



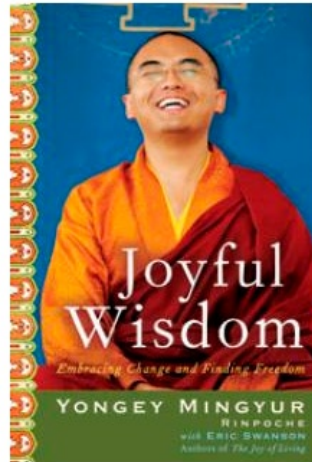
Yongey Peace Prevails Center

Meditation for a Joyful Spirit, Mind and Body

Under the guidance of Yongey Mingyur Rinpoche



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"Actually, the essence of meditation practice is to let go of all your expectations about meditation ... All you have to do while observing your mind is to recognize the qualities it already has."

-- **Yongey Mingyur Rinpoche**
The Joy of Living, c. 2007
Harmony Books

**New Book [Joyful Wisdom](#)
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Rinpoche to speak at ASU in Tempe, May 5 & 6.



Organization Name Change

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