



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

Last month we provided an overview of the Noble Eightfold Path, one of the seven sets in Thanissaro Bhikkhu's anthology of the Pali Canon, **The Wings to Awakening**. This month we continue our exploration of this set by unpacking "the most standard description of the Buddhist way of practice," beginning with the first path factor in the wisdom aggregate, wise or right view (*samma ditthi*). Recall that the path is called "noble" because it is a vehicle that delivers one to the final goal -- liberation from suffering.

As mentioned last month, our practice unfolds on two levels -- the mundane and the noble. Rodney Smith describes this evolution along a continuum that moves us from the "realm of practice" to the "realm of abiding," with discernment playing a

pivotal role in this paradigm shift (see **Awakening**, Shambhala Publications). Unfolding in a similar vein is our understanding of wise view, which is of two kinds: mundane wise view, operating within the confines of the world, and supramundane wise view, a superior wise view which leads to liberation from the world.

Mundane wise view involves a correct grasp of the law of *kamma* (*karma*, Skrt.), the moral efficacy of action. In **The Noble Eightfold Path**, Bhikkhu Bodhi's concise and lucid exposition on this topic, he states that the Buddha identifies action with volition, thus making *kamma* essentially a mental event, "a factor originating in the mind which seeks to actualize the mind's drives, dispositions, and purposes." The three "channels" or "doors" for this are volitions of body, speech, and mind, providing an opportunity in practice to continually align these within an ethical quality of action in as much as possible, since we are owners and heirs of our actions. When the roots of our actions are wholesome, they work to begin loosening the hold of the three unwholesome defilements of greed (*lobha*), hatred (*dosa*), and delusion (*moha*). Thus mundane wise view, as Bhikkhu Bodhi describes it, "is concerned with the laws governing material and spiritual progress within the round of becoming, with the principle that leads to higher and lower states of existence, to mundane happiness and suffering."

Superior wise view "is concerned with the principles essential to liberation," which is the understanding of the Four Noble Truths. Bhikkhu Bodhi goes on to say that "the Buddha defines the path factor of right view expressly in terms of these four truths: 'What now is right view? It is understanding of suffering (*dukkha*), understanding of the origin of suffering, understanding of the cessation of suffering, understanding of the way leading to the cessation of suffering.'" (**Digha Nikaya 22**) The key word here is "understanding," which along with "view" is another translation of *ditthi* that is often encountered. Thus wise understanding sets the stage for the Noble Eightfold Path to move us beyond a conceptual understanding of these truths toward a full comprehension of the source of our own suffering and the direct experience of its release -- from the realm of practicing to comprehend suffering to the realm of abiding in the total freedom from suffering.

We will close our brief look at wise view with the always inspirational and motivating words of Bhikkhu Bodhi: "The right view that penetrates the Four Noble Truths

comes at the end of the path, not at the beginning. We have to start with the right view conforming to the truths, acquired through learning and fortified with reflection. This view inspires us to take up the practice, to embark on the threefold training in moral discipline, concentration, and wisdom. When the training matures, the eye of wisdom opens by itself, penetrating the truths and freeing the mind from bondage."

May this wise view inform our intention to practice this threefold training with wisdom and conviction so as to realize what the Buddha promised -- freedom from suffering, the realm of abiding.

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



## Sitting Opportunities

[TI Wednesday Meditation Group](#)

[TI Morning Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

## Upcoming

## [Triangle Insight Meditation Groups](#)

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. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

### Schedule:

Wednesday Evenings

**6:30 - 8:00 PM**

**([Insight Dialogue](#) from 6:30 - 8:30 PM)**

April 1: Ron Vereen  
April 8: Phyllis Hicks (Insight Dialogue)  
April 15: Jeanne van Gemert  
April 22: Cynthia Hughey  
April 29: Dave Hughey

May 6: Ron Vereen  
May 13: Jeanne van Gemert  
May 20: Phyllis Hicks (Insight Dialogue)  
May 27: Cynthia Hughey

## Classes and Events

**Buddhist Insight Network: Database Designer Opportunity**

**Koru Mindfulness: Lunchtime Classes**

**Changing Your Relationship with Food**

**Monday and Thursday Mornings  
7:00 - 7:45 AM**

Triangle Insight is now offering a **Morning Meditation Group** led by Ron Vereen. For more information, click on the link above.

**Episcopal Center at Duke  
505 Alexander Ave.  
Durham, NC 27705**

## KORU MINDFULNESS

**4 Lunchtime Classes with Erica Alexander**

**Koru Mindfulness is the only mindfulness-based program designed specifically for young adults, taking into account your unique life challenges and needs.** It is scientifically proven to be effective to help manage stress, enrich lives, and bring deeper meaning. We learn specific skills that calm and focus our minds; and explore the practice of meditation.

Beyond simply decreasing stress, this course offers an approach to increasing satisfaction in your daily life. Koru Mindfulness is a unique, evidence-based program for teaching mindfulness and meditation. It was developed locally, at Duke University.

**April 21 through May 12, 2015  
Tuesdays, noon-1:15PM**

**Durham Arts Council  
120 Morris Street  
Durham, NC 27701  
\$70 [www.durhamarts.org](http://www.durhamarts.org) or 919-560-2726**

**Discounts now available  
Email [esalexander1@icloud.com](mailto:esalexander1@icloud.com) for a promotion code**

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## Upcoming Retreats

**Living the Dharma**

## Goings on in the Sangha

**Kalyana Mitta Groups**

**Resource for Yoga Retreats in SE Asia**

## The Shramadana Project

**A Volunteer Initiative of Triangle Insight**

## Ongoing Classes and Events

**Mindfulness Programs at Duke Integrative Medicine**

**Mindfulness Programs at UNC Integrative Medicine**

## Changing Your Relationship with Food:

**A One-Day Mindfulness Workshop with Sasha Loring**

This workshop offers a range of methods for changing unhelpful thoughts, beliefs, and behaviors regarding food. From the ground of mindfulness, attentional training, and self-kindness, this workshop focuses on gaining insight into



unhealthy habitual patterns and on building the psychological resources needed for change. For more information and how to register click [here](#). Space is limited and pre-registration is required.

**Saturday, May 2, 2015**

**Near Chapel Hill, NC**

**9 AM - 4 PM**

**Fee: \$95**

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## Living the Dharma

A Residential Retreat with

Jeanne van Gemert and Ron Vereen

When the Thai master, Ajahn Chah, was asked "What is Dharma?" he replied, "Nothing isn't." Without further inquiry this may seem a bit confusing to the untrained mind. The Sanskrit word "dharma" ("dhamma" in Pali) can mean an event, a phenomenon in and of itself, or mental quality, but when rendered with a capital "D" it is a reference to the teachings of the Buddha or to Awakening itself -- the Unbinding that comes about from following the Buddha's doctrine and discipline. What, then, does it mean to be living the Dharma?

In this retreat we will explore this question through both study and practice of the Dharma. Through these skillful means we may then see the Dharma for ourselves so as to become the Dharma. Becoming the Dharma we may then come into alignment with the truth of our being, and we notice we have fewer struggles with the world.

The retreat is open to anyone, and all levels of experience are welcome. For more information contact Leah Rutchick at [leah@triangleinsight.org](mailto:leah@triangleinsight.org), and to register, please click on this link, [Living the Dharma](#) (note: only a few spaces are left).

If you wish to offer dana toward scholarships for this retreat so that no one will be turned away for inability to pay, you may [Donate Here](#). Thank you!

**May 21st - May 24th, 2015**

**Avila Retreat Center, Durham, NC**

**Fees: Single: \$300 by 4/1, \$330 thereafter**

**Double: \$250 by 4/1, \$280 thereafter**

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# Kalyana Mitta Groups

*Having admirable people as friends, companions, and colleagues is actually the whole of the holy life.*

~ The Buddha

As a result of the commitment and energy of our community, Kalyana Mitta groups in Chapel Hill-Carrboro, Durham, and Raleigh are scheduling their initial meetings. The Insight Dialogue group plans to meet in May or June. It is heartwarming and exciting that the vision of spiritual friends groups, which so many shared at the September 2014 meeting, is now being realized.

As many of you know, Kalyana Mitta is a Pali phrase that means "spiritual friend." Kalyana Mitta (KM) Groups are small peer groups of individuals who are committed to supporting each other in their practice and journey to spiritual awakening. Because these groups are small and meet regularly over an extended period of time, they allow the development of intimacy and trust. Members can begin to share more openly and deeply, and the heart of the dharma is enriched in their practice and their daily lives

Our **Kalyana Mitta** webpage, where we have information about how to start or join a KM Group, guidelines for group development and mindful sharing, and other helpful resources. A listing of new KM groups will be posted soon.

If you're interested in joining or organizing a KM group, or you have questions or suggestions, please contact Sarah Tillis, KM Coordinator, a **sarah@triangleinsight.org** . The KM program continues to evolve, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis appreciate all your input. May our Kalyana Mitta groups be of great benefit to all.

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## Buddhist Insight Network Database Designer-Administrator

**The Buddhist Insight Network** is excited to have the opportunity to create an online Retreat Listing, the next generation of **Inquiring Mind**'s listing. We are seeking one or more Drupal application developers with expertise in databases and user experience design.

Specifically the designer-administrator(s) will coordinate

with the current database designer and administrator to:

- *Implement the backend retreat database*
- *Create a user database of people authorized to edit entries*
- *Design the user experience, and*
- *Implement the user interface in Drupal, in coordination with our administrator*
- *Deploy to the test environment*

**The Buddhist Insight Network is a hub for the Insight Meditation movement, serving to connect and offer resources to sanghas, teachers, and individual practitioners**

**If interested, contact Kim Allen:  
[buddhistinsightnetwork@gmail.com](mailto:buddhistinsightnetwork@gmail.com)  
(subject line -- Retreat Database)**

This project will begin in spring 2015 and will ideally take 6 months or less.

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## Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00 - 7:45 AM. The group begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at [ron@triangleinsight.org](mailto:ron@triangleinsight.org) .

**Important note:** Only four parking spaces in the parking lot at the Episcopal Center are designated for our use at this hour and are clearly marked. Overflow parking can be found on the west side of Alexander Ave.

**Monday and Thursday Mornings  
Episcopal Center at Duke  
505 Alexander Ave.  
Durham, NC 27705  
7:00 - 7:45 AM**

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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](http://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

(unless otherwise indicated)

**Triangle Insight, Episcopal Center at Duke**

**6:30 - 8:30 PM**

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## The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Dave Durham, Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab, with Cathy Cole as a registration consultant. Deep bows to all!

Ron Vereen recently completed a pilot Mindfulness Awareness Training at the Durham Crisis Response Center, and started another training in February, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. It is our intention to offer this class on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma, and the more people involved, the more classes we can provide.

If you have some experience in teaching mindfulness to

others and would like to participate, please contact Ron at [ron@triangleinsight.org](mailto:ron@triangleinsight.org)

Please consider being involved in the SP in some fashion, large or small. If interested, you may contact Mary Mudd at [mary@triangleinsight.org](mailto:mary@triangleinsight.org).

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## Goings-on in the Sangha

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This space is where sangha members may announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha.

**If you would like to include something, please submit your request *by the 20th of each month* to [info@triangleinsight.org](mailto:info@triangleinsight.org).**

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### Kaliyana Mitta News

Please [see the report](#) in this newsletter on the latest developments for KM Groups. KM Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

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### Resource for Yoga Retreats in SE Asia

Anyone interested in foreign yogi meditation retreats in Asia, particularly during the months of December through February, feel free to contact Tom Howlett for information. Tom can be reached at [919-730-2756](tel:919-730-2756).

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## Mindfulness-Based Stress Reduction Classes & Events at Duke Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

[\*\*Mindfulness-Based Stress Reduction\*\*](#)

## **Classes, Workshops & Events**

or call **919-660-6826** for more information.

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## Mindfulness Programs at UNC Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

**[UNC Program on Integrative Medicine](#)**

or call **919-966-8586** for more information.

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## Buddhist Families of Durham

Currently consisting of ~ 16 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 Sati School with our 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: [admin@buddhistfamiliesofdurham.com](mailto:admin@buddhistfamiliesofdurham.com)**

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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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## Recovery Group a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact [Zensetter@gmail.com](mailto:Zensetter@gmail.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 whose 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](mailto:info@triangleinsight.org)

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## Triangle Insight is a Non-Profit

In December 2011 we announced our classification as a non-profit with the State of North Carolina, and in May 2013 we received our designation as a 501(c)(3) religious organization by the IRS. All contributions received by the

Triangle Insight Meditation Community are tax-exempt to the extent of the provisions of this designation. If you would like to donate to our organization please contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

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