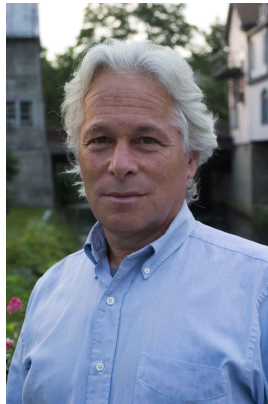


Fred Eppsteiner



Fred Eppsteiner has been studying and practicing Buddhist meditation for over thirty-five years. He has practiced primarily in the Zen and Tibetan Buddhist lineages, but bases his teachings on the full breadth of the Buddhist philosophical, psychological and meditative traditions.

He began his Zen practice with Roshi Philip Kapleau (author of The Three Pillars of Zen) in the late sixties at the Rochester Zen Center in upstate New York. In the mid-seventies, he established a close relationship with Thich Nhat Hanh, a Vietnamese Zen Master who has become one of the most widely known, beloved and respected meditation teachers and authors in the West today. Fred received Dharma Transmission and permission to teach from Thich Nhat Hanh in 1994.

Fred has also had a long-standing relationship with the Tibetan Buddhist tradition (Vajrayana), and is an experienced practitioner within the Nyingma lineage of the Great Perfection (Dzogchen) teachings. His teacher was Dzongnar Rinpoche, a profound Dharma practitioner from the famous Palyul Monastery of Tibet, from whom Fred received oral teachings in India during the mid-seventies. He has also received teachings from many other modern day masters of the Tibetan tradition. Fred is the editor of two books on Buddhism, The Path of Compassion and Interbeing.

In 1986 Fred moved with his family from Rochester, NY, to Naples, FL, where he worked a psychotherapist in private practice. In 2006 he moved to St. Petersburg, FL, and became a full time Dharma teacher. One of his interests is the relationship of Buddhist and Western psychology and therapeutic practices, and he currently leads workshops on these topics. His experience as a psychotherapist allows him to readily understand the psychological implications and applications of Buddhist meditation and teachings to the everyday life of American practitioners, and to share his insights with others.