



Triangle Insight Meditation Community

June 2017

triangleinsight.org

Greetings to all!

The Summer 2017 issue of Tricycle magazine sports the banner: "How to Get Through These Times". Indeed. This issue of Tricycle contains this special section with many useful articles; framing these chaotic times as good opportunities to wake up to them. Most importantly, remembering that doing our inner work prepares us to face our external challenges.

One of these articles by Dawa Tarchin Phillips titled "What to Do When You Don't Know What's Next" asserts that heightened uncertainty is an excellent opportunity for growth.

Summarizing (too briefly - its much better to read the article) Phillips' eight principles to deepen your practice during anxious times begins with a story about two neighbors. Each neighbor planted a fruit tree in her own front yard. The first woman planted the tree near her front door, anticipating eating the summers' fruit. The second woman planted her fruit tree next to the sidewalk, hoping those who passed by would enjoy, along with her, the sweet fruit.

This difference of intention and the reach of their actions is very palpable. It

emphasizes the importance of why we do things - not only the way we do them. Are we here to maximize our own reward or to generously share the fruit of our labor.

#1 - Serve the Light

"What is the light? You are the light, with your ability to be conscious and mindful, and to act with wisdom and foresight."

#2 - Break the Norm

"Break through the fixation and the tightness binding your opinions, your righteousness, your judgments, and your incessant blind criticism."

#3 - Love with Abandon

"To love with abandon is about kindness and compassion, but it's also about gratitude".

#4 - Own Your Shit

"Cut through the narcissism, the hypocrisy, and the self-indulgence; cut through the mental noise and confused storylines in your own head that amplify ongoing drama in your life and in the world, and finally show up wherever you are needed, or wherever you find yourself, fully present."

#5 - Fear No One

"Equality is about giving up the constant desire to lift yourself above others - so that you appear superior to them. Awakening is about lifting everybody up together with you."

#6 - Dance in the Fire

"We're talking about awareness of a mind that is constantly liberating emotions and experiences. In the midst of it all, you can realize that you're actually not trapped."

#7 - Invest Trust

"Rather than waiting for the world to become safer, or waiting for other people to become more predictable, you walk forward with trust because it's the right thing for you and the world. And because it's good for you: trust makes you open, calm, relatable, peaceful, and happy. Those qualities will inspire someone else to invest more trust as well."

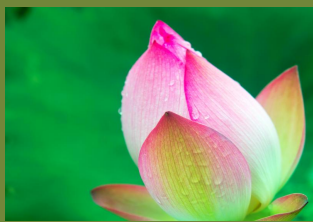
#8 - Stand on Truth

"Golden Mountains are universal truths. Golden mountains don't need you to carry them. They are there for everyone to see in plain sight. Whenever you

talk about the golden mountains people say: 'yes, that's true, that's timeless wisdom' not because it is your opinion, but because it's true.

"Practicing these eight principles", Phillips' says, "you will be able to find ground in the groundless and a clear direction in a volatile and uncertain world." May it be so.

Scott Bryce, 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

[Mindfulness Meditation at the NC General Assembly](#)

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, please enter and exit the building using the side doorway facing Alexander Ave. The side door 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 noise and distraction during the meeting. Note that this request is intended only for those who are physically able to navigate the front steps.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

June 7: Ron Vereen

June 14: Scott Bryce

June 21: Karen Ziegler (Guest Teacher)

June 28: Phyllis Hicks (Insight Dialogue)

July 5: Ron Vereen

July 12: Scott Bryce

July 19: Jeanne van Gemert

July 26: Phyllis Hicks (Insight Dialogue)

Monday and Thursday Morning Meditation

Media Night
Screening of *13th*

Introductory
Self-Compassion
Workshops

Organizing Against
Racism/Dismantling
Racism Workshops

Upcoming Retreats

True Refuge: The
Heart of Wise Actions

Goings on in the Sangha

(activity quick list)

**Triangle Insight
Meditation Group
on Facebook**

**Spiritual Friends
Groups**

**Organizing Against
Racism Workshops**

**Continuing the
Conversation**

The Shramadana Project

A Volunteer Initiative
of Triangle Insight

Caring Circles

Spiritual
Friends Groups

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

Episcopal Center at Duke

505 Alexander Ave.
Durham, NC 27705

Mindfulness Meditation at the NC General Assembly

with Jean Hamilton and Ron Vereen

If you are feeling that the current decisions and direction of the North Carolina legislature are not aligned with your core values and deepest intentions, then join Jean and Ron for this opportunity to embody what we stand for as a spiritual community. We are planning our visit to the NCGA, where we will sit in meditation, tour the NCGA, and hopefully meet with any legislators that will speak with us. Below is our schedule and stated goals and we hope you will be able to join us.

Questions? please contact Jean at jean8113@hotmail.com.
For information on carpooling, see note at bottom.

Date: Thursday, June 8, 2017

Time: 10am to 12pm

Where: 1000 Courtyard, North Carolina General Assembly (NCGA), 16 Jones Street, Raleigh, NC

Details:

10:00am - Gather at 1000 Courtyard, at NCGA (or other approved space)

10:15am - 15 minute guided meditation by Ron Vereen

10:30am - 30 minute silent meditation

11:00am - Explore the NCGA

11:30am - Stop by representatives offices

Goals:

1. To practice mindfulness meditation at the NCGA
2. Opportunity for mindfulness practitioners to become familiar with NCGA
3. Opportunity for legislators and staff to become familiar with mindfulness practices
4. Opportunity to meet with NCGA representatives

Thursday, June 8th, 10:00 AM - 12 Noon
NC General Assembly, Court 1000 Legislative Building
16 W. Jones Street, Raleigh, NC 27601 (linked to map)

Carpooling: coordinated by Bree Kalb and Jeanne van Gemert. If you are interested in carpooling, please send your name & address & whether you'd prefer to drive (room for how many passengers?) or ride to

Kalyana Mitta

Racial Affinity

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness Programs
at UNC Integrative
Medicine



Jeanne: jeanne@triangleinsight.org

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True Refuge: The Heart of Wise Action

With Phyllis K. Hicks and Janet Surrey,
and
Yoga for every body by Annie Hoffman

June 16 - 20, 2017

In this Insight Dialogue retreat we will take refuge in awareness, wisdom, and spiritual friendship (Buddha, Dharma, and Sangha) as sources of wise relationship and compassionate action.

We will investigate obstacles to friendship and beloved community, internally in the heart-mind, and externally in social constructions. Cultivating Lovingkindness, Compassion, Appreciative Joy, and Relational Equanimity, we will explore the possibility of courageous personal and collective action, and deep companionship on the Noble Eightfold Path.

In this beautiful New England setting, with ride sharing from Boston, the retreat will be held in Noble Silence except for the Insight Dialogue sessions. We will alternate periods of silent meditation practice, Insight Dialogue, twice a day yoga for every body, and mindful movement. More information can be found at <https://metta.org/programs/9562/>

June 16 - 20, 2017

Hallelujah Farm Retreat
48 Bradley Road
Chesterfield NH 03443 (near Brattleboro VT)

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Media Night

Friday evenings at the Episcopal Center

Plan to join us for our next Media Night, **Friday, July 14th** when we will screen the documentary, **13th**, an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality. This **[review in the New York Times](#)** described the film as "powerful, infuriating, and at times overwhelming." To view the official trailer, please use **[this link](#)**.

There is no cost for this event, but dana will be gratefully accepted. Refreshments will also be provided. All are welcome, and feel free to invite others. Helping with set up

and clean up will be much appreciated.

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The 13th Amendment to the US Constitution

Passed by Congress on January 31, 1865, and ratified on December 6, 1865

- Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.
- Section 2. Congress shall have power to enforce this article by appropriate legislation.

**

Friday, July 14, 2017

7 - 9 PM

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

If you have any questions about this event, or would like to suggest a film or other activity for a future Media Night, please contact Gerri McGuire, [**gmcguire04@gmail.com**](mailto:gmcguire04@gmail.com)

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Caring Circles

A Sangha Support Initiative

Caring Circles is a Triangle Insight program whose purpose is to connect community members needing temporary assistance with volunteers willing to provide help.

Assistance can take as many forms as there is need, such as meals, rides, housework, lawn care or childcare. This exchange pairs needed service with volunteers to match.

Sangha members who wish to be a Caring Circles "volunteer" may contact the coordinators by email:

[**caringcircles@triangleinsight.org**](mailto:caringcircles@triangleinsight.org). Being a volunteer simply means you want to receive requests for help and to then decide whether you might provide it.

Any sangha member who could use some help can find a request form [**HERE**](#). This form may also be downloaded from the [**Shramadana webpage**](#), and in paper form on the TIM library bookcase in the back hall of the Episcopal Center. You may also send an email to:

[**caringcircles@triangleinsight.org**](mailto:caringcircles@triangleinsight.org), or contact a Caring Circles coordinator in person, saying what sort of help is needed and when.

Requests will be forwarded to Caring Circles volunteers. Anyone willing to provide that specific form of help will let the

requester know, and the requester and the volunteer or volunteers will work out the details.

Caring Circles coordinators are: Gordy Livermore, Mary Mudd and Howard Staab.

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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 and for outreach to the community-at-large. [Visit the SP website.](#)

Mary Mudd is the current SP coordinator.

UPCOMING and ONGOING ACTIVITIES

- [Meetings](#). Meetings are held quarterly. The next meeting is scheduled for June 7th at 8:00 pm at the Episcopal Center.

Please [email Mary](#) if you would like to be part of the planning committee. The next meeting is being planned for some time in June.

- [Minutes](#). You can review the minutes of prior meetings on the TI website page for the [Shramadana Project](#). You will learn more about the worthwhile and exciting SP initiatives of the sangha
- [Caring Circles](#). an open exchange for requesting and providing aide within the sangha. For more information on this Initiative, see the [announcement](#) above.
- [Media Night](#). Join us to relax, have fun with sangha members, and enjoy films, music, improv, dance, art making--you name it!

Our next event is the film, **13th**, scheduled for **July 14th**. Find more information in the [announcement](#) above.

If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire at gm McGuire04@gmail.com.

- [Lending Library](#). Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. The Triangle Insight Tiny Library is located in the back hallway. To check out a book, just intend to bring it back when you're finished. To donate a book, simply add it to the collection. "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-

Compassion.

- [Volunteer Time on the Farm](#). Groups from Triangle Insight volunteered on two occasions at the [Piedmont Farm Animal Refuge](#) in Chatham Co. This animal sanctuary provides a rescue area and home for farm animals in need, and they rely on volunteer help to thrive. Please visit their website by clicking on the link above to learn more about the refuge and how you can donate your your time and/or money.

OTHER ACTIVITIES

[Community Work](#) to connect us as a sangha both with each other and to groups in the community.

- [REAL Durham](#) is an anti-poverty initiative in Durham whose mission is to improve economic stability for everyone through a program of building relationships across the lines of privilege, race and class. It is part of the larger organization, [End Poverty Durham](#), created by a group of interfaith leaders and community-based organizations working collaboratively to eliminate poverty in Durham.

REAL Durham has specific Volunteer roles for aiding people in poverty in East Durham. Please [check out their website](#) for more information.

- [Other Community Work](#). Visit the Shramadana Project [website](#) to find a list of community organizations seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. *If you know of other groups to add to this list, please send a note with their contact information to [Mary Mudd](#), and consider joining the SP group*
- [Retreats](#). Several weekend retreats were organized in 2016. Other TIM sponsored retreats will be announced in future newsletters, including Days of Silence at the Episcopal Center.

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 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) 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 or other similar trainings that can be found on the dRworks **website**. 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.

OARNC offers 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 website by clicking on the link 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

Meeting at a variety of times & 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

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

~ The Buddha

As noted last month, while much formal practice may be solitary, it is in relationships that we most often live our practice. In the relational world we're likely to experience irritation, longing, anxiety, and a range of reactive thoughts and feelings that both express and foster discomfort and isolation. Spiritual friends groups can provide a safe container in which to practice with this reactivity, open our hearts, and strengthen our sense of connection and care.

An important part of this practice is cultivation of the brahma viharas, the sublime qualities of loving kindness, compassion, joy, and equanimity. As Christina Feldman says in **Boundless Heart**, "The brahma viharas are relational qualities." She further notes that reactivity is "the classroom in which the immeasurable capacities of our hearts are nurtured and cultivated." Whether a spiritual friends group is discussing a dharma talk, a reading, or an individual's personal experience, it offers special opportunities for relational practice that awakens the heart and moves us along the spiritual path.

Kalyana Mitta

A New Kalyana Mitta Group for Young Adults in their 20s and 30s has begun meeting. The group offers an opportunity to explore the dharma in our practice and daily lives with peers in the same phase of life.

Insight Dialogue KM Group. We also have openings in the Insight Dialogue KM Group for individuals with Insight Dialogue experience.

Chapel Hill-Carrboro and Raleigh KM Groups both have waiting lists.


A Year to Live, and Rethinking Buddhism for a Secular Age, are both currently closed.

For more information about these groups, please visit our **"List of KM Groups" web page**, talk with Sarah Tillis, KM Coordinator, or email her at **sarah@triangleinsight.org**.

If you would like to join a group, be on a waiting list, or start a group, please send us a **KM-RA Questionnaire**. For more information about any of our KM Groups, please visit our **KM web page** or contact **Sarah Tillis**, the KM Coordinator.

Racial Affinity Groups

Forming A New Durham Racial Affinity Group: Members of our four Racial Affinity groups continue to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. Others are eager to participate in this important work, and we're currently developing a third **Durham Racial Affinity Group**. If you are



interested in joining, would like to start a group in another community, or would like more information, please talk to Sarah Tillis, KM Coordinator, [email her](#) or visit our [Racial Affinity Groups web page](#) which also contains a list of helpful resources. Members of our sangha have a deep commitment to social justice, and group members are finding that exploration in a Racial Affinity Group is a rich and valuable path.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert expresses 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

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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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 15th of each month to info@triangleinsight.org

Spiritual Friends Groups

For information on our Kalyana Mitta and Racial Affinity Groups, to join an existing group or to start your own, please click on the title link above. **NEW A Young Adults Kalyana Mitta Group**, For practice-peers in their 20s-30s

Triangle Insight Meditation Group -- on Facebook

TIM now has a **Facebook Group** where members can post information updates, ideas and articles pertaining to our practice, and events of interest to the Sangha. [Click here to Join.](#)

The TIM FB Group is built by its members, so everyone benefits when we contribute posts, offer comment, events of interest. **Member requests are approved by the administrator for spam and troll-control.** The current administrator is [Leah Rutchick](#).

Racial Affinity work - OARNC

Organizing Against Racism 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.

Shramadana Project

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. **NEW Caring Circles. For information, go [HERE](#)**

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. If you would like to be on a mailing list to receive more information about Continuing the Conversation workshops or meetings, 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.

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Free Introductory Self-Compassion Workshops **with Corneila Kip Lee, MEd**

Most of us feel compassion when a close friend is struggling, but we're much less sympathetic with ourselves. What would it be like to receive the same care and support from ourselves when we need it the most?

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, and more satisfying personal relationships.

Cornelia is offering free, 1- to 2-hour, interactive workshops to organizations and groups in Durham and Raleigh that introduce the theory, research and practice of self-compassion, including opportunities to:

- Discover how self-compassion could enhance your happiness and wellbeing at home and work
- Have a direct experience of self-compassion
- Learn simple skills for integrating self-compassion into daily life

To inquire about a free workshop for your group or organization, or for information about upcoming 8-week Mindful Self-Compassion classes this summer and fall, please contact Cornelia Kip Lee at [**ckip@icloud.com**](mailto:ckip@icloud.com).

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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

For info please

contact 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**](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).

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