



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Happy Summer to All!

So, what *does* it take to be happy? We've explored this question before, and it is not just a rhetorical one, as it appears the Buddha spent a good deal of time directly investigating this very matter. He framed his search along the over-arching continuum of moving from suffering to the end of suffering, ultimately discovering a happiness independent of conditions. Having found his answer he then decided, albeit not without some hesitation, to share what he had discovered with anyone who would listen. Always freely available, his teachings have been passed along down through the centuries and have brought that same freedom to many who have

undertaken the training to investigate the source of their own unhappiness.

For the sincere practitioner it is a matter of comprehending one's own suffering and understanding its origin -- craving. Anyone who has taken up this path knows that it is not an easy matter. Often using old strategies with unwise views, we attempt to manipulate experiences to fit our views, which only make matters worse. We may even use meditation to try and circumvent our suffering. What we eventually realize is that our problem is not *with* reality, but our *resistance to* reality that causes our suffering. This can take the form of craving for a certain situation in our life not to be the way that it is, and can manifest in a litany of complaints and maneuvers that only perpetuate the "story of me." This story is our view of how we would like things to be rather than the way things really are. To awaken to our plight and fully reveal the suffering caused by the sense-of-self, Rodney Smith suggests that we look to see where we have a quarrel with the world, and there will be found the story teller, the sense-of-self, holding on to its view of the way the world *should* be. And yet no amount of "should-ing" changes anything. Eventually we see the futility of our struggle and reluctantly surrender to the facts of our lives, which is what happens when the egoic mind has exhausted all of its strategies. Then there is awareness of the cessation of the story, absence of the story-teller, acceptance, and hopefully insight into the root cause of our suffering. What follows is that same freedom the Buddha experienced -- cessation of craving, even if for only a moment. As Mu Soeng, a student of Master Sueng Sahn, says, "where there is craving, there is the self; where there is no craving, there is no-self."

All of this sounds well and good, and yet we may be left wondering how to bring about the transformation that culminates in the happiness that the Buddha promised. Where is this happiness to be found? The Buddha shared how he came to be free, and yet each of us has to discover this on our own. We follow the meditation instructions, we read the suttas and/or contemporary interpretations, and listen to what others share that has worked for them. We keep our sights set on the goal -- freedom from suffering -- and then look to see how our lives are going along the way. We use whatever works to investigate and alleviate as much suffering as possible, taking in the wisdom of others when something seems to have been helpful for them.

Recently we received a bit of this wisdom in the form of a video that was shared upon the passing of a fellow traveler along the path. James Baraz, one of the early meditation teachers who helped start the Spirit Rock Meditation Center and who founded the Community Dharma Leader Program, sent an email informing us of the death of his 94 year old mother, Selma Baraz. In the email was a tribute to her life, along with a link to a YouTube video that was made in 2010 as a part of the Awakening Joy course that James conducts. The video is titled "Confessions of a Jewish Mother: How My Son Ruined My Life!" Selma is speaking to James' group and shares her own awareness of having quarreled with the world most of her life, and then how applying a mantra she learned from her son seemed to turn things around, bringing greater happiness. It is well worth the 7 minutes it takes to view her amusing and uplifting words, and we encourage you to see it by clicking [here](#), and to discover the wisdom that is present in her simple suggestion.

One can trace this wisdom back to the Abhidhamma, an ancient Buddhist text which states that a wholesome and unwholesome mental factor cannot co-exist in the same moment of consciousness. Whether Selma knew the source of this wisdom that James imparted is not as important as her realization that you can't be grumpy and grateful at the same time! As James put it, "she inspired thousands by showing that change is possible at any age, with her transformation from 'kvetch' to teacher of gratitude at the age of 89."

Thus we see that we can find wisdom and happiness from many sources (and at any age), which can help to move us further along the path. And we do need all the help we can get!

May we and all beings know that we are truly blessed. May we all be happy!

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



## The Shramadana Project

A Volunteer Initiative of Triangle Insight

## Sitting Opportunities

Wednesday Meditation Group

Insight Dialogue at Triangle Insight

Buddhist Families of Durham

Neighborhood Sitting Group

Duke Cancer Center

Recovery Group

Other Resources

## Classes and Events

Triangle Insight

## 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:

July 3: Ron Vereen  
 July 10: Cynthia Hughey  
 July 17: Phyllis Hicks (Forum & TIMC Birthday Party!!)  
 July 24: Jeanne van Gemert  
 July 31: Dave Hughey

August 7: Ron Vereen  
 August 14: Cynthia Hughey  
 August 21: Jeanne van Gemert  
 August 28: Phyllis Hicks (Insight Dialogue)

### Wednesday Evenings

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

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

**Episcopal Center (EC) at Duke  
 505 Alexander Avenue  
 Durham, NC 27705**

***Important Note:*** Durham's Main St. will be closed between Buchanan and Broad St. beginning May 13 and anticipated to continue until Sept. 20, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route.

## The Shramadana Project at Triangle Insight

In the recent April issue of our newsletter we spoke of the benefit of the Buddha's teaching on the practice of *dana*, or generosity, and on *seva*, or selfless service. After sharing some ideas on how to bring these qualities into action as a sangha, we now have had 15 people thus far to respond with interest in seeing how this initiative can move forward.

We have decided to name this effort the **Shramadana Project**, borrowing a term found in Joanna Macy's book, *World as Lover, World as Self*. This term translates as "the giving (*dana*) of human energy (*shrama*)." Several

**Turns Four!****An Introduction to Koru****Stepping Out of Self Deception****MBSR Classes Forming Now****Experiencing Mindfulness****Saturday Drop-In Classes****ZenKids**

projects have been delineated, both for the benefit of Triangle Insight and also for the community-at-large.

We would like for you to consider being involved in some fashion, large or small, and you can find more detailed information about these exciting and worthy ideas [here](#), and we welcome any additional thoughts that you may have. In participating in this initiative, we not only will be helping ourselves and others, but will be participating in the vital project of building community and implementing a useful way of moving toward selflessness.

If interested please contact us: [info@triangleinsight.org](mailto:info@triangleinsight.org).

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## Insight Dialogue and the Path of Peace

a Residential Retreat with  
Phyllis Hicks and Sharon Beckman-Brindley

Insight Dialogue is an interpersonal meditation form based in Vipassana. In Insight Dialogue practice we extend our solitary meditation into a meditation of speaking and listening in contemplation with others. For more information go to [Southern Dharma](#).

**Southern Dharma Retreat Center**

**Hot Springs, NC  
July 5 - 10, 2013**

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## Upcoming Retreats

**Insight Dialogue and the Path of Peace****Insight Dialogue & Therapeutic Presence****Mindfulness, Insight, Liberation**

## Goings On in the Sangha

**Dharma Contemplation Group****Buddhist Families of Durham Seeking Teacher****Southern Dharma Seeking New Retreat Manager and Director**

## Triangle Insight Turns Four!

You are invited to help celebrate the anniversary of the fourth year of the Triangle Insight Meditation Community. On Wednesday evening, July 17, Phyllis Hicks will lead us in our format of sitting/walking meditation, followed by a talk on the topic of "Spiritual Friends." Afterwards, she will be joined by Cynthia Hughey, Jeanne van Gemert, and Ron Vereen, who will each offer reflections on the meaning of this important topic to them. They will then conduct a forum with the sangha to further explore the theme with Q & A and discussion.

At 8:00 PM we will continue the celebration with our customary "birthday party," where cake and tea/coffee will

## The Alice

## Project

Sarnath, India

[www.aliceproject.org](http://www.aliceproject.org)

Follow the outstanding school for which our sangha has provided support



be provided! Everyone is invited to bring a savory or a sweet something to share with the group. If you would like to participate in the set-up/break-down/clean-up, this will be much appreciated, and you can let us know by contacting us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

**Wednesday, July 17**  
**Episcopal Center at Duke**  
**6:30 - 8:30 PM**

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## An Introduction to Koru: Teaching Mindfulness to College Students and other Emerging Adults

This workshop will introduce the art and skill of teaching mindfulness to college students and emerging adults. In addition, participants will be trained in how to teach Koru, the developmentally targeted, evidenced-based, four-week course developed at Duke University for teaching mindfulness to emerging adults. This work is described in the book, ***Mindfulness for the Next Generation: Helping Emerging Adults Manage Stress and Lead Healthier Lives***, by Holly Rogers, M.D., and Margaret Maytan, M.D.

For more information about the workshop and to register, go to [The Koru Center for Mindfulness](#). 6 CE credits will be available for participants in the workshop.

**Manpower Development Corporation**  
**307 W. Main St., Durham, NC 27701**  
**Friday, August 2, 2013**  
**8:00AM-5:00PM**

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

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and western psychotherapy. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness

directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work. This event provides 25 contact hours of Continuing Education. For more information, please go to

<https://metta.org/program/insight-dialogue-therapeutic-presence/>.

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

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## Mindfulness, Insight, Liberation The Foundations of Mindfulness-Based Modalities and Research

Join Sharon Salzberg, Christina Feldman, and Mark Coleman for this course designed for researchers, clinicians and educators engaged, teaching, or training in mindfulness-based approaches. You are invited to extend and deepen your personal experience of mindfulness meditation in the company of peers and colleagues. The retreat will explore the Four Foundations of Mindfulness as taught in the Satipatthana discourse given by the Buddha. This is a profound teaching that encourages us to place the path of freedom and compassion in the classroom of our lives, nurturing a heart that is receptive and unshakeable.

Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks, guidance and an optional period of mindful yoga, all within an environment of silence. A familiarity with formal practice is assumed. CEs are available for psychologists and licensed mental health counselors. For more information click [here](#).

**Insight Meditation Society  
Barre, Massachusetts  
January 10 - 17, 2014  
8:00AM-5:00PM**

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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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## Goings-on in the Sangha

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

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### Dharma Contemplation Group

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

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

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at [beverly143@frontier.com](mailto:beverly143@frontier.com), or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 7/28.

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### **Buddhist Families of Durham in Search of 1st & 2nd Grade Teacher**

The Buddhist Families of Durham (BFD), a community of 24+ families, is in search of teacher for its 1st-2nd grade Sati School class. The BFD meets Sundays from 10:30am-noon. Average attendance is 7 to 10 children. The ideal candidate has a love of working with children, classroom experience, and affinity for, though not necessarily long experience with, mindfulness meditation and Buddhist teachings. Pay based on experience, ranging from \$40 to \$50 per Sunday. Position runs from 2nd Sunday of September through early May, annually.

BuddhistFamiliesofDurham.org. Send cover and resume to [admin@buddhistfamiliesofdurham.org](mailto:admin@buddhistfamiliesofdurham.org).

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### **Southern Dharma Seeking New Retreat Manager**

There is an urgent need to find someone to fill the position of Retreat Manager at the Southern Dharma Retreat Center. This is a full-time, residential, salaried position that will be available immediately, as they are looking for someone to start in July or August. To see a complete job description, please go [here](#).

### **Southern Dharma Seeking New Director**

[Carol Meyer, who has been the director of Southern Dharma Retreat Center since December 2008, plans to retire at the end of December 2013. In response, the Center has opened the search for a new Director to start working at the beginning of December 2013. Please go to \[Southern Dharma\]\(#\) for more information and to see a complete job description.](#)

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

Two study groups led by Ron Vereen are exploring Rodney Smith's book, *Stepping Out of Self-Deception*. Rodney also makes himself available to us on occasion through Skype, which is a valuable part of our investigation together of this fascinating aspect of the Buddha's teaching.

This activity is offered free of charge, with donations accepted toward use of the facility and to support the study and practice of the teacher. The groups are currently full, but if you are interested in being placed on a wait list, please contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com).

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

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## Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of Sept. 9, with classes beginning the week of Sept. 16 and running through the

week of Nov. 4, with a Day of Mindfulness Nov. 2. A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

## Week of Sept. 16 - Week of Nov. 4, 2013

### Various class times and locations available

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## Experiencing Mindfulness

### Weekly Class at Duke Integrative Medicine

Dr. Jeff Brantley, former Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a very popular weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine** over the past three years. His recent retirement has brought about a change, and in addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class. This will provide a rich opportunity to explore the themes that emerge from a variety of perspectives.

There is a \$15 charge for the class, payable at the front registration desk. The class is open to the public, with all levels of meditation experience welcome. There is no need to pre-register, and seats are filled on a first-come, first-serve basis.

### Wednesdays

**Duke Integrative Medicine**  
**Duke Center for Living Campus**  
**3475 Erwin Rd., Durham, NC 27705**  
**12:00 PM - 1:00 PM**

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## Saturday Drop-In Classes

### at Duke Integrative Medicine

The **Duke MBSR Program** has traditionally offered this opportunity to support the practice of mindfulness to its alumni in the months where a Day of Mindfulness was not being offered. Beginning in July, they will be opening these

Saturday sessions to the general public as well, so all are invited to attend, with all levels of meditation experience welcome. All classes are led by one of the MBSR Instructors, and in general, begin with a period of mindfulness practice, then a talk on some aspect of mindfulness, followed by a period of discussion and Q&A.

The fee for the class is \$15, payable at the front registration desk. There is no need to pre-register, with seats filled on a first-come, first-serve basis. The next class will be held on Saturday, July 13, and will be led by Ron Vereen.

## Duke Integrative Medicine

**Duke Center for Living Campus**

**3475 Erwin Rd., Durham, NC 27705**

**Saturday, July 13, 9:00 - 10:30 AM**

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## ZenKids

### A Mindfulness-based Yoga Camp for Children

Patanjali's Place, a community yoga space in downtown Durham, will be offering this mindfulness-based yoga program for children between the ages of 5 and 15 years old this summer. They are now accepting applications and scholarships are available, so for more details go to [ZenKids](#).

## Patanjali's Place

**700 Foster St., Durham, NC 27701**

**Summer 2013**

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## Buddhist Families of Durham

Currently consisting of 74 beings in 24 + families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Bodhi School with our three marvelous (non-parent-member) teachers.

For more information, visit:

[\*\*Buddhist Families of Durham\*\*](#)

## Sunday Mornings

**10:30AM-12:00 noon**

**please contact Sumi Loundon Kim for details**

**email: [sumi@buddhistfamiliesofdurham.com](mailto:sumi@buddhistfamiliesofdurham.com)**

**phone: 919-613-0160**

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## Duke Cancer Center

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

## Monday Afternoons

**12:30 - 1:00 PM**

**The Quiet Room, Main Level**

**Duke Cancer Center**

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## Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com). (Note: there will be no meeting on July 8th)

## Monday and Thursday Mornings

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

**2205 Wilson St., Durham, NC 27705**

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## Recovery Group

**a Buddhist Perspective on the Twelve Step Program**

The meetings begin and end with silent meditation. For more information 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 who's practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation. For any questions please contact us at **[info@triangleinsight.org](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)**.

[Forward email](#)



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