

Triangle Insight

Meditation Community

Greetings to all!

Although June will officially bring in the Summer of 2011, you may have noticed that some sultry weather has already arrived. What has been your reaction, if any, to this incipient change in the season? Are you dreading the "dog days" ahead, or does it bring pleasant anticipation of a long-awaited vacation? Perhaps it is a mixture of both? Whatever is arising (and passing), we can always use our practice to explore our experience in any situation for the insight it may bring.

As you may recall from the sutta on the Four Foundations of Mindfulness, the Buddha guides us through a number of ways to investigate the variety of experiences, being "ardent, alert, and mindful, putting aside greed and distress with reference to the world." And one of these four foundations is *vedana*, or feeling/sensing. Technically, feeling/sensing is that beginning, hedonic tone that arises with all experience, and gives the feedback that something is either pleasant, unpleasant or neutral, and this can change moment by moment. It is then from our perception and proliferation of thinking where we can start to notice the craving and clinging for things to be other than they are, which is the source of suffering. As Rodney Smith puts it, "our resistance to reality, not reality itself, creates suffering." Since it may be hard to "catch" the feeling/sensing at its nascent stage, we're often left with noticing that we're suffering, which can take many forms. And, an additional instruction is to comprehend our own suffering, seeing its source.

So, in the days ahead, if you notice you're suffering in the sweltering heat, all is not lost. As Rodney Smith goes on to say, "suffering is an essential liberating feedback," as it will show

us where we're grasping or resisting reality, and where we need to let go. With continuing practice we may be able to drop the push and pull and discover the meaning of the Zen saying, "if it's hot, make it hotter; if it's cold, make it colder." Ah, no resistance!

May we all be free!

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

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[Chapel at Duke Hospital](#)

[Recovery Group](#)

The Alice Project Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha raised funds last year!

Upcoming Retreats

[Eno River Buddhist Community](#)

TIMS Anniversary

Let's Celebrate!!!

July 6th will mark the two-year anniversary of the Triangle Insight Meditation Community, and we would like for you to help celebrate that event! As we did in December, upon moving to the Episcopal Center at Duke, we're planning a little party as a way to acknowledge our community that has formed around the liberating teachings of the Buddha. On Wednesday, July 6th, we'll gather at our usual 7 PM time, beginning with 30 minutes of snacks and beverages and socializing and celebrating, and then settle in for our usual format at 7:30PM, extending the closing until 9 PM. If you would like to help out in the preparation (preparing snacks, bringing paper goods, etc.), please let us know. And, Happy Birthday!!

Wednesday July 6th, 2011

7:00-9:00PM

Duke University Episcopal Center (EC)

505 Alexander Avenue

Durham, NC 27705

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and 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 1st: Ron Vereen

June 8th: Cynthia Hughey

June 15th: Jeanne van Gemert

June 22th: Phyllis Hicks (Insight Dialogue)

June 29th: Dave Hughey

Wednesday Evenings 7:00-8:30PM
Duke University Episcopal Center (EC)
505 Alexander Avenue
Durham, NC 27705

The Fresh Breeze of Equanimity a Dharma Talk with Therese Fitzgerald

The Buddha taught the practice of equanimity, or letting go. This Brahmavihara is a balm for our modern minds in touch with too much on one level and not deeply enough on another level. Equanimity is evenness of mind, especially under stress. It is not indifference or closing our hearts. It is not control. Equanimity is an active state filled with compassion, awareness, and insight. Suggested Donation \$5-\$15. No one will be turned away for lack of funds. Please see the [flyer](#) for more information.

Wednesday, June 15th, 2011

Meditation 7:00PM
Dharma Talk 7:45PM


ERUUF Commons Room
4907 Garrett Road
Durham, NC 27707

Webcast with Ram Dass hosted by Rameshwar Das

Jon Seskavich is working with Ram Dass to bring about a very exciting program. It will be a special time with Ram Dass and his new book, *Be Love Now* (HarperOne, November 2010). Ram Dass' co-author, Rameshwar Das, will be on hand to discuss the book and show a short video of Ram Dass' spiritual life from the new electronic version of *Be Here Now*. Ram Dass no longer travels but will join in for questions and answers live via the internet from his home on the island of Maui in Hawaii.

Advance Tickets: \$15
Visit www.flyingmonkey.ws for more information and to purchase tickets.

Saturday, June 18th, 2011



Unity
1935 Opal Drive
Greensboro, NC 27403
7:00 PM

Sunday, June 19th, 2011

Caare Building
214 Broadway St
Durham, NC 27701
7:00 PM

Book Reading with Rodney Smith

Stepping out of Self Deception

Prior to his July retreat (7/22-7/29) at Southern Dharma, Rodney Smith will be giving a reading from his new book, *Stepping out of Self Deception*, at Malaprop's Bookstore in Asheville, NC. Please visit www.malaprops.com for more information.

Thursday, July 21st, 2011

7:00PM
Malaprop's Bookstore & Cafe
55 Haywood Street
Asheville, NC 28801

Upcoming Retreat with Eno River Buddhist Community

Avila Retreat Center


Dec 7-12, 2011, Wed-Mon, with Richard Shankman

Save the date and we will keep you posted as more details become available.

As a reminder, the Eno River Buddhist Community meets weekly on Mondays from 7:30-9PM in the Care Building at the Eno River Unitarian Universalist Fellowship on Garrett Rd. in Durham. There is also a morning retreat from 9AM - 12 noon every 2nd Saturday. For more information go to www.pgacon.com/erbc/ and for general questions contact Scott Bryce at stgb@earthlink.net.

Buddhist Families of Durham

A group of currently about ten families dedicated to creating a warm, loving community for parents and children

A vertical illustration of a raspberry branch with several raspberries and leaves, rendered in a light green, textured style. It runs along the left side of the page, partially overlapping the text blocks.

to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program. We meet in the spacious home of a member near Duke's East Campus.

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

phone: 617-501-3877(c) or 919-613-0160(h)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00-7:45AM. For more info contact Ron at Ron@triangleinsight.org

Monday and Thursday Mornings

7:00-7:45AM

Yoga in the Hood

2205 Wilson St

Durham, NC 27705

Chapel at Duke Hospital

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 681-3989 or Annette Olsen at 684-2843.

Thursday Afternoons

3:00-3:30 PM

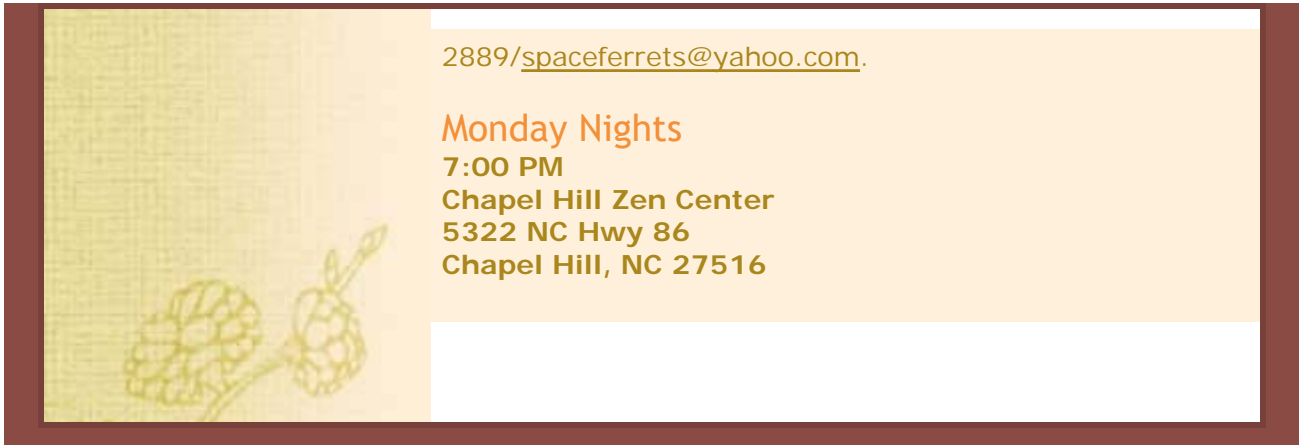
The Chapel

6th Floor of Duke North

Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call 919-265-7600, email zensetter@gmail.com or call/email Ed at 919-636-



2889/spaceferrets@yahoo.com.

Monday Nights
7:00 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516



Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27705
