



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

Last month we left you with these words of encouragement from Bhikkhu Bodhi, and we thought it a good way to start this month as well: "Liberation is the inevitable fruit of the path and is bound to blossom forth when there is steady and persistent practice. The only requirements for reaching the final goal are two: to start and to continue. If these requirements are met there is no doubt that the goal will be attained. This is the Dhamma, the undeviating law."

These words bring inspiration in that no matter what variety of ills we experience in our lives, if we start and continue the path of practice, the outcome looks pretty good. This points to why the Buddha at times has been described as "the peerless physician," the healer of suffering, and his exposition of the Four Noble Truths is

comparable to how a physician approaches an illness -- there is the diagnosis, the cause, the prognosis, and the remedy. The illness here is suffering (*dukkha*), the cause is craving (*tanha*), the prognosis is the end of suffering (*nibbana*), and the remedy given is the Noble Eightfold Path (*ariya-magga*). So, essentially what Bhikkhu Bodhi is saying is that if we follow the remedy offered by the Buddha, there is no doubt that we will be cured. What an excellent prognosis, which deems his prescription of the Noble Eightfold Path worthy of taking in!

As in preceding newsletters, our journey will be undertaken in the context of Thanissaro Bhikkhu's anthology of the Pali canon, the **Wings to Awakening**, with the Noble Eightfold Path being one of the seven sets of the Wings. We have just completed our look at two sets, The Five Spiritual Faculties (*indriya*) and Strengths (*bala*), and you may access prior archived versions of the newsletter **here**. But before we get into the specifics of each factor of the Eightfold Path, we thought it best to first provide an overview of the topic -- a taste of the medicine before we take it all in. Hopefully this will be like Mary Poppins' "spoonful of sugar," or in Ananda's words, like "a ball of honey."

First, there is the genius of the Buddha in the way he developed his teachings -- any undertaking of the study of any doctrine will reveal or lead to the whole of the teachings (*Dhamma*). As Thanissaro puts it, the development of any one set of the Wings points out the "holographic" nature of the path: each part includes the whole, just as every piece of a hologram can reproduce the entire holographic image. Second, this holography is evident in our prior investigation of the Five Spiritual Faculties/Strengths in the context of our current exploration, as a glimpse of the whole of the Noble Eightfold Path has been provided through examining each of these faculties/strengths: faith or conviction (wise speech, action, and livelihood); persistence or energy (wise effort); mindfulness (wise mindfulness); concentration (wise concentration); and discernment or wisdom (wise view and intention). Finally, these eight path factors are often grouped into three aggregates that facilitate both their study and practice: integrity or morality (wise speech, action, and livelihood), meditation (wise effort, mindfulness, and concentration), and wisdom (wise view and intention). The meditation teacher, Leigh Brasington, puts it this way: first we clean up our act (integrity/morality), then we concentrate the mind (meditation), then we can see what's really happening (wisdom).

If you're interested in seeing what's really happening, we invite you continue this path of study and practice together in the myriad of ways in which it may unfold. This newsletter will continue to provide a brief overview of a variety of inter-related topics intended to stimulate your interest and curiosity so as to motivate your inquiry and investigation, both on and off the cushion. Activities of the sangha are listed here to offer ways to both deepen your study and practice and to connect with fellow travelers along the path, whether through our regular Wednesday evening meetings, smaller and more intimate kalyana mitta groups, or classes, study groups, daylongs, and retreats.

So, as we proceed together as a community, let the Buddha be our guide in pointing to what is "visible here and now" (*Digha Nikaya 2, Anguttara Nikaya 6.47*) -- we simply need to see what is obscuring our view. Utilize your practice to do so as it is "the direct path to the purification of all beings, for the surmounting of sorrow and lamentation, for the disappearance of *dukkha*, for acquiring the true method, for the realization of *nibbana*..." (*Majjhima Nikaya 10*). And remember, you are not to take the Buddha's word for it, but to "come and see for yourself" (*ehipassakio*) through your very own exploration of this mind/body process.

May we all support one another on this path toward liberation, and may we see for ourselves the insights that lead to the freedom of release. May it be so.

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



Sitting

## 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:**

## 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](#)

Wednesday Evenings:

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

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

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

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

**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.

## Upcoming Classes and Events

[Koru Mindfulness  
and Meditation](#)

[Dreaming Big:  
Creating Clear  
Intentions](#)

[Awakening Joy, 2015  
An online course  
with James Baraz](#)

[Documentary Film:  
\*A Joyful Mind\*](#)

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

## A Full Day of Mindfulness with Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

Triangle Insight offers a Day of Mindfulness on Saturday, **February 14th, 2015**, 9am-4:30pm. This 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. We welcome people at all levels of meditation experience. 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 donations accepted to cover the cost of using the facility and to support the study and practice of the teachers.

## Upcoming Retreats

[A Day of Mindfulness  
in February](#)

[A Mind at Peace  
Living the Dharma](#)

Please bring your own lunch. Refrigeration is available if needed (coffee, tea, and snacks will be provided). In order

## Goings On in

## the Sangha

Kalyana Mitta  
Groups

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](mailto:info@triangleinsight.org).

## The Shramadana Project

A Volunteer Initiative  
of Triangle Insight

Episcopal Center at Duke  
505 Alexander Ave., Durham 27705  
February 14, 2015  
9:00AM - 4:00PM

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## Ongoing Classes and Events

Mindfulness  
Programs at Duke  
Integrative Medicine

Mindfulness  
Programs at UNC  
Integrative Medicine

Stop Smoking Online!  
Craving to Quit

A Mind at Peace:  
*Working with Difficult Emotions*  
An Insight Dialogue Retreat for Therapists  
and Healthcare Professionals  
with Sharon Beckman-Brindley & Phyllis Hicks

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.

Learn to integrate the relational aspects of mindfulness and wisdom into your personal experience and professional work with difficult emotions. (Continuing education credit available.)

"Absolutely every aspect of my learning is directly transferrable into my professional life."  
- JC, Sydney, AU

March 27th - April 1st, 2015  
Shalom House and Retreat Center  
Hanover County, VA  
Details & Registration: [Metta Program](#)  
*Early Registration by February 27th*

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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 if we are 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 will be open to anyone and with all levels of experience welcome. Details about costs and the registration process will be forthcoming, so save the date and sign up early as space will be limited. For more information you may contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

**May 21st - May 24th, 2015**  
**Avila Retreat Center, Durham, NC**

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## Kalyana Mitta Groups

As discussed at the December 17th meeting, Kalyana Mitta is a Pali phrase that means "spiritual friend," and 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 then begin to share more openly and deeply, and the heart of the dharma is enriched in their practice and their daily lives.

Over the past month there has been a very positive response to our new Kalyana Mitta program. Groups are being proposed for Durham, Chapel Hill-Carrboro, and Raleigh, and over twenty individuals have expressed interest in joining a group. This is a wonderful reflection of the commitment and energy of our community. If you're interested in joining or organizing a group, or you have questions or suggestions, please contact Sarah Tillis, KM Coordinator, at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

Please visit the new [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 in the near future.

The KM program is new and evolving, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis is continuing to refine structure and guidelines. Your input is invaluable as we make this journey together.

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## Koru Mindfulness and Meditation Classes in Carrboro Taught by Bree Kalb

Koru is a brief, structured approach to teaching mindfulness and meditation to young adults. Koru students learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy. Participation in all 4 sessions is required, as well as 10 minutes of meditation and brief mindfulness exercises every day, plus weekly readings in Jon Kabat-Zinn's classic book: *Where Ever You Go, There You Are*.

**Tuesday Evenings, 5:30 - 7:00pm**

**Feb. 10, 17, 24 & Mar. 3**

**\$65 for all 4 classes**

**Limited enrollment; please sign up in advance to ensure your space.**

For more information and to register:

[www.thewellnessalliance.com/BreeKalb.html](http://www.thewellnessalliance.com/BreeKalb.html)

or email [bree@mindspring.com](mailto:bree@mindspring.com) / [919-932-6262 x216](tel:919-932-6262)

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## Dreaming BIG: Creating Clear Intentions for Your Life

**A Workshop with Jen Jensen**

This workshop is about taking the practices and principles of

mindfulness beyond the mat and applying them in our everyday lives. We'll learn practices for staying in the present moment and connecting with what matters most. We'll dream BIG and gain clarity about who we want to be in the world and what we need to do to be that person. And last, but not least, we'll create clear intentions for the coming year.

The workshop includes a talk, writing exercises, and meditations to support you in your process.

Jen Johnson, MS, MFA, LPC, RYT is a mindfulness and yoga teacher, coach and counselor in Wilmington, NC. She teaches people to live mindfully and create sustainable lifestyle changes that support peace, happiness and well-being. Jen's work is a blend of modern neuroscience and the ancient wisdom teachings of yoga and Insight Meditation.  
[www.everydaymindful.com](http://www.everydaymindful.com)

## February 21st 1-4pm

Location: [Carolina Wellness Institute, LLC](#)  
(formally Hillsborough Yoga Downtown)  
121 W Margaret Lane  
Hillsborough NC 27278

Cost: \$50

To register, please contact Paula Huffman, BS, RN, ERYT, Mindfulness Instructor, [paulahuffman@hotmail.com](mailto:paulahuffman@hotmail.com) [919-260-0255](tel:919-260-0255)

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## Awakening JOY, 2015 A 5-month online course

This online course is led by James Baraz, a founding teacher of Spirit Rock Meditation Center in Woodacre, California. He has offered the Awakening Joy course since 2003. It consists of different themes and materials every two weeks for five months. The intention is to create a supportive structure for awakening joy and our natural capacity for well-being. Visit the website [overview here](#). There are in-person meetings in Berkeley, CA, and those who participate online will have access to recordings of the live classes with a remarkable [line-up of guest speakers](#), practice letters and live video conference calls, and additional resources.

James Baraz says, "In these times with so much suffering in the world and people often so busy they forget how to nourish themselves, I believe awakening our joy is more important than ever. Remembering to connect with all the goodness inside and around you and then sharing it with

others takes practice and support. This course is designed to offer you a structure to do just that. The world needs your aliveness and good heart."

Registration is now open for this course, offered online to all participants with in person meetings also available in Berkeley, Ca. **Register by December 20th and there is an Early Bird Bonus** to join James for a live conference call on Dec. 20th: "Enjoying the Holiday Season".

For more information and to register for the course, click on this logo!



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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, beginning January 5th. 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 will be starting 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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## 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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## A Joyful Mind

### A Documentary on the Life and Teachings of Mingyur Rinpoche

We have recently been contacted by Dharma friends about a film project in progress, with a request to spread the word and invite others to contribute if possible.

*A Joyful Mind* documents the life and teachings of Mingyur Rinpoche and provides a comprehensive look at the practice

of meditation and its benefits. In addition to Rinpoche, the film will feature highly revered Buddhist monastics Mathieu Ricard and Jetsunma Tenzin Palmo, renowned neuroscientists Drs. Richie Davidson and Antoine Lutz, Psychologist and Buddhist teacher Dr. Rick Hanson, meditation master Tsoknyi Rinpoche, and many more. You can view promotional videos and find out more information on their website: [www.ajoyfulmind.com](http://www.ajoyfulmind.com).

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## How to stop smoking online . . . Craving to Quit: A Mindfulness-Based Wellness Program for Smoking Cessation on the Web

If you or anyone you know has been attempting to quit smoking but has yet to succeed, this program may be for you. Modeled after [Mindfulness-Based Relapse Prevention](#) at the University of Washington, [Craving to Quit](#) is a 21-day web-based program from Yale University that offers a mindfully-oriented way to deal with cravings and other addictive patterns. Compared to [Freedom from Smoking](#) -- an on-line cessation program sponsored by the American Lung Association -- the Yale study had demonstrated twice the quit rates, and the cost is only \$1/day!

Anytime & Anywhere via Web App  
[Go to Craving to Quit to sign up](#)

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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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