



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

We wanted to continue this month to speak to the importance of meditation practice, and to some of the ways to support this important foundation that strengthens mindfulness (*sati*) and clear comprehension (*sampajanna*).

It goes without saying that the greater the regularity of practice, the greater the benefits. Despite knowing this, we all at times allow competing forces to intervene, and we're left wondering why we don't place a higher priority on our formal practice of meditation. As we've said before, in looking at any phenomenon, more insight will emerge from being curious rather than critical. As Joseph Goldstein says, "a little interest and curiosity will carry you a long way in this practice." Rodney Smith adds that "observation and 'opinionation' cannot occupy the same mind moment" - if we're engaged in one we'll be less likely to engage the other. So, if we investigate this state of affairs with curiosity, openness, acceptance, and loving-kindness (the

C.O.A.L. acronym from Dan Siegel), we bring the heart into the matter, and will more likely discover the information we need to align us with the Truth, and to see the stories we're spinning that obscure our vision.

For example, we may discover that "not enough time in my busy day" might be shielding our awareness of "not enough conviction that practice will do any good." Now we're getting somewhere, as we see that one of the five hindrances, doubt, is operating to steer us away from practice. Already we're bringing mindfulness to bear on the situation, which is an antidote to all of the hindrances, and then we may recall that talking with other practitioners is a wonderful way to address our uncertainty and may bring greater understanding. We can do this with any of the other hindrances (desire, aversion, sleepiness or lassitude, restlessness or agitation), and then discover which particular antidote may help with a specific hindrance. The Buddha suggested that the one to apply to all of them is "Noble friends and Noble conversations."

This brings us to the sangha, where we gather together as spiritual friends to explore the practice and teachings of the Buddha, and to support one another along the way, which as we all know can be challenging at times. Many of us discover that practicing with others strengthens our conviction, and more intensive practice, e.g., retreats, may also help. Every month we list local retreat opportunities about which we are aware, and this month Cynthia Hughey and Ron Vereen will co-lead a Day of Mindfulness here at the Episcopal Center. This offers the opportunity for more intensive practice in order to dive deeper into the mind-body process so as to see more and more clearly what is *really* happening. In the description below is listed the contact information if you have questions or wish to register, and we encourage you to do so.

In the spirit of practice, we'll close with these words from D.H. Lawrence: "We are not free when we are doing just what we like. We are only free when we are doing what the deepest self likes. And there is getting down to the deepest self! It takes some diving."

May we all dive deeply together!

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



## 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 4: Ron Vereen  
 April 11: Cynthia Hughey  
 April 18: Jeanne van Gemert  
 April 25: Phyllis Hicks (Insight Dialogue)

**Wednesday Evenings**  
**7:00-8:30PM**  
**Episcopal Center (EC) at Duke**  
**505 Alexander Avenue**  
**Durham, NC 27705**

## Sitting Opportunities

Wednesday Meditation Group

Buddhist Families of Durham

Neighborhood Sitting Group

Chapel at Duke Hospital

Recovery Group

People of Color

## A Day of Mindfulness with Cynthia Hughey and Ron Vereen

The Day of Mindfulness is an opportunity for retreat and coming together for contemplative Buddhist practice. There will be periods of sitting and walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience in any tradition, with an opportunity for those new to the practice of insight meditation to receive instruction. These teachings are being offered free of charge, with donations accepted for the teachers and to cover the costs of using the facility.

Please bring your own lunch, and refrigeration is available if needed.

In order to plan accordingly, **we are asking you to register for this event** if you plan to attend. You will then receive guidelines as to how to approach this day of practice, along with a proposed schedule. To register, or if you have further questions, please contact us at

## Classes and Events

MBSR Classes Forming Now!!

Opening the Heart to Difficulty

### Experiencing Mindfulness

### Japanese Tea Gatherings

### Gregory Kramer Talk

### Leigh Brasington Talk

### Sharon Salzberg at Duke

[info@triangleinsight.org](mailto:info@triangleinsight.org).

Episcopal Center at Duke  
505 Alexander Ave., Durham, NC 27705  
Saturday, April 28, 2012  
9:00AM-4:00PM

[Back to Top](#)

## Gregory Kramer Talk at the Eno River Buddhist Community

The Eno River Buddhist community is sponsoring this evening with Gregory Kramer. His talk, "The Truth of Spiritual Isolation, Its Origin, Its Cessation, and the Path to Cessation," will consider notions we hold as participants in Buddhist practice groups that may be limiting our fullness of engagement in this path of awakening. We'll explore new possibilities revealed when deep meditation is experienced in relationship for the role of spiritual community and friendships in fostering investigation, energy, and genuine insight.

**About the teacher:** Gregory Kramer has been teaching Vipassana and Loving-kindness meditation since 1980. He is director of the Metta Foundation and a visiting faculty member at the Barre Center for Buddhist Studies. Gregory is co-creator of Insight Dialogue, a relational meditation form based on a relational understanding of early Buddhist teachings. Gregory teaches Insight Dialogue worldwide.

Registration for this event is not required. If you have questions or would like more information, please contact Lori Ebert at [lebert@nc.rr.com](mailto:lebert@nc.rr.com).

In keeping with the Buddhist tradition, Gregory Kramer is offering this program on a dana basis as a gift of the dhamma. Participants will be given the opportunity to practice dana (generosity) by making a donation to support Gregory's work as a teacher.

## Upcoming Retreats

[A Day of Mindfulness  
at the Episcopal  
Center at Duke](#)

## Suggestions from the Sangha

[Spiritual Reading &  
Discussion Group](#)

[T'ai Chi Class](#)

[Social Gatherings](#)

[Triangle Insight's  
Third Birthday](#)

## The Alice Project

Sarnath, India  
[www.aliceproject.org](http://www.aliceproject.org)

Follow the outstanding school for which our sangha has provided support

Eno River Unitarian Universalist Fellowship  
Fellowship Hall  
4907 Garrett Rd., Durham, N.C. 27707  
Monday, April 30th  
7:30 - 9:30 PM

[Back to Top](#)

## An Evening with



## Leigh Brasington at Triangle Insight

Don't make your Memorial Day vacation plans without considering this unique opportunity to hear a very gifted meditation teacher. We are pleased to announce that Leigh Brasington has accepted our invitation to join us at Triangle Insight for a talk on "The Fruits of the Spiritual Life" (Digha Nikaya, 2). He will be arriving following his retreat at Southern Dharma, so this will be a special gathering on Friday night that you will not want to miss. Jeanne, Phyllis and Ron have studied with Leigh and can confirm his reputation as a sincere practitioner and skillful meditation teacher with extensive knowledge of the suttas and the meditative absorptions (jhanas).

Our schedule will be to open with a 30 min. meditation period, followed by Leigh's talk, with Q&A and closing Metta, and then a social/meet-and-greet to end the evening. Leigh offers his teachings on a dana basis, and appreciates your generosity.

**Leigh Brasington** has been practicing meditation since 1985 and is the senior American student of the late Ven. Ayya Khema. She confirmed his practice and requested that he begin teaching. Leigh began assisting Ven. Ayya Khema in 1994 and has been leading retreats on his own in both Europe and North America since 1997.

**Episcopal Center at Duke**  
**505 Alexander Ave., Durham, NC 27705**  
**Friday, May 25, 2012**  
**7:00 - 9:00 PM**

[Back to Top](#)

## Sharon Salzberg at Duke Public Talk and Day-long Workshop

Sharon Salzberg, the well-known and beloved meditation teacher and author, will be coming to Duke this Fall for a public talk on Friday evening, Sept. 7, followed by a day-long workshop on Saturday, Sept. 8. On Friday evening she will explore "Real Happiness: The Power of Meditation," followed on Saturday with the workshop on "Equanimity." This event is being sponsored by Jon Seskevich, RN, and for more information or to purchase tickets, go to [sharonatduke.com](http://sharonatduke.com)

**The Bryan Center at Duke University**  
**Durham, NC**  
**Friday, September 7**  
**7:30 - 9:30 PM**  
**(\$15 advance/\$20 day of)**  
**Saturday, September 8**  
**9:30 AM - 4:00 PM**  
**(\$75 advance/\$80 day of)**  
**(both events together, \$80)**

[Back to Top](#)

## Suggestions from the Sangha Goings-on in the Community

In response to suggestions that have been submitted from sangha members, we decided to add this section in the newsletter where we would list a variety these activities for everyone to view. These events could be study groups, social gatherings, and any classes or other events that you consider relevant to the mission or our sangha. If you would like something included, please submit your request to [\*\*info@triangleinsight.org\*\*](mailto:info@triangleinsight.org). Also, please feel free to give us feedback about this addition to the newsletter.

< >

### **Spiritual Reading & Discussion Group:**

What is it that connects us all as human beings? What do we value in the wisdom traditions that have been passed down to us? How do we relate to the evolution of human spirituality? Do our individual lives reflect our hopes for the future? What has brought meaning to our lives? If these questions inspire you, maybe we could ask them together.

I'm looking for people who would be interested in forming a peer-led reading and discussion group. Part of this sharing would be to create a circle of mutual respect and trust that would help us to explore together freely as individuals in a way that enhances the experience of the group.

If you feel you could make a strong commitment to such a group, please email me and we can find a time to get started.

**Ben Spiller**  
[\*\*wbspiller@gmail.com\*\*](mailto:wbspiller@gmail.com)

< >

## **Building Vitality & Balance - Release Stress while Moving Mindfully**

Janice Marie Durand, LMBT, will be offering a new T'ai Chi series at Hillsborough Yoga and Healing Arts, beginning March 15 and going through May 3. The class will meet on Thursday evenings from 6:30 - 8:00 PM, and the cost is \$125 for the series (\$135 if after March 9). For more information and to register, go to [HillsboroughYoga.com](http://HillsboroughYoga.com)

< >

## **Social Gatherings, Pot Lucks, etc:**

Several of you have expressed a desire for more events within which sangha members might have the opportunity for socializing, commenting on how the holiday and Triangle Insight birthday parties have thus far facilitated more of this type of interaction. We welcome this idea and would invite any of you who are interested to consider forming a social committee for the sangha as a way to plan and coordinate these events. If you are interested, email us at [info@triangleinsight.org](mailto:info@triangleinsight.org) and we will connect you with one another. On a more informal basis, some members are already gathering together before or after the meetings. If you would like to invite others using this forum, we can include your announcement as well.

< >

## **Save the Date! Triangle Insight's Third Birthday Party Wednesday, July 18, 2012, 7 - 9 PM**

Please join us for the celebration of our third year as a sangha! We will gather at the Episcopal Center for a pot luck dinner with great food and fellowship, followed by a period of silent meditation, after which there will be a forum with the four founding and guiding teachers to discuss issues relevant to our mission of supporting the practice of insight meditation. This will be an opportunity for inquiry and investigation into our deepest intentions as a sangha, drawing on the collective wisdom of the group. We would hope that the newly forming social committee will be in place to help plan and coordinate this event. Let us know if you have any other suggestions for this meeting by emailing us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

## [Back to Top](#)

# 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 9, and running through the week of August 27, with a Day of Mindfulness on August 25. 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 now offered for those who are unable to attend on site, as well as a research class for qualified participants. 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 June 25 - Week of August 27, 2012**  
**Various class times and locations available**

## [Back to Top](#)

# Opening the Heart to Difficulty

## Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at [Duke Integrative Medicine](#). There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

**First Thursdays**  
**10:30 AM - 11:45 AM**

## [Back to Top](#)

## Experiencing Mindfulness

### Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine**. There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

**Wednesdays**  
**12:00 PM - 1:00 PM**

**[Back to Top](#)**

## Buddhist Families of Durham

Currently about ten 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 community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program.

Also forming is a group to support teenagers in the study and practice of Buddhist teachings and mindfulness meditation. First meeting is Sunday, January 22nd, and will meet regularly on Sunday evenings from 7 - 8:30pm. The group is facilitated by Nina Bryce and supported by Kevin Ryan and Sumi Kim. The program is an initiative of the Buddhist Families of Durham.

For more information, visit:  
**[Buddhist Families of Durham](#)**

**Sunday Mornings**  
**10:30AM-12:00PM**  
**please contact Sumi Loundon Kim for details**  
**email: [simplysumi@gmail.com](mailto:simplysumi@gmail.com)**  
**phone: 617-501-3877(c) or 919-613-0160(h)**

**[Back to Top](#)**

## Japanese Tea Gatherings

### with Nancy Hamilton

### Instructor, Urasenke Tradition of Tea

Join us for a moment of respite in the Duke Gardens

teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings. On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

Friday, 4/13, 10:45 AM - 12:00 N and 1:00 - 2:15 PM,

Spring Blossoms Tea

Saturday, 5/5, 10:45 AM - 12:00 N and 1:00 - 2:25 PM,

Children's Day Tea

Participant Limit for all gatherings: 10

Fee: To register, and for pricing information, including Friends of the Gardens discount, please contact Duke Gardens Registrar Sara Smith at 668-1707 or [sjsmith@duke.edu](mailto:sjsmith@duke.edu).

**Sara P. Duke Gardens**  
**420 Anderson St., Durham, NC 27708**  
**Meet at the Doris Duke Center**

[Back to Top](#)

## Chapel at Duke Hospital

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 681-3989 or Annette Olsen at 684-2843.

**Thursday Afternoons**

**3:00-3:30 PM**

**The Chapel**

**6th Floor of Duke North**

[Back to Top](#)

## Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM. For more info contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com).

**Monday and Thursday Mornings**

**7:15-8:00AM**

**Yoga in the Hood**  
**2205 Wilson St., Durham, NC 27705**

[Back to Top](#)

## 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](mailto:spaceferrets@yahoo.com).

**Monday Nights**  
**7:00 PM**  
**Chapel Hill Zen Center**  
**5322 NC Hwy 86**  
**Chapel Hill, NC 27516**

[Back to Top](#)

## Meditation for People of Color

Venerable Pannavati, an African-American Buddhist nun and co-founder of a temple outside Asheville, NC, recently gave a marvelous talk to the Buddhist Community at Duke. She and Sumi Kim have been in conversation about creating greater support for people of color in the meditation community in Durham by potentially establishing a monthly or bimonthly meditation session of about 2 hours (sitting, dharma talk, and discussion). However, for this to move forward, they need to have the interest and commitment of at least ten people, student, staff, and local residents combined. The group is intended for people of color, only, in order to provide a relaxed and open space, in the same way that many have found support in men's groups, women's groups, and so on in which people can come together around a major aspect of identity. If this is something you think you'd participate in, please send an email to Sumi, at [sumi.kim@duke.edu](mailto:sumi.kim@duke.edu).

**Bhikkhuni Pannavati**, co-abbot, spiritual director and founder of the Hermitage, is a Buddhist nun ordained in both the Theravada and Mahayana (Chan/Zen) traditions. An African-American, she is also a former Christian pastor with a doctorate in religion. She is the founder and president of MyPlace, a shelter and school for homeless and at-risk youth near Asheville, NC. The teens also work in the non-profit bakery of MyPlace, the My Gluten-Free Bread Company.

[Back to Top](#)

# Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina. 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](mailto:info@triangleinsight.org) with any ideas or recommendations.

[Forward email](#)



This email was sent to rlvreen@aol.com by [info@triangleinsight.org](mailto:info@triangleinsight.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Triangle Insight | [www.triangleinsight.org](http://www.triangleinsight.org) | Durham - Chapel Hill - Raleigh | NC | 27516