



Triangle Insight Meditation Community

triangleinsight.org

Happy Summer to All!

The teachings of Buddhism place much emphasis on examining our intentions as to their results. This reflection is one of many skillful means taught by the Buddha, the importance of which becomes clear when we see for ourselves through discernment that every action is preceded by an intention, whether that intention is conscious or not. One function of the practice of *vipassana* as skillful means is to bring as much as possible of what is not conscious into conscious awareness so as to not only be able to live our lives more skillfully, but to also experience the joy that these skillful actions bring.

Since this is one of the first teachings the Buddha gave to his seven year old son

upon returning to his homeland after his enlightenment, its import seems pretty obvious. In the [Instructions to Rahula at Mango Stone](#), the Buddha compares the mind to a mirror and emphasizes the importance of reflecting on one's actions - before, during and after, of body, speech and mind - as to whether they result in one's well-being and/or that of another. If they do, he exhorts, continue to do them; if not, don't do them. Plain and simple instructions, suitable for a seven year old as well as a ninety-seven year old. This is the way, the Buddha said, through repeated reflection, to purify bodily, verbal, and mental acts, and to experience the "happy consequences, happy results...mentally refreshed and joyful, training day and night in skillful mental qualities."

As we near the fourth birthday of Triangle Insight, we thought we would take this opportunity to reflect on our own intentions as a sangha, and to examine the fruits of our actions. What began as a small meeting in a room of a neighborhood home in Durham in July 2009, soon needed a larger space, and we moved into our current home at the Episcopal Center at Duke in December 2010. Anywhere from 25 to 45 people now attend our weekly gatherings, and up to 85 have been counted when a guest teacher has visited. News about our schedule and events started going out as a traditional email, but soon took its present, more dynamic form in August 2010, regularly reaching an active list of email contacts now numbering 400. Realizing the importance of an internet presence, we developed our website and took it "live" in August 2012. Search "meditation in the Triangle" to see that our site comes up in the primo spot, and we know that some of you have found us through this skillful means. In December 2011 our Articles of Incorporation as a non-profit were approved by the State of NC, and in May 2012 we opened our first bank account. And the most recent development has been that the application we submitted to the IRS in June 2012 for our tax-exempt status was finally approved May 9, 2013, designating us as a 501(c)(3). And the foundation for all of this has been you and us as "noble friends," gathering together each week, sometimes on the weekends, for practice and study, for "noble conversations" about the Buddha, his teachings, and doing so as it has been done down through the ages, in the supportive community of like-minded folk.

Upon reflection we can definitely declare that our actions have contributed to our

own well-being, and we trust, in addition, to the well-being of many of you. Our intention to create a community which can support and deepen the practice of insight meditation has come to fruition, and then some. Based on the positive survey results last summer, as well as our continued growth, we'll take this as evidence that we are serving our mission, and will thus follow the Buddha's instruction to keep doing what we're doing, hopefully with ever-increasing skillfulness. And our intentions continue to emerge in an organic way in line with our mission, as we are now on the cusp of developing a structure within which to serve both the needs of own sangha in a more deliberate way, as well as some of those needs that have been identified in the community-at-large (see section below on The Shramadana Project).

This unfolding is experienced by each of us as such a gift, continually warming and opening our hearts. And as we make plans to celebrate our fourth year as a sangha at our July 31st gathering, we want to express our deep gratitude to each of you who have made this possible. We see for ourselves the teaching of the Buddha to Ananda in the **Upaddha Sutta**: that "admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life."

May we all continue to experience the benefit and wisdom of these teachings.

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



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:

June 5: Ron Vereen

The Shramadana Project

A Volunteer Initiative of Triangle Insight

June 12: Cynthia Hughey
 June 19: Jeanne van Gemert
 June 26: Phyllis Hicks (Insight Dialogue)

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

Sitting Opportunities

Wednesday Meditation Group

Insight Dialogue at Triangle Insight

Buddhist Families of Durham

Neighborhood Sitting Group

Duke Cancer Center

Recovery Group

People of Color

Other Resources

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 have had 12 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 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.

Classes and Events

Finding Balance: Integrating Buddhist and Psychotherapeutic Practice

Stepping Out of Self Deception

MBSR Classes Forming Now

Opening the Heart to

[Difficulty](#)[Experiencing
Mindfulness](#)[ZenKids](#)

Upcoming Retreats

[Exploring the
Magnitude of
Mindfulness](#)[Event Title](#)[Insight Dialogue &
Therapeutic Presence](#)[Mindfulness, Insight,
Liberation](#)

Goings On in the Sangha

[Dharma
Contemplation
Group](#)[Southern Dharma
Seeking New
Director](#)

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding
school for which our
sangha has provided
support

[Back to Top](#)

The Power of Meditation: Exploring the Magnitude of Mindfulness

with Jeanne van Gemert and Ron Vereen

Jeanne and Ron invite you to join them for this two-day non-residential retreat in San Miguel de Allende, Mexico. Consider combining a June vacation with an opportunity to deepen your mindfulness practice in this lovely Spanish colonial city in the mountains of central Mexico. A thriving artist and ex-patriot community, San Miguel offers a rich cultural history to savor and explore. The retreat will be offered during mid-week, with plenty of time on either side to take in the sights or just stroll leisurely around the centro district. A recent [article](#) in the New York Times will take you on their 36 hour tour of the city and its surrounds.

In this retreat we will be looking more closely at the skillful mental factor that is mindfulness, along with other factors that co-arise with it as well. We will undertake this contemplative journey in exploring the magnitude of mindfulness so as to discover greater balance of mind, generosity of heart, and a stronger conviction for the practice of meditation. All levels of meditation experience are appropriate for this retreat.

The retreat will be held at the [LifePath Center](#) in the heart of San Miguel de Allende, where five well-appointed rooms are available for lodging. One may also explore a variety of other accommodations nearby in B&B's, very affordable casita rentals, and local hotels.

For more information please check out the [flyer](#), and to register, write to Jeanne at jeannevg@mindspring.com.

LifePath Center for Learning, Healing and Retreat in San Miguel, Mexico

Free Public Talk on June 11, 2013, from 6 - 7:30 PM
Non-Residential Retreat June 12-13, 9 AM - 5 PM
Retreat fee: \$140 and includes lunch both days

[Back to Top](#)



Finding Balance: Integrating Buddhist and Psychotherapeutic Practice a Distance Learning Program with Sharon Beckman-Brindley and lori Ebert

This program is designed to support mental health professionals' efforts to integrate teachings on the nature of human suffering from Buddhist psychology into psychotherapeutic practice in a thoughtful and effective manner. The use of Insight Dialogue, a relational meditation practice, to investigate these teachings is intended to allow participants to embody what is learned in the therapeutic relationship. Participants will attend a monthly 2-hour teacher led practice session via audio-conference on the fourth Friday of each month from June 28 to November 22, 2013, 12-2 pm ET. Participants will also receive readings and contemplations to help deepen understanding of these teachings and support application in daily life. Prior experience with Insight Dialogue is requested.

For more information about the program, eligibility, and registration, please visit [Metta Programs](#).

June 28 - November 22, 2013
Fourth Friday, 12 - 2 PM ET via audio-conference

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM

[Back to Top](#)

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.

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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, or call **Tamara** at **919-493-2674, x 114** for more information. The next meetings will be on 6/30 and 7/28.

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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.](#)

[Back to Top](#)

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. There are currently openings in the afternoon group, so for more information or if interested in participating, please contact Ron at 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

[Back to Top](#)

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 June 25, with classes beginning the week of July 8 and running through the week of August 26, with a Day of Mindfulness August 17. 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 July 8 - Week of August 26, 2013

Various class times and locations available

[Back to Top](#)

Opening the Heart to Difficulty

Monthly class with Ron Vereen (ending soon)

Ron Vereen has been leading a monthly class on "Opening the Heart to Difficulty" at **Duke Integrative Medicine**. Please note, however, that this class will no longer be held beginning in July. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

First Thursdays of the Month through June '13
10:30 AM - 11:45 AM

[Back to Top](#)

Experiencing Mindfulness

Weekly class with Jeff Brantley (changes soon)

Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine** over the past three years. The format for this class will be changing in July '13. In addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class, providing a rich opportunity to explore the themes that emerge from a variety of perspectives. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

[Back to Top](#)

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

[Back to Top](#)

Buddhist Families of Durham

Currently consisting of 74 beings in 22 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

phone: 919-613-0160

[Back to Top](#)

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

[Back to Top](#)

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. *(Please note that the group will not meet on the following dates: June 10th & 13th)*

Monday and Thursday Mornings

7:15-8:00AM
2205 Wilson St., Durham, NC 27705

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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 Medication 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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