



Triangle Insight Meditation Community

triangleinsight.org

Spring Greetings to All!

This month we continue our exploration of the third aggregate of the Noble Eightfold Path as we take a look at the eighth path factor of wise concentration (*samma samadhi*). In doing so we'll follow Thanissaro Bhikkhu's approach in Part III/E of the **Wings to Awakening** by posing three questions: 1) what is wise concentration?; 2) how is it mastered?; and 3) how can it be put to use? Again, space limits our investigation, so for those interested in going deeper, please refer to the above referenced anthology as well as Chapter VII of Bhikkhu Bodhi's **Noble Eightfold Path**, to mention only two of many resources.

As to a definition of wise concentration, it is universally considered a singleness or one-pointedness of mind and is distinguished from other forms of concentration by being exclusively *wholesome*, i.e., secluded from sensuality and unskillful mental qualities -- the hindrances of desire, aversion, agitation, sluggishness, and doubt.

Wise concentration collects together the ordinarily scattered mental states to induce an inner unification of mind characterized by an unbroken attentiveness to an object with the consequent tranquility of mind. With increasing strength this deepening concentration becomes a sufficient basis for the discernment leading to Awakening. How deep one needs to go in order for Awakening to occur is a matter of controversy, which will be touched on below.

As to how this level of concentration can be mastered, there are forty meditation subjects, or "places of work" with which to practice, and mindfulness of breathing is the most suitable and accessible, and is the one the Pali Canon teaches in most detail. For example, in following the instructions in the *Anapanasati Sutta* (mindfulness of breathing) with enough conviction and energy, the 16 steps can move one from preliminary mindfulness of breathing into deeper states of absorption (jhana) until one realizes the liberating insights that spring forth into Awakening. Thanissaro qualifies this progression by adding that "although maps of various stages of concentration proceed in a smooth, seemingly inevitable progression, the actual experience of the practice does not." So that we won't be discouraged, he adds that "it is not necessary to master all the levels of concentration to gain Awakening," and then provides Canonical evidence that "the experience of the first jhana can be a sufficient basis for the discernment leading to Awakening." Additionally, Ajahn Buddhadasa, in *Insight by the Nature Method*, describes how concentration comes about both naturally on the one hand by organized practice on the other. The former, he states, is "liable to develop of its own accord while one is attempting to understand some question," e.g., in the practice of mindful inquiry, and that "we could attain the fruit of liberation, *nirvana*, enlightenment, just by means of natural concentration." The key to mastering concentration is a persevering continuity of mindfulness.

As one can discern, the above discussion points toward how concentration is to be used -- toward freeing the mind from the imprisoning mental forces of greed, hatred, and delusion. Along the way we can use the pleasant abiding that concentration brings about to help support our conviction, energy, mindfulness, and discernment, which together you may recognize as the five spiritual faculties/strengths. Also, deepening concentration helps to keep the various mental hindrances at bay. With strong concentration and sound discernment, we direct the mind with greater precision to the passing show of experience, seeing

directly for ourselves the truth to which the Buddha was pointing -- that all conditioned things are impermanent, are conducive to suffering if we base our happiness upon them, and are devoid of self. Realizing this we "abide independent, unsustained by not clinging to anything in the world."

May we all practice to develop strong concentration and sound discernment so as to take us all the way to Awakening, not clinging to anything in the world.

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



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

[Buddhist Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

An Evening with

[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](#).

Please note: We are now asking that once the meeting begins at 6:30 PM, any latecomers, those leaving early, or those going outdoors for walking meditation enter and exit the building using the doorway facing Alexander Ave., which is accessible via the walkway to the right as you are facing the main entrance. Once in the building, please follow the hallway to access the Great Room. Thanks for your cooperation to help reduce the noise and distraction during the meeting.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

April 6: Janet Surrey (Guest Teacher)

April 13: Ron Vereen

April 20: Jeanne van Gemert

April 27: Continuing the Conversation with Betsy Barton

May 4: Ron Vereen

Janet Surrey

Continuing the
Conversation with
Betsy Barton

Media Night:
Doc Films and More

Koru Mindfulness
Classes in Carrboro
Graceful Exit:
Preparing for a Good
Death

Organizing Against
Racism Workshops

Awakening Joy
Online Courses with
James Baraz

May 11: TBD

May 18: Jeanne van Gemert

May 25: Phyllis Hicks (Insight Dialogue)

Monday and Thursday Morning Meditation

7:00 - 7:45 AM (click [here](#) for more info)

Insight Dialogue Daylong Meditation

Saturday, April 9th

9:00 AM - 5:00 PM (click [here](#) for more info)

Episcopal Center at Duke

505 Alexander Ave.

Durham, NC 27705

An Evening with Janet Surrey on The Buddha's Wife

Jan will be introducing the fictional story of ***The Buddha's Wife: The Path of Awakening Together***, published in 2015. What do we know of the Buddha's young wife Yasodhara and their newborn son Rahula after he left home, it is told, on the night of his son's birth, to seek liberation? We will explore this question and more as we dive into the potential for our relationships and how we, as a community and individuals, can awaken together. For more information about the book, click on the title above.

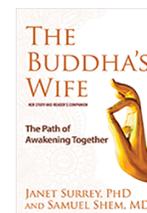
Janet Surrey, Ph.D., is a recognized teacher of Insight Dialogue as taught by Gregory Kramer. She lives in the Boston area and is on the Faculty and Board of the Institute for Meditation and Psychotherapy. She is also a Founding Scholar of the Jean Baker Miller Training Institute at the Wellesley College Stone Center. Jan taught the New Year's Retreat with Phyllis in 2015. We are delighted to welcome her back.

Wednesday, April 6th, 2016

Episcopal Center at Duke

6:30 - 8:30 PM

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Upcoming Retreats

[The Path of
Awakening Together](#)

[Dwelling in the
Dharma](#)

[What Mindfulness
Reveals: A Path of
Release](#)

Goings on in the Sangha

Spiritual Friends
Groups

Organizing Against
Racism Workshops

The Shramadana Project

[A Volunteer Initiative
of Triangle Insight](#)

The Path of Awakening Together An Insight Dialogue Day of Practice with Janet Surrey and Phyllis Hicks

This day long retreat will introduce the meditation guidelines of Insight Dialogue and offer an opportunity to experience the possibilities of a fully engaged co-meditation practice. We will explore the origins of suffering within

Spiritual Friends Groups

Racial Affinity
and
Kalyana Mitta

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



relationship as well as the great potential for cultivating the mental factors of awakening while in relationship, including mindfulness, concentration, equanimity, and loving kindness. We will investigate Speaking and Listening as meditative practices held and nourished by the deep foundation of silent practice.

The retreat will be held in Noble Silence with periods of silent practice and Insight Dialogue practice in dyads and small groups. Contemplations from Jan's book, ***The Buddha's Wife: the Path of Awakening Together***, will be offered. Devotional practice to particular relationships in our lives as parents, friends, partners and adult children will be explored as whole life relational practices and a part of the Eightfold Path.

Beginners for Insight Dialogue are welcome, and some prior meditation experience is recommended. This activity is being offered free of charge, with donations accepted to cover the cost of using the facility and to support the study and practice of the teachers. Please bring your own lunch on Saturday. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

To make our preparations we are asking you to pre-register if you plan to attend. Upon registering, you will then receive guidelines on how to approach the retreat, along with a proposed schedule.

For more information or to register, please contact Mary at [**mkgrigsby28@gmail.com**](mailto:mkgrigsby28@gmail.com) (when registering, please include your full name and telephone contact information in the email).

Saturday, April 9th, 2016
Episcopal Center at Duke
9:00AM-5:00PM

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Media Night at the EC Films, Music, Popcorn and More

How does a community grow and thrive? Media Night events plan relaxed, social evenings when we can use films and other media to connect, engage, support and empower us to be open to the larger world.

Plan to join us Opening Night!

Friday, April 15, at 7pm at the Episcopal Center (EC). We will be screening a socially-relevant documentary about race relations in the 1960's and 70's that traces the Black Power movement from its inception during the civil rights era through its decline. The film blends previously unseen film and interviews with modern day commentary.

The Black Power Mixtape 1967-1975
DVD, [Göran Olsson \(2011\)](#), 96 minutes
Discussion time follows screening

Cast: [Danny Glover](#), [Harry Belafonte](#), [Erykah Badu](#), [Ahmir-Khalib Thompson](#), [Talib Kweli](#), [Angela Davis](#), [Bobby Seale](#), [Kathleen Cleaver](#), [Stokely Carmichael](#), [Huey P. Newton](#), [Eldridge Cleaver](#)

Dana will be gratefully accepted.
TI will provide beverages, feel free to bring snacks.

Friday, April 15, 2016
Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
7:00-9:00PM

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Continuing the Conversation with Betsy Barton

Triangle Insight has now screened the two documentaries on ***Consider the Conversation***, and it was clear that they have inspired dialogue among us around patient-centered care with respect to end of life concerns. There has been a robust response in the interest to continue the conversation, now with 35 of us signing up to receive ongoing information as to how this may unfold. If you would like to be included on the list please let us know at info@triangleinsight.org.

We would like to invite you to again join Betsy and the sangha as she shares more about her experience in the two-year **Heavenly Messengers** program at Spirit Rock, where all were called upon to meet aging, sickness, and death face to face so as to discover what matters most. We will be invited to confront these issues of our own existence, which can then serve as a catalyst for transformation. This gathering will also provide an opportunity for us to discern the way forward as a sangha in exploring both the practical and transcendent aspects of this journey, with the goal of deciding the next steps to take.

Wednesday, April 27th, 2016
Episcopal Center at Duke
6:30 - 8:00PM

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Dwelling in the Dharma:
[Integrating Study and Practice](#)
A Memorial Day Weekend Residential Retreat

with Jeanne van Gemert and Ron Vereen

Friday, May 26th -- Sunday, May 29th, 2016

Register soon -- only 9 spaces left!

In one sutta from the ancient texts, **AN 5.73**, the Buddha was asked "to what extent is one who dwells in the Dharma?" After enumerating the intellectual dimensions of study, teaching, recitation, and examination of the Dharma, the Buddha emphasized the practice of "seclusion." He stated that when committing oneself to "internal tranquility of awareness, ...this is one who dwells in the Dharma." So, how do we find and maintain a balance between study and practice? It appears the Buddha is telling us that if we're going to study, it must be informed by practice.

This residential retreat offers the opportunity to explore this balance in more depth, and to see for ourselves why the Buddha placed emphasis on practice. Time will be devoted to study and practice, the bulk of which will focus on forms of mindfulness meditation that can lead to the direct experience of internal tranquility of awareness, of dwelling in the Dharma, of opening to the formless. We will also see how the very suttas from which these teachings have emerged can be used as guided meditations for practice.

Open to participants with all levels of meditation experience, this retreat will be conducted in Noble Silence, guided by wise view and intention so as to create a container to support wise effort, mindfulness, and concentration. In addition to the forms of practice, group interviews with the teachers will provide further opportunity to integrate study and practice.

Jeanne van Gemert and **Ron Vereen** have many years of meditation experience and are co-founders of the Triangle Insight Meditation Community, graduates of the Spirit Rock Community Dharma Leader Program, and instructors in the Duke Mindfulness-Based Stress Reduction Program.

Cost of the Retreat:

Small Single Occupancy: \$305 (\$330 after 4/28/16)

Large Single Occupancy: \$330 (\$355 after 4/28/16)

Double Occupancy: \$285 (\$310 after 4/28/16)

(fees include 3 nights lodging with meals)

To Register go to: **[Dwelling in the Dharma](#)**

- For more information, contact Leah at:
leah@triangleinsight.org

Note: Some financial assistance will be possible for this retreat, and if you are interested in being considered, contact Leah at the email above.

Scholarship Dana: One intention for Triangle Insight is to have no one turned away from any of our events for

financial reasons, which is supported by the generosity of our sangha. **If you would like to contribute to our scholarship fund, please click [here](#).**

**Avila Retreat Center
711 Mason Road, Durham, NC
Friday, May 26th - Sunday, May 29th, 2016**

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Koru Mindfulness and Meditation Classes in Carrboro taught by Bree Kalb, LCSW

Koru is a concise, structured approach to learning mindfulness and meditation. This introductory class will help students establish or revive a meditation practice and to develop a mindful approach to life. Classes are small (6-8 people), relaxed and enjoyable.

**Wednesdays, 5:30-6:45
April 20 & 27; May 4 & 11.
\$65 for all 4 classes.
Please sign up by April 12.**

**For more information, visit:
www.thewellnessalliance.com/BreeKalb.html
www.facebook.com/carrborokorumindfulness**

**or email: bree@mindspring.com
or call: [919-932-6262 ext 216](tel:919-932-6262)
Bree Kalb, LCSW
301 W. Weaver St.
Carrboro, NC 27510**

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Graceful Exit: Preparing for a Good Death A weekend program with Andrew Holecek

On the rich teachings from the Tibetan Buddhist tradition on death and dying. Andrew Holecek will take you from practices and teachings to prepare you for dying, to a thorough view of the Bardos (the after-death states). You will learn everything you need to know to transform the greatest obstacle into the greatest opportunity. This weekend combines practices, teachings, and discussions that will enhance your understanding and experience of both your own death as well as the death of your loved

ones.

This program is sponsored by the **Durham Shambhala Center**, and will be held at the **Chapel Hill Zen Center**.

Schedule:

Friday, 7:00-9:00 pm

Saturday, 9:00-5:00

Sunday, 9:00-3:00

Participants need to bring a lunch Sat. and Sun.

Space is limited and preregistration is required.

Cost: \$175 (patron \$225)

May 13-15, 2016

Location: Chapel Hill Zen Center

5322 NC Highway 86

Chapel Hill, 27514

(2.5 miles north of I-40 Exit 266).

To register go to:

<http://durham.shambhala.org/program-details/?id=237686>

For questions contact Sasha Loring at

info@sashaloring.com

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What Mindfulness Reveals:

A Path of Release

An Insight Dialogue Retreat with Phyllis Hicks

When mindfulness of body sensations, thoughts, feelings, and ever changing phenomena are established, we are able to see things as they actually are. In this seeing we discover how our human experiences are both unique and universal. Mindfulness reveals the mutual dependence of perception and consciousness and the suffering of identifying with bodily and mental experience. In this retreat we'll learn and practice the interpersonal meditation practice of Insight Dialogue. Practicing the Guidelines together of Pause, Relax, Open, Trust Emergence, Listen Deeply, and Speak Your Subjective Truth, we will investigate how things form in their unique way and how opening to the unconstructed aspects of our experience can release us from limiting views.

This investigation will support finding more freedom and ease in the midst of both the challenging and joyful experiences of life. Seeing how our stress is constructed we can ask: 'how is the body and mind relating to this experience?'

Insight Dialogue brings the mindfulness and tranquility of traditional silent meditation practice into our contact with others. It offers a way of cultivating sustained concentration and mindfulness as we investigate patterns of stress and reactivity. This co-meditative practice allows us to face the complexity of the relational dimension with awareness, and true investigation into the nature of suffering and its release can begin.

There will be alternating periods of silent internal meditation practice, Insight Dialogue and mindful movement in a serene setting. The retreat will be held in Noble Silence.

Phyllis Hicks, DMin, NCLPC teaches Insight Dialogue retreats worldwide. She has trained and taught with Gregory Kramer since 2004, a co-founder of Triangle Insight, and an instructor in the Duke Mindfulness-Based Stress Reduction Program. She directs the Pastoral Care and Counseling Institute of Durham, North Carolina, a non-profit center for counseling and clinical education.

DANA: Your retreat fee covers meals, facilities rental, and the travel and lodging expense for the teacher. There is no fee built in to compensate the teacher. At the end of the retreat you will be invited to offer dana (freewill donation) to support the teachings and teacher's livelihood.

Retreat fees:

Single Occupancy: \$572 (\$615 after 7/9/16)

Double Occupancy: \$495 (\$540 after 7/9/16)

(fees include 5 nights lodging with meals)

CEU application is pending. If approved 20 CEUs will be available for Psychologists, Nurses and Licensed Professional Counselors for a fee of \$35.

To Register, go to:

[What Mindfulness Reveals: A Path of Release](#)

For more information, contact Daya Breckinridge at:

daya@triangleinsight.org

Note: Some financial assistance may be possible for this retreat, and if you are interested in being considered, contact Daya at the email above

Scholarship Dana: One intention for Triangle Insight is to have no one turned away from any of our events for financial reasons, which is supported by the generosity of our sangha. If you would like to contribute to our scholarship fund, please click **[here](#)**.

Avila Retreat Center
711 Mason Road
Durham, NC 27712

Tuesday, Aug. 9th - Sunday, Aug. 14th

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The Shramadana Project

A Volunteer Initiative of Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community, organized to address some of the interests expressed within the sangha for connection beyond Wednesday meditation and for outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, has recently convened two meetings of this group to explore ways to meet the needs of our growing sangha and to assess the group's interest in outreach to the community-at-large.

We encourage you to review the minutes of both meetings in earlier newsletters: **11/18/15** and **1/13/16**, where you will learn more about these worthwhile and exciting initiatives of the sangha.

Several ideas have begun to take shape.

1) Barbara Shumannfang has compiled **a list of community organizations** seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. The hope is this will be a way to connect us, both within the sangha and in the community, in a variety of volunteer efforts. If you know of other groups to add to this list, please send to **Mary Mudd**, and consider joining the SP group.

2) Media Night, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett, will offer films and other media entertainment on a regular basis, starting April 15th, with a documentary about the Black Power Movement in the 1960s and 70s. An on-going schedule is not yet determined.

3) Retreats will be held in April, May, August and October. April 9. **The Path of Awakening Together**, A day of practice, including Insight Dialogue, with Phyllis Hicks. At Duke Episcopal Center.

May 26-29. **Dwelling in the Dharma**, with Ron Vereen and Jeanne van Gemert. At Avila Retreat Center

August 9-14. **What Mindfulness Reveals: A Path of Release, Insight Dialogue**, with Phyllis Hicks. At Avila Retreat Center.

October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington. At Avila Retreat Center. Look for more

information in future newsletters.

Additional ideas were considered that pertain to our recent exploration of issues around diversity in the sangha and end-of-life concerns.

If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at mary@triangleinsight.org. Meetings will be held quarterly, with the next one scheduled for **April 6th**, right after the Meditation session.

*If beings knew, as I know, the results of giving
and sharing, they would not eat without having given..."*

the Buddha

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Organizing Against Racism NC Workshops Being Offered

In response to our efforts to engage the Buddhist teachings around the issues of Racial Justice and Diversity, we would like to recommend the training opportunities available through **OARNC** as a first step in this investigation. Several members of Triangle Insight have already participated in these workshops and they come highly recommended. A few more from the sangha and other Buddhist communities in the Triangle are planning to attend the Phase I events scheduled for early 2016, and you are encouraged to participate if interested. If three or more attend an event from our sangha, you will each get a discount on the fee for being a part of the Triangle Insight Meditation Community.

TI is contributing \$500 to start a scholarship fund for this purpose, and the community is invited to join the initiative by contributing specifically to the scholarship fund. The fund will be available to support TI community members in attending OARNC or other similar trainings. The goal of the initiative is to help individuals and the community to deepen their understanding of the way the mind and human systems are limited by unexamined views of race. The scholarships will be available on a case by case basis to help supplement the cost of registration. To contribute now through PayPal, please donate [here](#).

The plan at present is to keep a log of those from our sangha who participate in these trainings, and then to convene a meeting of this core group of individuals to discuss ideas about the best way forward. The Phase II trainings are designed to assist us in bringing this knowledge back to our community so as to guide us more skillfully in addressing these issues in our own community. For a description of the Phase I & II trainings you may click [here](#).

Please contact us at info@triangleinsight.org if you:
1) have any questions about this initiative; 2) would like to be considered for a scholarship; 3) want to contribute toward a scholarship; and 4) wish to be a part of the core group to discuss our plans after completing the trainings.

OARNC

**A variety of times and dates in Durham & Chapel Hill
Each workshop is two days, 8:30 AM - 5:30 PM
Cost: \$275 (\$225 with 3+ discount; student \$175)
and includes breakfast and lunch**

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Spiritual Friends Groups

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

~ The Buddha

In ***The Heart of the Buddha's Teaching***, Thich Nhat Hanh says, "We have individual eyes and Sangha eyes. When a Sangha shines its light on our personal views, we see more clearly." This is a beautiful expression of the ways spiritual friends can illuminate our path to awakening. The blossoming of our spiritual friends groups reflects this understanding and the heart's longing for community as we make our way on this journey.

Kalyana Mitta Groups

We now have openings in our Raleigh KM group and waiting lists for **our four other groups**, including Rethinking Buddhism for a Secular Age. The response to this newest group has been heartwarming and can be an inspiration to others who might want to start a group. If you'd like to join the Raleigh group, start a new group, or be on a waiting list, please send the **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator. For more information about any of our KM Groups, please talk with Sarah, visit our **KM web page**, or email Sarah at sarah@triangleinsight.org.

Racial Affinity Groups

We continue to feel deep appreciation for our sangha's commitment to Engaged Buddhism and the important work of our Racial Affinity Groups. Two groups, one in Durham and one in Chapel Hill-Carrboro, still have openings. **Ruth King's Group Guidelines** will provide valuable guidance for each group's mindful sharing. Additional information and resources are on our Racial Affinity Groups **web page**. If you have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at sarah@triangleinsight.org.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert is very grateful for the commitment of our community. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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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.

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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Awakening Joy & Awakeing Joy 2.0 Online Courses with James Baraz and Others

There are now two courses to awaken joy, taught by James Baraz along with renowned guest teachers. James has been offering Awakening Joy since 2003, and now offers Awakening Joy 2.0 in addition to the basic course, in which he will go deeper into three of the ten steps to awakening joy: Loving Ourselves, Connection with Others, and Compassionate Action.

For more information or to register, please visit the [Awakening Joy Website](#).

Begin Anytime in 2016
Every Two Weeks for Five Months

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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

(unless otherwise indicated)

Triangle Insight, Episcopal Center at Duke

6:30 - 8:30 PM

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Goings-on in the Sangha

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.

The Shramadana Project

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community to address some of the needs within the sangha for service and to provide outreach to the community-at-large. See [the longer](#)

report in this newsletter for more information and links to the minutes of previous meetings.

- **Media Night (a Shramadana Project)**

Come to the Opening! Friday, April 15, at 7pm at the Episcopal Center (EC). On Tap, a documentary about race relations in the 1960's and 70's. that traces the Black Power movement from its inception during the civil rights era through its decline. Beverages provided.

Kalyana Mitta News

*Spiritual Friends Groups. In addition to current KM Affinity Groups, we are now forming Racial Affinity Groups. Please **see the report** in this newsletter for these developments. Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

Organizing Against Racism Workshops

*Intensive, long-range preparation and outreach. See the **announcement** in this newsletter for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

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Mindfulness Awareness Training with Tamara Share, PhD

Tamara Share will be offering an ongoing group for developing skills in mindfulness awareness practices. The group will meet twice monthly, and is open to those 18 years of age and older. A pre-group consultation is required, and you may contact Tamara at 919-442-1118. The cost is \$45/session if pre-paid in 6 session blocks (\$270), or \$60 if paid per session (sliding scale available).

Tamara L. Share, PhD is a Counseling Psychologist with more than 20 years of training and experience in human development, group facilitation, and personal growth. Tamara's diverse background includes education/training in physics, psychology, wellness, philosophy, and complementary approaches to healthcare.

**2nd and 4th Thursdays
HRC, Behavioral Health and Psychiatry
100 Europa Dr., Suite 260, Chapel Hill 27517**

4:45 - 6:00 PM

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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

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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

7:30 - 8:45 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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Triangle Insight, www.triangleinsight.org, Durham - Chapel Hill - Raleigh, NC 27516

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