



Triangle Insight Meditation Community

July 2016

triangleinsight.org

Greetings to all!

As we mentioned last month, we will be exploring the practice of mindfulness in more detail as it pertains to the basic instructions of the Buddha that can be found in the *Satīpatthana Sutta*. We thought we would also speak briefly as to how the compound Pali word, *satīpatthana*, has been translated differently by various scholars, since it relates to the practice of mindfulness itself.

There seems to be no confusion as to the translation of *sati*, which is mindfulness. However, what mindfulness actually means is not so simple. In the **March 2016 Newsletter** we elaborated on the definition that Andy Olendzki provides from the *Abhidhamma pīṭika*, one of the three "baskets" of the Pali Canon (the *tipitaka*) that also includes the *Vinaya pīṭika* (the discipline for the order of monks and nuns) and the *Nikaya pīṭika* (the various discourses) where the *Satīpatthana Sutta* can be found. Adding to Olendzki's definition, we offer an additional perspective from Joseph Goldstein, author of the recent book, *Mindfulness: A Practical Guide to Awakening*.

Joseph provides another level of understanding of mindfulness, that of "remembering," referring to the practice of wholesome recollection that includes the Triple Gem (the Buddha, the Dhamma, and the Sangha) as well as one's own ethical conduct and generosity. Both reflections can strengthen the quality of conviction and self-respect, as well as bring a sense of joy to the practice. An additional meaning refers to a non-interfering awareness that is bare attention, in which there is no avoidance or suppression of anything, along with no reactivity. This perspective is aligned with Rodney Smith's characterization of the mature spiritual path as being one in which nothing is excluded, where practice naturally opens to an equanimity that holds everything and resists nothing.

We now bring in the other component of the compound *satipatthana*, which Thanissaro Bhikkhu says can be interpreted in two ways. One perspective translates the word as "*pattana* (foundation, condition, source), thus referring to the object that is kept in mind as a frame of reference for giving context to one's experience." Or, one may see it as "*upatthana* (establishing near, setting near), thus referring to the approach of keeping something in mind (the how)." Goldstein seems to favor the latter interpretation, pointing out that it speaks to the "attending with" or "abiding within" mindfulness; so, the Four Abidings of Mindfulness. He feels that this is a subtle but significant shift in understanding, as attending with or abiding within mindfulness gives more emphasis on the attitude of being aware than to the object itself. He invites us to explore this in our practice as shifting from initially plunging into the object to resting in awareness of all objects. Recall from last month that this shift is what Rodney Smith describes as what happens as one moves through the various levels of practice of *satipatthana*, from the focus on form to an abiding in the formless.

Finally, in view of all the challenges that continue to confront us in this world, we want to again bring your attention to the importance of the practice of *satipatthana* as we close with these words from the Tibetan teacher, Nyoshul Kin Rinpoche:

"Mindfulness is the root of Dharma. Mindfulness is the body of practice. Mindfulness is the fortress of the mind. Mindfulness is the aid to the wisdom of innate wakefulness. Lack of mindfulness will allow the negative forces to overcome you. Without mindfulness you will be swept away by laziness. Lack of mindfulness is the creator of evil deeds. Without mindfulness and presence of mind, nothing can be accomplished. Without mindfulness you are a heartless zombie, a walking corpse. Dear Dharma friends, please be mindful. By the aspiration of the Buddhas and Bodhisattvas, may all Dharma friends attain stable mindfulness and ascend the throne of perfect Awakening."

Wishing for us all to ascend the throne of perfect Awakening together,
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

Finding Peace Amidst the Violence in the World: an Evening and Daylong with Claude AnShin Thomas

Triangle Insight Turns Seven!

Rev. angel Kyodo Williams Sensei in Durham

Organizing Against Racism/Dismantling Racism Works Workshops

[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 side 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](#))

July 6: Jeanne van Gemert

July 13: Claude AnShin Thomas (Guest Teacher)

July 20: Ron Vereen

July 27: Phyllis Hicks & Ron Vereen (TI Birthday Celebration)

August 3: Ron Vereen

August 10: Ron Vereen

August 17: Jeanne van Gemert

August 24: Phyllis Hicks (Insight Dialogue)

August 31: Dave Hughey

Monday and Thursday Morning Meditation

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

Note: The group will not meet on July 4th

Episcopal Center at Duke

505 Alexander Ave.

Durham, NC 27705

Dharma Notes

from Jeanne's talk on 6/15

Jeanne included a passage written by George Leonard (1923-2010), journalist, author, aikido black belt and human potential leader, from the introduction to his book, [The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us](#) (1977, 2006)

Awakening Joy
Online Courses with
James Baraz

Upcoming Retreats

Event Title

Goings on in the Sangha

Triangle Insight
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on Facebook

Continuing the
Conversation

Shramadana Notes

Spiritual Friends
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The Shramadana Project

A Volunteer Initiative
of Triangle Insight

Spiritual Friends Groups

Racial Affinity
and
Kalyana Mitta

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share

"At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave-forms and resonances, which is absolutely individual and unique, and yet which connects us to everything in the universe. The act of getting in touch with this pulse can transform our personal experience and in some way alter the world around us."

Finding Peace Amidst the Violence in the World an Evening and Daylong with Claude AnShin Thomas

Please join us for this time of practice and inquiry with Claude AnShin Thomas, who holds the self-evident truth that war and violence in its many forms is not a result of human nature but the collective expression of our individual suffering. The roots of peace exist in the relentless pursuit of personal awareness. He offers these words as a guide for this exploration together:

"When dealing with a topic so toxic and intoxicating as violence, I am also dealing with people's allegiance to an old and terrible lie that states that only one side and one angle of vision is true, righteous, and morally correct."

The daylong introduces the reality that meditation practice and daily life are not two separate things. Various forms of meditation practice will be introduced, e.g. sitting meditation, walking meditation, working meditation, eating meditation, listening and speaking meditation, silence, etc. No prior meditation experience is required. The day will also offer the opportunity to engage with Claude AnShin Thomas.

Claude AnShin Thomas is a Zen Buddhist monk, Vietnam veteran, international advocate of non-violence, and a noted author. Born 1947 in Pennsylvania, he served in Vietnam from 1966 -'67. Since that time he has been working to heal the wounds from war: emotionally, mentally, and spiritually, using these experiences to help others. He was fully ordained as a Buddhist Monk in the Japanese Soto Zen Tradition in 1995. In 2004 his book ***AT HELL'S GATE: A Soldier's Journey From War To Peace*** was published (Shambhala). Since 1994, he has done several pilgrimages worldwide. Speaking internationally in religious and secular communities about the culture of violence and how they can become transformed, he also facilitates meditation retreats, visits war-torn countries, prisons, former concentration camps, hospitals, schools, as well as local and national governments.

For more information on AnShin's work, please visit [**The Zaltho Foundation**](#).

Wednesday, July 13th

Public Talk

Episcopal Center at Duke

6:30 - 8:00 PM

Cost to cover expenses: \$5.00* (no one will be turned away for inability to pay)

Saturday, July 16th**

Daylong

Episcopal Center at Duke

9:00 AM - 5:00 PM

Cost to Cover Expenses: \$20.00* (no one will be turned away for

PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



inability to pay)

***Claude AnShin Thomas took vows of mendicancy. He does not receive an honorarium and only lives from voluntary donations. Please be generous.**

**

If attending the daylong we ask that you contact us in advance. Please pre-register by sending an e-mail to leah@triangleinsight.org, so we can make appropriate arrangements.

- **Please bring your own vegetarian lunch (refrigerator and microwave available).**
- **Tea and snacks will be provided by Triangle Insight.**
- **A limited number of cushions are available, so you may want to bring your own cushion and blanket if this is your preferred way of sitting. Plenty of chairs are available.**

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Triangle Insight Turns Seven!

Our Annual Birthday Celebration

All are invited to join in celebrating our seventh year together as a sangha. The evening will begin with a period of meditation, followed by reflections from Phyllis Hicks and Ron Vereen that will invite us into an exploration of how Insight Dialogue informs insight practice, then moving into the integration of mindfulness practice into daily life, or "walking the talk."

There will be time for small group sharing to recollect the fruits of practice this year. Following an opportunity for Q&A and discussion, we will then celebrate with good food and great fun!

If you plan to attend, please bring a sweet or savory dish to share. Triangle Insight will provide tea/beverages and birthday cake!

Wednesday, July 27, 2016

**Episcopal Center at Duke
6:30 - 8:30 PM**

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Streams of Dependently Arising Phenomena Interacting Endlessly

A Residential Retreat with Leigh Brasington

This retreat combines the two main elements of the Buddha's model of liberation: cultivating the meditative absorptions (jhanas), which lead to calm and clarity, and insight into the dependent co-origination (paticca-samuppada) of phenomena. In such a short time, no one should expect to actually learn

the jhanas, but there will plenty of opportunity to learn about them. And dependent co-origination is also such a broad topic that it cannot be covered in great detail, but this course will certainly serve as an introduction to the topic and to the deep implications of the teaching of dependent co-origination.

This course is suitable only for those participants who have an established meditation practice. **Due to the limited number of spaces and the popularity of this teacher, registration for this retreat will be by lottery and will open 7/1/16 and close on 7/31/16, at which point you will be notified as to the status of your registration.** Those who have registered by 7/31 and are initially not selected to attend the retreat, will be eligible for attendance through a second lottery process should any cancellations occur. If you would like to register, please sign up for the lottery [here](#).

Leigh Brasington has been practicing meditation since 1985 and is the senior American teacher of the late Ven. Ayya Khema. Leigh began assisting the Ven. Ayya Khema in 1994, and was authorized to teach in 1997. He teaches throughout Europe and North America.

Avila Retreat Center

711 Mason Rd., Durham, NC 27712

Friday, October 7th, 5:00 PM - Sunday, October 9th, 4:00 PM

Retreat Fees: range of \$185 - \$225 (depending on choice of accommodations, and does not include teacher dana).

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Save the Dates!

Rev. angel Kyodo williams Sensei in Durham

"Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters."

- Rev. angel Kyodo williams

Triangle Insight will be partnering with other Buddhist groups in the area to host **Rev. angel Kyodo williams Sensei**, who will be bringing her message of "love and justice" to Durham for a public talk on Friday, Oct. 28, at Duke Memorial United Methodist Church, and a two-day workshop Saturday & Sunday, Oct. 29 & 30 at the Self-Help Credit Union. The details of her visit are currently being worked out, and we encourage you to put this weekend of activities on your calendar in order to hear her powerful message of transformative social change through the lens of Buddhist teachings and practice. More details will be forthcoming, so look for these in this newsletter and on our website. If you would like to volunteer to help out in some way, please do not hesitate to contact us at info@triangleinsight.org .

Rev. angel Kyodo williams Sensei has been called "the most intriguing African-American Buddhist" by *Library Journal*, and is an author, maverick spiritual teacher, master trainer and founder of the Center for Transformative Change. She has been bridging the worlds of personal transformation and justice since the publication of her critically-acclaimed book, ***Being Black: Zen and the Art of Living With Fearlessness and Grace***. This book was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist teacher Jack Kornfield. Her new book, to be released June 14, is

Radical Dharma: Talking Race, Love, and Liberation.

October 28th - 30th, 2016

Durham, NC (specific locations and times TBD)

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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, is currently convening quarterly 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 these meetings on the TI website page for the **Shramadana Project** where you will learn more about these worthwhile and exciting initiatives of the sangha. The next meeting is planned for July/August, so contact **Mary Mudd** if you would like to be notified of the exact date.

A group of us from Triangle Insight recently volunteered at the **Piedmont Farm Animal Refuge** in Chatham Co., where a door was hung, nails were

pulled from recycled wood, fence posts were sunk, a tool shed was reorganized, and weeds were whacked. After several hours of rewarding work, we received a lovely tour of the facilities by Lenore Braford. We met the "more than humans," including the sheep, goats, turkeys and chickens that have all been taken in to live out the rest of their lives in peace and harmony with the wonderful humans who care for them and who also come to visit and help support them. We also devoured a delicious vegan chocolate cake made from scratch by Howard Staab! Please visit their website by clicking on the link above to learn more about the refuge and how you can donate your time and/or money .



Tired but happy volunteers!!

Several other ideas have begun to take shape:

1) COMMUNITY WORK. **A list of community organizations**, is available. Compiled by Barbara Shumannfang, who organized the above activity, these organizations are 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 quarterly basis. Our "opening night" was held on April 15th with a documentary about the Black Power Movement in the 1960s and 70s. The next film/event will be scheduled in early fall. **If you know of a film you'd like to see with Dharma friends, contact Gerri McGuire: gmcguire04@gmail.com.**

3) RETREATS. Thanks to the diligent work of the retreat planning committee (Gordy Livermore, Mary Mudd, Leah Rutchick, Howard Staab, and Karen Ziegler), "Dwelling in the Dharma" was held May 26-29 at Avila Retreat Center with teachers Ron Vereen and Jeanne van Gemert.

- Another residential retreat is planned for October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington, at Avila Retreat Center. More information is available both **in this newsletter** and on our **website** (please scroll down for this event).

4) ADDITIONAL IDEAS are being considered that pertain to our recent exploration of issues around diversity in inclusion in the sangha, end-of-life concerns, and in meeting the ongoing needs of the sangha through developing of Caring Circles.

- Related to diversity, please see the announcement regarding the planned visit of **Rev. angel Kodo williams Sensei** in this newsletter, and more will be coming on the formation of Caring Circles.

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 July/August (exact date to be determined).

*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 [and Dismantling Racism Works](#) 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** (Organizing Against Racism NC) or **dRworks** (Dismantling Racism Works) as a first step in this investigation. Eighteen of us from Triangle Insight have already participated in these workshops and they come highly recommended, so 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, dRworks, 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](#).

Sarah Tillis has graciously volunteered to keep a log of those from our sangha who participate in these trainings, and/or are a member of a Racial Affinity Group. At some point we plan to convene a meeting of this core group of individuals to discuss ideas about the best way forward.

Both OARNC and dRworks offer two phases of training, and the latter 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 Triangle Insight. Please visit their websites by clicking on the links above for descriptions of these phases of training.

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/dRWorks

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

[VV](#)

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

~ [The Buddha](#)

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In **After the Ecstasy, the Laundry**, Jack Kornfield notes that spiritual community ". . . is treasured because without it awakening cannot be sustained." He goes on to explain that, "As we practice, we become part of the process of nourishing the awakening of others. Every moment of compassion or understanding that we awaken spills from us to our families, our community, our world." This is the intention shared by members of our spiritual friends groups, and as many have experienced, within group we can both give and receive support for this beautiful journey of the heart. As Jack Kornfield states, "Community is a blessing."

Kalyana Mitta Groups

Close to seventy individuals are now participating in our Kalyana Mitta groups. The Durham Meditation Collective and the Raleigh KM group both have openings and there are waiting lists for A Year to Live, Buddhism for a Secular Age, Chapel Hill-Carrboro, and Insight Dialogue. Details about all these groups are on [our website](#).

If you would like to join a group that is open, be on a waiting list, or start a new group, 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

The Chapel Hill-Carrboro group still has openings, and we have a waiting list for one of our Durham groups. As noted before, twenty individuals have already joined an RA group, and eighteen have done training with [REI](#), [dRworks](#), and/or [Ruth King](#). Some have already registered for an advanced, Phase II training. We are inspired by this commitment to addressing issues of racial injustice in groups that integrate the dharma into members' personal and collective exploration. Information about our RA groups and a list of 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 feels deep gratitude for the dedication of our sangha. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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Triangle Insight Morning Meditation Group

Note: The group will not meet on Monday, July 4th.

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 can announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events you consider relevant to the mission of our sangha.

If you would like to post something here, please submit your request by the 20th of each month to: info@triangleinsight.org

NEW
Triangle Insight Meditation Group -- on Facebook

TIM now has a Facebook Group where we can post information updates and announce events of interest to our Sangha. Visit here:
<https://www.facebook.com/groups/triangleinsightmeditationgroup/>

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is (email) [Leah Rutchick](mailto:Leah.Rutchick@triangleinsight.org).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **Visit the website, join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

Continuing the Conversation

As a continuation of our dialogue about Continuing the Conversation, we are planning to hold a hands-on Advance Care Planning workshop and a screening of the film *Being Mortal*, based on the runaway **best-selling book** by Atul Gawande. Look for more specific information in the August newsletter.

If you would like to be on a mailing list to receive more information about "Continuing the Conversation," please let us know by writing us at info@triangleinsight.org. If you wish to be involved in the further planning and development of this initiative, please include that in your email as well.

Shramadana Notes

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. Please **see the longer report** in this newsletter for its activities, including MEDIA NIGHT, and links to the minutes of previous meetings.

Spiritual Friends/Racial Affinity Groups

If you are interested in joining a Kalyana Mitta group or a Racial Affinity group, please **see the report** in this newsletter for groups that are now open, or have waiting lists.

Organizing Against Racism/Dismantling Racism Works 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**.

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

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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.

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Triangle Insight, www.triangleinsight.org, Durham - Chapel Hill - Raleigh, NC 27516

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