



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

We hope you have survived the recent winter weather without too much inconvenience, and we regret having to cancel some of our meetings. Your patience and understanding is appreciated. As we move toward the arrival of Spring, we will be continuing our investigation of Thanissaro Bhikkhu's anthology, **The Wings to Awakening**, and **The Noble Eightfold Path** will be our current focus.

Thanissaro states that the Noble Eightfold Path is "the most standard description of the Buddhist way of practice," adding that the Buddha taught it to all of his disciples throughout his lifetime, regardless of their level of experience. He exhorted that any doctrine and discipline without the path would not lead to awakening, which is why it is referred to as "noble" -- a vehicle that delivers one to the final goal. He goes on to say that the image of the path has two major implications -- it is a means to an end, not an end in itself; and the factors of the

path lead to, rather than cause, the goal. As we begin our practice, these path factors represent a series of qualities that are to be consciously developed, step by step. At some point, unbeknownst to us as to when this may occur, all of the factors come together in a fully developed form, bringing us to the threshold of stream-entry, the first of four levels of awakening. As Rodney Smith describes it, "the teaching is profound in its simplicity and universal in its application...the objective of the Eightfold Path is to bring the entire body and mind into a natural relationship with all things...to see through the deceptions of the mind and reveal the inherent unity beneath." So, body, speech, and mind are revealed in perfect one-ness.

As mentioned last month, these eight path factors are grouped into three aggregates that facilitate both their study and practice: integrity or morality (wise speech, action, and livelihood), meditation/concentration (wise effort, mindfulness, and concentration), and wisdom (wise view and intention). As Bhikkhu Bodhi instructs, they are not steps to be followed in sequence, but are more aptly considered components rather than steps, "comparable to the intertwining strands of a single cable that requires the contributions of all the strands for maximum strength." Our practice unfolds in what is referred to as two levels -- the mundane and the noble. We may start out by taking the eight path factors in some sort of sequential training (the mundane level), and with time we will discover that each of them will be available to us simultaneously, having converged in the mind, each supporting the others (the noble level). The three groups listed above represent three stages of training (*sikkha*), or "the three-fold training": the training in the higher moral discipline (*adhisilasikkha*), the training in the higher consciousness (*adhicittasikkha*), and the training in the higher wisdom (*adhipannasikkha*).

Although the arrangement of the threefold training begins with the morality aggregate and ends with wisdom, that of the Noble Eightfold Path starts with the wisdom factors of wise view and wise intention, ending with wise concentration. At first appearing inconsistent, this arrangement makes sense once it is understood that wise view and wise intention of a preliminary type are needed in order to properly orient us to the path. Bhikkhu Bodhi states that wise view provides the perspective for practice, and wise intention the sense of direction. In addition, we may view undertaking the training in the path factors akin to traveling along an

eight-lane highway, where at any point we may move freely from one lane to another. At a later point, Bodhi says, when the mind has been refined by the training in moral discipline and meditation/concentration, it arrives at a superior wise view and wise intention that form the proper training in the higher wisdom, which is the understanding of the Four Noble Truths.

Next month we will embark upon a more detailed look at the various path factors, beginning with wise view. In the meantime, for this preliminary undertaking of wise view and where it directs us, reflect upon your understanding of *karma* and its implications in your own experience, of what it means to be the owner and heir of your actions.

May we all develop this path of practice in a wise and skillful way, and may it's karmic determinants bear great fruits for us all.

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



Triangle Insight Meditation Groups

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

Schedule:

Wednesday Evenings
6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)

March	4:	Ron Vereen
March	11:	Cynthia Hughey
March	18:	Jeanne van Gemert
March	25:	Phyllis Hicks (Insight Dialogue)

April	1:	Ron Vereen
April	8:	Phyllis Hicks (Insight Dialogue)

Sitting Opportunities

[TI Wednesday Meditation Group](#)

[TI Morning Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of](#)

[Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

April 15: Jeanne van Gemert
April 22: Cynthia Hughey
April 29: Dave Hughey

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

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

Upcoming Classes and Events

[Buddhist Insight
Network:
Database Designer
Opportunity](#)

[Changing Your
Relationship with
Food](#)

[Awakening Joy, 2015
An online course
with James Baraz](#)

[Documentary Film:
A Joyful Mind](#)

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

A Mind at Peace:

Working with Difficult Emotions

An Insight Dialogue Retreat for Therapists
and Healthcare Professionals

with Sharon Beckman-Brindley & Phyllis Hicks

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.

Upcoming Retreats

[A Mind at Peace
Living the Dharma](#)

Learn to integrate the relational aspects of
mindfulness and wisdom into your personal
experience and professional work with difficult
emotions. (Continuing education
credit available.)

Goings On in the Sangha

[Kalyana Mitta
Groups](#)

"Absolutely every aspect of my learning is
directly transferable into my professional life."
- JC, Sydney, AU

**March 27th - April 1st, 2015
Shalom House and Retreat Center
Hanover County, VA**

**Details & Registration: [Metta Program](#)
*Early Registration by February 27th***

The Shramadana Project

[A Volunteer Initiative
of Triangle Insight](#)

[Back to Top](#)

Changing Your Relationship

Ongoing Classes and Events

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**

**Stop Smoking Online!
Craving to Quit**



with Food:

A One-Day Mindfulness Workshop with Sasha Loring

This workshop offers a range of methods for changing unhelpful thoughts, beliefs and behaviors regarding food. From the ground of mindfulness, attentional training, and self-kindness, this workshop focuses on gaining insight into unhealthy habitual patterns and on building the psychological resources needed for change. For more information and how to register click [here](#). Space is limited and pre-registration is required.

Saturday, May 2, 2015

Near Chapel Hill, NC

9 AM - 4 PM

Fee: \$95

[Back to Top](#)

Living the Dharma

A Residential Retreat with Jeanne van Gemert and Ron Vereen

When the Thai master, Ajahn Chah, was asked "What is Dharma?" he replied, "Nothing isn't." Without further inquiry this may seem a bit confusing to the untrained mind. The Sanskrit word "dharma" ("dhamma" in Pali) can mean an event, a phenomenon in and of itself, or mental quality, but when rendered with a capital "D" it is a reference to the teachings of the Buddha or to Awakening itself -- the Unbinding that comes about from following the Buddha's doctrine and discipline. What, then, does it mean to be living the Dharma?

In this retreat we will explore this question through both study and practice of the Dharma. Through these skillful means we may then see the Dharma for ourselves so as to become the Dharma. Becoming the Dharma we may then come into alignment with the truth of our being, and we notice we have fewer struggles with the world.

The retreat is open to anyone, and all levels of experience are welcome. For more information contact Leah Rutchick at leah@triangleinsight.org, and to register, please click on this link, [Living the Dharma](#).

If you wish to offer dana toward scholarships for this retreat so that no one will be turned away for inability to pay, you may [Donate Here](#). Thank you!

May 21st - May 24th, 2015

Avila Retreat Center, Durham, NC

Fees: Single: \$300 by 4/1, \$330 thereafter

Double: \$250 by 4/1, \$280 thereafter

Back to Top

Kalyana Mitta Groups

As discussed at the December 17th meeting, Kalyana Mitta is a Pali phrase that means "spiritual friend," and Kalyana Mitta (KM) Groups are small peer groups of individuals who are committed to supporting each other in their practice and journey to spiritual awakening. Because these groups are small and meet regularly over an extended period of time, they allow the development of intimacy and trust. Members can then begin to share more openly and deeply, and the heart of the dharma is enriched in their practice and their daily lives.

Over the past couple of months there has been a very positive response to our new Kalyana Mitta program. Groups are being proposed for Durham, Chapel Hill-Carrboro, and Raleigh, and over twenty individuals have expressed interest in joining a group. This is a wonderful reflection of the commitment and energy of our community. If you're interested in joining or organizing a group, or you have questions or suggestions, please contact Sarah Tillis, KM Coordinator, at sarah@triangleinsight.org.

Please visit the new [Kalyana Mitta](#) webpage, where we have information about how to start or join a KM Group, guidelines for group development and mindful sharing, and other helpful resources. A listing of new KM groups will be posted in the near future.

The KM program is new and evolving, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis is continuing to refine structure and guidelines. Your input is invaluable as we make this journey together.

Back to Top

Buddhist Insight Network Database Designer-Administrator

The Buddhist Insight Network is excited to have the opportunity to create an online Retreat Listing, the next generation of **Inquiring Mind**'s listing. We are seeking one or more Drupal application developers with expertise in databases and user experience design.

Specifically the designer-administrator(s) will coordinate

with the current database designer and administrator to:

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

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

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

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

[Back to Top](#)

Awakening JOY, 2015 A 5-month online course

This online course is led by James Baraz, a founding teacher of Spirit Rock Meditation Center in Woodacre, California. He has offered the Awakening Joy course since 2003. It consists of different themes and materials every two weeks for five months. The intention is to create a supportive structure for awakening joy and our natural capacity for well-being. Visit the website [overview here](#). There are in-person meetings in Berkeley, CA, and those who participate online will have access to recordings of the live classes with a remarkable **line-up of guest speakers**, practice letters and live video conference calls, and additional resources.

James Baraz says, "In these times with so much suffering in the world and people often so busy they forget how to nourish themselves, I believe awakening our joy is more important than ever. Remembering to connect with all the goodness inside and around you and then sharing it with others takes practice and support. This course is designed to offer you a structure to do just that. The world needs your aliveness and good heart."

Registration is now open for this course, offered online to all participants with in person meetings also available in Berkeley, Ca.

For more information and to register for the course, click on this logo!



[Back to Top](#)

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

[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

(unless otherwise indicated)

Triangle Insight, Episcopal Center at Duke

6:30 - 8:30 PM

[Back to Top](#)

The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Dave Durham, Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab, with Cathy Cole as a registration consultant. Deep bows to all!

Ron Vereen recently completed a pilot Mindfulness Awareness Training at the Durham Crisis Response Center, and started another training in February, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. It is our intention to offer this class on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma, and the more people involved, the more classes we can provide.

If you have some experience in teaching mindfulness to others and would like to participate, please contact Ron at **ron@triangleinsight.org**

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

[Back to Top](#)

Goings-on in the Sangha

[top^](#)

This space is where sangha members may announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha.

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

Kaliyana Mitta News

Please [see the report](#) in this newsletter on the latest developments for KM Groups. KM Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

[Back to Top](#)

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.

[Back to Top](#)

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.

[Back to Top](#)

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

[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](#)

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 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**

Back to Top

A Joyful Mind

A Documentary on the Life and Teachings of Mingyur Rinpoche

We have recently been contacted by Dharma friends about a film project in progress, with a request to spread the word and invite others to contribute if possible.

A Joyful Mind documents the life and teachings of Mingyur Rinpoche and provides a comprehensive look at the practice of meditation and its benefits. In addition to Rinpoche, the film will feature highly revered Buddhist monastics Mathieu Ricard and Jetsunma Tenzin Palmo, renowned neuroscientists Drs. Richie Davidson and Antoine Lutz, Psychologist and Buddhist teacher Dr. Rick Hanson, meditation master Tsoknyi Rinpoche, and many more. You can view promotional videos and find out more information on their website: **www.ajoyfulmind.com** .

Back to Top

How to stop smoking online . . .

Craving to Q uit:

A Mindfulness-Based Wellness Program for Smoking Cessation on the Web

If you or anyone you know has been attempting to quit smoking but has yet to succeed, this program may be for you. Modeled after **Mindfulness-Based Relapse Prevention** at the University of Washington, **Craving to Quit** is a 21-day web-based program from Yale University that offers a mindfully-oriented way to deal with cravings and other addictive patterns. Compared to **Freedom from Smoking** -- an on-line cessation program sponsored by the American Lung Association -- the Yale study had demonstrated twice the quit rates, and the cost is only \$1/day!

Anytime & Anywhere via Web App
Go to **Craving to Quit** to sign up

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 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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