oh, this person is raising his voice and saying such and such words" and the emotional response "this person is a jerk." Instead, we tend to combine bare perception and our emotional response into a single package: "This person is screaming at me *because* he's a jerk."



“..What we call the mind emerges as a constantly shifting collision of two events: bare perception and conditioning factors.”



Living Dharma

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Page 2:

Shangao Cai
courtesy of the performer.

Page 3:

Mingyur Rinpoche by
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Page 4:

Enthronement photos
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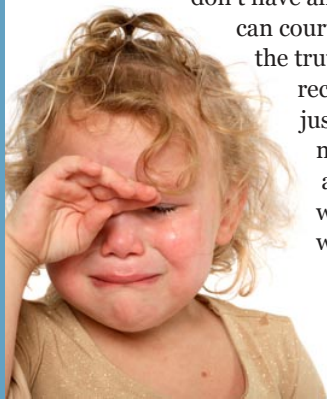
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Dedication

May this newsletter be dedicated to
the enlightenment of all beings,
and may the wisdom in such precious
gurus as Yongey Mingyur Rinpoche
quickly ripen students to full potential,
like water pouring into water.



YPPC News Digest

Enthronement of Tulku Urgyen Yangsi Rinpoche:

Yongey Mingyur Rinpoche
attended the enthronement
ceremonies for **Tulku
Urgyen Yangsi Rinpoche**,
which began on Nov. 20 at
Ka-Nying Shedrub Ling
Monastery in Nepal. Tulku
Urgyen Yangsi Rinpoche is the
reincarnation of Tulku Urgyen Rinpoche (1920-1996), who was widely
acknowledged as one of the great meditation masters of the 20th century,
and father to other great meditation masters, including **Chökyi Nyima
Rinpoche** (abbot of the same Ka-Nying monastery his father founded),
Tsoknyi Rinpoche, and **Mingyur Rinpoche**.



Chökyi Nyima Rinpoche with Mingyur Rinpoche; inset is
Tulku Urgyen Yangsi Rinpoche.

Teaching Touches Students :

Just before Lama Trinley left for India,
he gave a detailed teaching on motivation and how to go for refuge, which
touched several students. He has given YPPC permission to provide a
transcript of this teaching in future issues of *Living Dharma*, so stay
tuned!

Joy of Living: Conditioning Factors

(continued from page 3)

But if we could step back to look at the situation more objectively, we
might see that people who yell at us are upset over something that may
have nothing to do with us. Maybe they just got criticized by someone
higher up and are afraid of getting fired. Maybe they just found out that
someone close to them is very sick. Or maybe they had an argument with
a friend or a partner and didn't sleep well afterward. Sadly, the influence
of conditioning is so strong that we rarely remember that we can step
back. And because our understanding is limited, we mistake the little part
we do see for the whole truth.

How can we respond appropriately when our vision is so limited, when we
don't have all the facts? If we apply the standard of American
courts to tell "the whole truth and nothing but
the truth" about our everyday experience, we must
recognize that the "whole truth" is that everyone
just wants to be happy. The truly sad thing is that
most people seek happiness in ways that actu-
ally sabotage their attempts. If we could see the
whole truth of any situation, our only response
would be one of compassion.

-- *Joy of Living: Unlocking the Secret
and Science of Happiness*
by Yongey Mingyur Rinpoche © 2007