



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all -

It is becoming all too frequent that when we are preparing to send out this newsletter, there is yet another shocking tragedy occurring in this country that is front and center on the national and international stage. As our nation now mourns the nine that were slain at Mother Emanuel in Charleston, S.C., we have had little time to heal from the previous violence so indicative of the racial tension within our borders. At the recent reunion of the Community Dharma Leader program at the Barre Center for Buddhist Studies, Andy Olenzki made the statement that Mara could not have designed a society more beautifully organized around greed, hatred, and delusion than ours -- all the more reason to study and practice the Buddha's teachings.

Timely, then, is our exploration of *sila*, one of the three aggregates of the Noble Eightfold Path, which is guided by the first two path factors of wise view and wise

intention. The translation of the Pali word, *sīla*, can be rendered as either "ethical behavior" or "moral discipline." However translated, the training in *sīla* provides the foundation of the entire path, as it is essential for success in the other trainings on meditation/concentration (*samādhi*) and wisdom (*pañña*).

Bhikkhu Bodhi, in his book on *The Noble Eightfold Path: the Way to the End of Suffering*, prefers approaching *sīla* as a training in ethical behavior. He comments that the English translation of "morality" harkens from the theistic background to Western ethics, implying obligation, constraint, or obedience, and is foreign to the Buddhist approach to *sīla*. To move us away from the harshness of these words, he offers a synonym that he finds in the commentaries for *sīla*, *samadhana*, whose meaning is "harmony" or "coordination." Speaking more to the foundational purpose of ethical behavior in our development of The Noble Eightfold Path, he outlines four inter-related levels within which the harmony and coordination of *sīla* may function:

1. Social -- establishing harmonious relationships among individuals and bringing them into a cohesive social order in which conflict can be reduced, if not eliminated;
2. Psychological -- bringing harmony to the mind and producing less guilt and internal conflict;
3. Karmic -- ensuring harmony with the law of karma, with favorable outcomes from our behaviors;
4. Contemplative -- helping to establish the preliminary purification of mind for further development of serenity and insight that will lead to liberation.

The above levels, much like the factors of the Noble Eightfold Path, are presented in a linear fashion for heuristic value, yet they operate simultaneously within and among the individual, interpersonal, social, and cosmic matrix. This fact carries great import as we look out at the events unfolding in the world and at times feel helpless and powerless to effect any change. For those familiar with General Systems Theory, the complex, inter-related nature of these four levels provides hope in that whatever changes are made at one level will in some way, unbeknownst to us, effect change at any of the other levels -- the same principle operating that brings about the unbinding of the "tangled skein" of dependent origination through the practice of appropriate attention and skillful intention. Thus, whatever internal harmony we bring to our own minds will in some way bring about some

transformation in the world. Perhaps this is what Gandhi was pointing to when he said for us to "be the change you wish to see in the world."

In the coming months we will explore the three path factors that comprise ethical training -- wise speech, wise action, and wise livelihood. In so doing, may we all undertake this ethical training so as to bring more harmony to our own minds and become the change that is needed in the world. May it be so.

Phyllis Hicks, Jeanne van Gemert, and Ron Vereen



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

[Mindfulness of Clinging & Non-](#)

[Triangle Insight Meditation Groups](#)

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

July 1: Ron Vereen
July 8: Jeff Brantley (Guest teacher - see below)
July 15: Jeanne van Gemert
July 21: Phyllis Hicks (Insight Dialogue)
July 29: Unfolding of the Dharma - group discussion and Triangle Insight's 6th Birthday Celebration

August 5: Ron Vereen
August 12: *Consider the Conversation* with Betsy Barton (see description below)
August 19: Jeanne van Gemert
August 26: Phyllis Hick (Insight Dialogue)

Clinging

A Day of Silence

**Consider the
Conversation**

**Durham Insight
Dialogue KM Group:
Training Session**

Mindful of Race

**Mindful Awareness
Training**

**Buddhist Insight
Network:
Database Designer
Opportunity**

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

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

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

**Mindfulness of
Clinging and Non-Clinging
an evening with Jeff Brantley**

As a student of Buddhist meditation and teachings, Jeff Brantley will reflect upon his experience with mindfulness and the teachings about clinging and non-clinging as they relate to common experiences of daily living and the Buddha's insights into suffering, its causes, and cessation. He will include a guided meditation and selected readings in his presentation.

**Upcoming
Retreats**

**Insight Dialogue &
the Path of Peace**

**Goings on
in the Sangha**

Kalyana Mitta Groups

**Resource for Yoga
Retreats in SE Asia**

Dr. Jeff Brantley is one of the founding faculty members of Duke Integrative Medicine, where he started the Mindfulness-Based Stress Reduction program in 1998. He is also a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke University. He is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke Medical Center, and teaches intensive courses on mindfulness meditation and conducts extensive experiential programs and group lectures. Dr. Brantley is the author of *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic* and is the co-author, with Wendy Millstine, of the *Five Good Minutes* series and *Daily Meditations for Calming Your Anxious Mind*, and most recently, *Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life*.

**The
Shramadana
Project**

**A Volunteer Initiative
of Triangle Insight**

**Wednesday, July 8th
Episcopal Center at Duke
6:30 - 8:00 PM**

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**Ongoing
Classes and**

**A Day of Silence
with Cynthia Hughey and Ron Vereen**

Events

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**



Please join Cynthia and Ron for this Day of Silence on Saturday, July 11th, from 9 AM - 4 PM. This day of practice will be a bit of a departure from our usual Day of Mindfulness, as there will be no Dharma talks and minimal instruction in order to create conditions to abide in greater stillness and silence. This day of practice is thus not recommended for those who are just beginning the practice of insight meditation. There will be periods of sitting meditation, walking meditation, and mindful movement. An opportunity for a separate group interview away from the meditation hall will be available to those who are interested in exploring anything that may be coming up in the practice.

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, and refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

In order 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. For more information or to register, please contact us at info@triangleinsight.org.

Saturday, July 11th
Episcopal Center at Duke
9:00AM-4:00PM

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**Insight Dialogue
and the Path of Peace**
**with Sharon Beckman-Brindley and Phyllis
Hicks**

In this retreat, we will practice silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to our life experience. We will cultivate qualities of mind that give rise to clarity and peace. As awareness deepens, we can experience directly the profound Buddhist teachings on suffering and the end of suffering.

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.

Phone: **828-622-7112**
Email: southerndharma@earthlink.net
Web: [SDRC](#)

July 10-15, 2015

Southern Dharma Retreat Center

Hot Springs, NC

(physically located in Spring Creek, on Hap Mountain)

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Save the Date!

Triangle Insight is Turning Six

This July marks the sixth birthday of the Triangle Insight Meditation Community, and on Wednesday, July 29th, we plan to celebrate with a special meeting! We will gather at 6:30 PM for our 45 min. period of meditation, and then have an opportunity for more intimate sharing with each other as we devote the remainder of the evening's meeting to exploring how the Dharma has been unfolding in our lives, as well as how sangha has been important in that evolution. Following that will be our birthday celebration, so please bring a sweet or savory dish to share with the group. Triangle Insight will provide the beverages and birthday cake!

No matter how long you have been attending Triangle Insight, even if only for a short time, all are welcome to attend this celebration.

Episcopal Center at Duke

505 Alexander Ave., Durham 27705

July 29th, 2015

6:30 - 8:30 PM

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Mindfulness Awareness Training with Tamara Share, PhD

T amara 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 for further information, and can access a flyer [here](#). 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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Consider the Conversation

An Evening with Besty Barton

Please join us on August 12th for a screening of the film, ***Consider the Conversation: A Documentary About a Taboo Subject***. Afterwards, we will follow up with a discussion facilitated by Betsy about the issues raised in the film.

The documentary tells an intimate story about the American struggle with communication and preparation at life's end. It contains the perspectives of patients, family members, doctors, nurses, social workers, clergy, and national experts from around the country. The goal of this film is to inspire dialogue -- so let's get started! For more information, please visit their website, [**ConsidertheConversation.org**](http://ConsidertheConversation.org).

Betsy Barton is currently a participant in the first two-year Heavenly Messengers Program at Spirit Rock Meditation Center. She conducts trainings nationally for congregations of all faiths about illness, end of life, caregiving, and grief.

Wednesday, August 12th, 2015

Episcopal Center at Duke

6:30 - 8:30 PM

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Durham Insight Dialogue KM Group An Introductory Training Session

Group organizer: Beverly Johnson

This KM group will use Insight Dialogue (ID) practice to study Dharma Themes, such as The Noble Eightfold Path, The Seven Factors of Awakening and The Five Hindrances. Phyllis Hicks has generously agreed to help launch this group by offering a training on how to introduce ID guidelines and contemplations, so everyone in the group will have a taste of how to engage and guide the practice. Whether one might guide a contemplation for practice would be entirely the individual's decision.

- Experience with Insight Dialogue is helpful but not mandatory.
- It is recommended that all interested persons attend the training and pre-register.

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive information on how to approach this day of practice.

For more information or to register, please e-mail Beverly: beverlyjohnson992@gmail.com .

**August 23, 2015
Freedom House Recovery Center
104 New Stateside Dr.
Chapel Hill, NC 27516
9:00AM - 3:30 PM**

This training session is being offered free of charge, with donations accepted to support the study and practice of the teacher. *Please bring your own lunch.*

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Mindful of Race

A Weekend Workshop with Ruth King

For the third year in a row, the Insight Meditation Community of Charlottesville (IMCC) welcomes Dharma Teacher and exceptional group facilitator Ruth King, who will lead the weekend workshop "Mindful of Race." Ruth's wise guidance, infused with compassion and humor, offers us new and powerful ways to heal ourselves, our groups, and our institutions.

Tuition for the weekend is \$150, and for more information or to register, please visit the website of IMCC [here](#). For more information about Ruth King go [here](#).

**August 21st, 22nd, and 23rd, 2015
Insight Meditation Community of Charlottesville
City Space, 100 5th Street NE (on the Downtown Mall)
Charlottesville, VA 22902**

**Friday, 8/21, 6:30 - 9:00 PM
Saturday, 8/22, 9:00 AM - 5:00 PM
Sunday, 8/23, 9:00 AM - 5:00 PM**

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Kalyana Mitta Groups

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

~ The Buddha

The coming months will bring exciting developments to our Kalyana Mitta program. The Raleigh group will have its first meeting in July, and the Insight Dialogue group has scheduled its initial training with Phyllis Hicks for Sunday, August 23. Both groups still have openings, and our **[Kalyana Mitta web page](#)** explains the process of joining a group. The web page also contains information about the KM program, guidelines for mindful sharing, and other helpful resources. Details about all our groups can be found in our **[List of KM Groups](#)**. If you're interested in one of the groups, you can also contact Sarah Tillis, KM **sarah@triangleinsight.org**.

While our Kalyana Mitta (KM) program continues to evolve, some of you might not be clear about what these groups are or how they can be of benefit. As noted in Spirit Rock's **[Calling All Kalyana Mitta Friends](#)**, "One person who is in a KM group with a focus on metta practice reports that sitting and practicing in a small group has a power of opening the heart which she experiences as different from sitting alone or with a large group." Though each group will have its own focus and develop its own character, the shared intention of KM group members is to support one another in their practice and journey to spiritual awakening. With this intention, a small group of spiritual friends allows the development of intimacy and trust so members can share openly and deeply, and the heart of the dharma is enriched in our practice and our daily lives.

We are grateful for our community's dedication, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis welcome your input. May our Kalyana Mitta groups be of great benefit to all.

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Buddhist Insight Network Database Designer-Administrator

Still Seeking Applications

[The Buddhist Insight Network](#) is excited to have the opportunity to create an online Retreat Listing, the next generation of **[Inquiring Mind](#)**'s listing. We are seeking one

or more Drupal application developers with expertise in databases and user experience design.

Specifically the designer-administrator(s) will coordinate with the current database designer and administrator to:

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

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

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

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

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Triangle Insight Morning Meditation Group

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

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.

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 second Mindfulness Awareness Training at the Durham Crisis Response Center, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. So far the feedback from the DCRC and clients has been positive. 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

Please consider being involved in the SP in some fashion, large or small. If interested, you may contact Mary Mudd at 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.

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.

NEW KM GROUP: [Read about the Durham Insight Dialogue KM Group](#) in this newsletter. It is now forming and will be holding an introductory training session on August 23rd.

Resource for Meditation Retreats in SE Asia

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

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Mindfulness-Based Stress

Reduction Classes & Events at Duke Integrative Medicine

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

**[Mindfulness-Based Stress Reduction
Classes, Workshops & Events](#)**

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

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Mindfulness Programs at UNC Integrative Medicine

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

[UNC Program on Integrative Medicine](#)

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

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Buddhist Families of Durham

Currently consisting of ~ 16 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Sati School with our marvelous (non-parent-member) teachers.

For more information, visit:

[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM-12:00 noon

please contact Sumi Loundon Kim for details

email: admin@buddhistfamiliesofdurham.com

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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**.

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**

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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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