



Triangle Insight Meditation Community

triangleinsight.org

Happy Spring to All!

In teaching the Dharma to his followers, the Buddha would often begin with instructing them on the merits of generosity and virtue. One text that is often quoted is the **Itivuttaka.26**, wherein the Buddha says, "If beings knew, as I know, the results of giving and sharing, they would not eat without having given, nor would the stain of selfishness overcome their minds. Even if it were their last bite, their last mouthful, they would not eat without having shared, if there were someone to receive their gift."

There are many reasons for this approach, one being that it would lay the foundation on the teaching of the doctrine of karma. The Buddha also knew that a virtuous life would provide the necessary foundation for the more rigorous practice of mindfulness and concentration. Thanissaro Bhikku describes it this way in the section on "The Treasures of the Teachings" in **The Wings to Awakening**:

"A moral life brings about absence of remorse; people who, in all honesty, have no reason for remorse over their actions or for anxiety over their consequences, feel a natural sense of inner joy. This joy is intensified when they reflect on the positive acts of kindness and generosity that they have performed for others. Thus intensified, this joy then provides the basis for the inner pleasure that allows for concentration. In this way, a healthy sense of self-worth is a necessary precondition for a stable mind."

The practice of generosity, or *dana* in Pali, is a foundational element in the embodied expression of the Buddhist teachings. In ancient India this has also been described as selfless service, or *seva* in Sanskrit. As a practice, it not only brings benefit to others through compassionate action, but also helps to progressively loosen the hold that the sense-of-self may have on our thoughts, words, and deeds, moving us further toward the realization of non-self, or *anatta*.

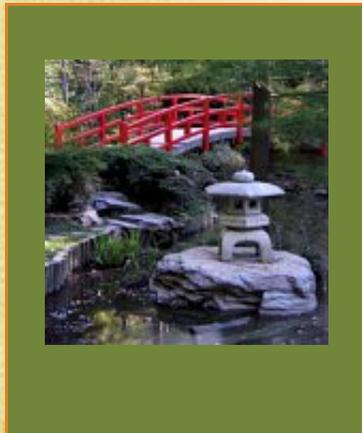
As Triangle Insight continues to grow, we would like to explore ways in which to bring this practice of generosity alive in our own sangha as well as into the community-at-large. In addition to volunteering for specific tasks for Triangle Insight, there are other initiatives that have been explored that would provide a valuable service to the community, but will need the support of interested and committed people in order to proceed. Two of these possibilities thus far are for volunteering at the Ronald McDonald House just across the street from the Episcopal Center, and also in teaching meditation to victims of rape and domestic violence at the Durham Crisis Response Center. And some of you may have ideas of your own to offer!

We realize that we all have busy lives, and are often pulled in many directions. We invite you to pause for a moment and explore your deepest intentions to see what is most important to you right now, whatever that may be. And if you happen to find that there is a pull of the heart drawing you toward a way to engage these teachings in the form of generosity and selfless service, then please contact us at info@triangleinsight.org.

As always, we are deeply grateful for all forms of generosity that you have shown to Triangle Insight and to others over these past few years, and we look forward to our emerging presence in the community with our intention to not only free ourselves from suffering, but to do so for all beings.

May we all be free!

Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen



Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[People of Color](#)

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes.

Schedule:

- April 3: Ron Vereen
- April 10: Cynthia Hughey
- April 17: Jeanne van Gemert
- April 24: Phyllis Hicks (Insight Dialogue)

- May 1: Sasha Loring (Guest Teacher - see below)
- May 8: Phyllis Hicks (Insight Dialogue)
- May 15: Jeanne van Gemert
- May 22: Cynthia Hughey
- May 29: Ron Vereen

Wednesday Evenings

6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)
Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

Tune In to Ease: Cultivating a Healthy Mind

[Other Resources](#)

Classes and Events

[The Mystery of Emptiness: An Evening with Sasha Loring](#)

[Stepping Out of Self Deception](#)

[MBSR Classes Forming Now](#)

[Opening the Heart to Difficulty](#)

[Experiencing Mindfulness](#)

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Upcoming Retreats

[Tune In to Ease](#)

[A Day of Mindfulness](#)

[Exploring the Magnitude of Mindfulness](#)

[Insight Dialogue & Therapeutic Presence](#)

[Living Our Practice](#)

[Mindful Yoga Retreat](#)

Goings On in

with Phyllis Hicks and Jeanne van Gemert

Freeing the mind of unnecessary stress is something we all desire. Mindfulness practice develops an open and kind perspective that helps us accept the pleasant and unpleasant aspects of experience and meet the changing conditions of our lives with greater ease and flexibility.

In this day-and-a-half retreat we will investigate the mental qualities that the neuroscientist, Daniel Siegel, uses to describe well being: flexibility, adaptability, coherence, energy, and stability. This event is open to all levels of experience, and beginners are welcome.

Cost: \$260/ \$245 Early enrollment by April 12th. Fee includes lunch on Saturday. Call to register at 919-660-6826. For more information go to [Tune In to Ease](#).

Duke Integrative Medicine

3475 Erwin Rd., Durham, NC 27705

Friday, April 26, 1 - 5 PM

Saturday, April 27, 9 AM - 5 PM

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A Day of Mindfulness

with Cynthia Hughey,
Jeanne van Gemert,
and Ron Vereen

This Day of Mindfulness on May 18th is an opportunity for retreat and coming together for an extended period of contemplative practice. Deepening in this way can bring a more continuous access to presence and a strengthening of the five spiritual faculties of conviction, persistence, mindfulness, concentration, and discernment. Many find that it is a way to "recharge" their practice.

During the day there will be periods of sitting meditation, walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience, and there will be an opportunity for those new to the practice of insight meditation to receive guided instruction.

These teachings are being offered free of charge, with

the Sangha

[Dharma Housemate](#)

[Dharma Contemplation Group](#)

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



donations accepted to cover the costs of using the facility and to support the study and practice of the teachers. Please bring your own lunch, and refrigeration is available if needed (coffee, tea, and snacks will be provided).

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive guidelines on how to approach this day of practice, along with a proposed schedule. To register, or if you have further questions, please contact us at info@triangleinsight.org.

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

Saturday, May 18th, 2013

9:00AM-4:00PM

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The Mystery of Emptiness

A Special Evening of Practice with Sasha Loring

Please join us on May 1st, when Triangle Insight is pleased to have Sasha Loring as our guest teacher. We will begin with our usual time of sitting and walking meditation. Then Sasha, the author of the new book, *Meditated Murder: A Dharma Mystery*, will give a reading from her book, talk briefly on the Buddhist concept of emptiness, and lead a discussion.

Ms. Loring wrote her book under the pen name Sachi Deleg, and it is available on [Amazon](#) and Kindle. It is a short and enjoyable read and embeds the wisdom of core Buddhist teachings in a story that is easily accessible, laced with good humor and mystery. If you have ever wondered what a year-long retreat in remote Nova Scotia might be like, here is a chance to learn firsthand.

Sasha Loring, M.Ed., LCSW, is a psychotherapist and meditation teacher who has been leading mindfulness programs nationwide for over 30 years. In addition to this most recent book, she is also the author of the book, *Eating with Fierce Kindness: A Compassionate Guide to Losing Weight*.

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

Wednesday, May 1st, 2013
6:30 - 8:00 PM

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The Power of Meditation: Exploring the Magnitude of Mindfulness

with **Jeanne van Gemert and Ron Vereen**

Jeanne and Ron invite you to join them for this two-day non-residential retreat in San Miguel de Allende, Mexico. Consider combining a June vacation with an opportunity to deepen your mindfulness practice in this lovely Spanish colonial city in the mountains of central Mexico. A thriving artist and ex-patriot community, San Miguel offers a rich cultural history to savor and explore. The retreat will be offered during mid-week, with plenty of time on either side to take in the sights or just stroll leisurely around the centro district. A recent [article](#) in the New York Times will take you on their 36 hour tour of the city and its surrounds.

In this retreat we will be looking more closely at the skillful mental factor that is mindfulness, along with other factors that co-arise with it as well. We will undertake this contemplative journey in exploring the magnitude of mindfulness so as to discover greater balance of mind, generosity of heart, and a stronger conviction for the practice of meditation. All levels of meditation experience are appropriate for this retreat.

The retreat will be held at the [LifePath Center](#) in the heart of San Miguel de Allende, where five well-appointed rooms are available for lodging. One may also explore a variety of other accommodations nearby in B&B's, very affordable casita rentals, and local hotels.

For more information or to register, please check out the [flyer](#) or write to Jeanne at jeannevg@mindspring.com.

LifePath Center for Learning, Healing and Retreat in San Miguel, Mexico

Free Public Talk on June 11, 2013, from 6 - 7:30 PM
Non-Residential Retreat June 12-13, 9 AM - 5 PM
Retreat fee \$200 (\$180 if registered by May 1st)
and includes lunch on both days

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Insight Dialogue and Therapeutic Presence with Sharon Beckman-Brindley and Phyllis Hicks

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and western psychotherapy. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work. This event provides 25 contact hours of Continuing Education. For more information, please go to <https://metta.org/program/insight-dialogue-therapeutic-presence/>.

Shalom House Retreat Center
near Richmond, VA
October 3 - 8, 2013

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The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the

contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

**Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM**

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Souls of Zen: Buddhism, Ancestors, and the 2011 Tsunami in Japan A Special Screening of this New Documentary

On Sunday, April 7th at 11:15 AM, the **Chapel Hill Zen Center** is offering a special showing of this new **documentary**. Everyone is welcome and there will be no charge to attend.

This 90 min. film presents perspectives on Buddhism as practiced by clergy, lay adherents, and families in Japan by drawing on ethnographic fieldwork on the daily life of Buddhist temples, monastic education, prayer practice, mortuary rituals, and Japan's tradition of ancestor veneration in the wake of "3/11." This film is the only documentary based on sustained attention to the everyday lives of Buddhist clergy in the disaster zone.

"Souls of Zen" presents insights and opinions from scholars, clergy, and lay adherents with a focus on Soto Zen and Jodo Pure Land Buddhism. The filmmakers visited rural graveyards, urban temples, modern funeral halls, monasteries, and public festivals to produce a detailed account of the Buddhist response in the midst of Japan's recovery from the triple disasters of earthquake, tsunami, and nuclear meltdown. The film re-evaluates the complex role of Buddhism in a society struggling with the sudden impact of catastrophic disasters that occurred in the context of societal change and religious pluralism.

Chapel Hill Zen Center

5322 NC Hwy. 86, Chapel Hill, NC 27514

Sunday, April 7, 2013
11:15 AM

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**Living Our Practice:
using vipassana to deepen in
wisdom and compassion in
everyday life**
New Hope Sangha's Spring Meditation Retreat

This weekend will include instruction in Insight Meditation, silent meditation practice, dharma talks, and chanting from various spiritual traditions. Visit **[New Hope Sangha](#)** for more details and registration.

Stone House

www.stonecircles.org

Mebane, NC

Friday, April 12th - Sunday, April 14th, 2013

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Wellness Care Classes
with Janice Marie Durand, LMFT
at [Hillsborough Yoga and Healing Arts](#)

Energetics of the Lowback, Pelvis & Hips
Thursday, April 11, 6:30 - 8:30 PM
Fee: \$30

**Tai Chi and Chi Gong Series: Build Vitality & Balance -
Release Stress while Moving Mindfully**
7 Thursdays, April 25 - June 6
Fee: \$115 (drop-ins welcome, \$20/class)

For more information or for NCBTMB CE's contact Janice
at **jmdchi@mindspring.com** at 919-563-4454.

To Register for either event go to
www.hillsboroughyoga.com
 or call 919-732-3041

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Boundless Body, Immeasurable Heart: A Mindful Yoga Retreat with Frank Jude Boccio

Mindfulness Yoga incorporates posture practice, meditation, relaxation, pranayama, and dharma discussion to deepen and expand your connection with the unbounded body of love. This retreat is for everyone wishing to deepen and expand their capacity for true intimacy, beginning with the self. The retreat is open to all levels of experience, including beginners.

For more information go to www.mindfulnessyoga.net.

Camp New Hope (www.newhopeccc.org)
 Chapel Hill, NC

April 12 - April 14, 2013

Fri., 7 - 9 P; Sat., 9 A-12 N, 2-5 P; Sun., 9 A- 12 N

Fee: \$180 (\$150 if registered and paid by 1/31)

To Register go to www.hillsboroughyoga.com

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Who Says Adolescents Can't Be Mindful? with Karen Bluth, Ph.D.

This mindfulness class for adolescents, based on Mindfulness-Based Stress Reduction and modified for this age group, is being offered at UNC for ages 12 - 18. For more information or to register, check the [flyer](#) here.

Wednesdays, May 8th through June 12th
Tate-Turner-Kuralt Bldg., Room TBD
UNC School of Social Work, Chapel Hill, NC
5:15 - 6:45 PM
Orientation for teens & parents May 1, 7 - 8 PM

Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to info@triangleinsight.org.

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Dharma Housemate

May you fully realize the richness of the dhamma! I am looking for another practitioner who may have housing needs and renting an extra bedroom in my home may satisfy these needs. If you know of anyone, please send the attached [flyer](#) on. Thank you. Also, if you know anyone who may be interested in entering a conversation on "going forth", leading to the creation of nurturing, affordable, and sustainable housing for elder sangha in the Chapel Hill-Durham area, have them contact me as well.

Peace,
Tom Howlett (thowlett11@gmail.com or 919-730-2756)

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Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 4/28.

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Book Study Group on *Stepping Out of Self-Deception*

This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, *Stepping Out of Self-Deception*. Many in the group expressed interest in taking the exploration further using this same text, and in view of the robust response, Ron has decided to have two groups so as to accommodate as many as possible, one in the morning and one in the afternoon.

There is now a wait list for participation, so if interested in being placed on the list in the event space opens up, or if you have questions, please contact Ron at rlvereen@aol.com.

One Saturday Monthly
Schedule determined by participants
10:00 AM - 12:00 noon
1:00 PM - 3:00 PM
One Heart in Durham

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Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of June 25, with classes beginning the week of July 8 and running through the week of August 26, with a Day of Mindfulness TBD. A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go

to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of July 8 - Week of August 26, 2013
Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen (ending soon)

Ron Vereen has been leading a monthly class on "Opening the Heart to Difficulty" at **[Duke Integrative Medicine](#)**. Please note, however, that this class will no longer be held beginning in July. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

First Thursdays of the Month through June '13
10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley (changes soon)

Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a weekly class on "Experiencing Mindfulness" at **[Duke Integrative Medicine](#)** over the past three years. The format for this class will be changing in July '13. In addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class, providing a variety of ways to explore the themes that emerge. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Bodhi School with

our three marvelous (non-parent-member) teachers.

For more information, visit:

[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM-12:00 noon

please contact Sumi Loundon Kim for details

email: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

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Duke Cancer Center

This open meditation period begins with 10 min. of instruction, 15 min. of silent practice, and 5 min. of discussion/reflection. Various meditation practitioners from the community are invited to come and lead these weekly sessions. For more info contact Jon Seskevich at 919- 681-3989 or Annette Olsen at 919-684-2843.

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

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Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

2205 Wilson St., Durham, NC 27705

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Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Tuesday Nights

7:00 - 8:15 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

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Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at **[Triangle Insight](#)**. There are other sitting groups in the community who's practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation. For any questions please contact us at **info@triangleinsight.org**

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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina, and in June we completed our application to the IRS for designation as a 501(c)(3) religious organization. While we are now officially a non-profit moving towards our 501(c)(3) status with the IRS, we wanted to thank people who volunteered to help us with a Board. Since the most consistent advice we received was to "keep it simple," the Board will consist of the four founding teachers. However, to grow, nourish and support our sangha we need input, advice and energy from us all and we are looking into how to best do that. Your suggestions are always appreciated. Please contact us at **info@triangleinsight.org** with any ideas or recommendations.

[Forward email](#)



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