



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all -

Last month we began our exploration of the Noble Eightfold Path with the first path factor, wise view. Here we will take a closer look at wise intention, the second path factor, which together with wise view comprises the wisdom aggregate of the path. And if we look at the current state of affairs, it does appear this world could use a little more wisdom.

One part of our mission at Triangle Insight is to explore the relevance of the Buddha's teachings for our contemporary lives, and it seems timely to do so given the events unfolding in Baltimore and New York. The topic of wise intention is right on the mark as it invites us to turn away from our grasping, enmity, and harmfulness, opening instead toward letting go, good will, and compassion -- the wholesome intentions the Buddha specified as *wise* intention. We are now bearing witness to the tension between the forces in the minds of those rioting in the streets

and those attempting to quell the violence, and all the while seeking a solution. The answers to such systemic problems are complex, but if we can bring this inquiry closer to home, turning our attention inward, we can witness the battle at times between wholesome and unwholesome intentions in our own mind. This is where the Buddha invites us to start, saying that "wherever the mind dwells, to that it will so incline." In keeping with the subject at hand, we could say that the views we hold shape the intentions we mold, which in turn determine the actions that unfold. He also invited us to know this truth directly for ourselves, so herein lies an important intention for our practice. The popular contemporary teacher and Buddhist scholar, Gil Fronsdal, emphasizes this when he says that more important than the daily practice of meditation is to get in touch daily with our deepest intention. Letting go, good will, and compassion could be our gift not only to ourselves but also to the world as we embody these very qualities of heart.

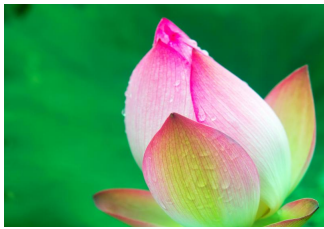
If we sincerely embrace the view that our actions do bear fruits, then we become more resolute in looking to see how this plays out in our own lives. As we witness the continual violence in the world, we can reflect on our own potential for the same. Our struggles may not take us into the riot-torn streets, yet the battle can still rage in our minds. We then remember that the spiritual path is not about doing an end run around these mind states, but rather including and holding them all in awareness. Inquiring into all states of mind we become more curious and interested in discerning how our own suffering relates to this universal law of karma, and more desirous of it coming to an end. With less criticism and more curiosity, we embark upon this path toward greater wisdom, discovering the freedom promised by the Buddha. At first there may be only momentary freedom, but these moments serve to increase our conviction for continuing on the path. We become more determined to see what obscures clear seeing, uprooting what is standing in the way. At this point we may be ready for surrender and we simply let go of the struggle and abide in the awareness that has no struggle.

This Noble Eightfold Path that we are investigating is the path the Buddha laid out to bring us to the goal. It is as accessible now as it was then, as relevant now as then. Over twenty-five centuries ago the Buddha said that "hostilities aren't stilled by hostility, regardless, hostilities are stilled through non-hostility; this, an unending truth." More recently Martin Luther King, Jr. echoed the Buddha's words: "Returning violence for violence multiplies violence, adding deeper darkness

to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." Both men devoted their lives to share their wisdom, their hopes, and their dreams for our freedom. We apparently realize this one mind at a time, beginning with our own. The question remains, when are we going to listen?

May we all listen to and practice the Dharma. May we then understand the Dharma so deeply that we not only live it but we become it.

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



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](#)

Upcoming Classes and Events

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)

May 6: Ron Vereen
May 13: Jeanne van Gemert
May 20: Phyllis Hicks (Insight Dialogue)
May 27: Cynthia Hughey

June 3: Ron Vereen
June 10: Dave Hughey
June 17: Jeanne van Gemert
June 24: Phyllis Hicks (Insight Dialogue)

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

Mindful Parenting

**Koru Mindfulness and
Meditation Classes**

**Buddhist Insight
Network:
Database Designer
Opportunity**

**Changing Your
Relationship with
Food**

Upcoming Retreats

**Living the Dharma
Love, Sexuality and
Awakening: A
Woman's Retreat**

**Insight Dialogue &
Path of Peace**

Goings on in the Sangha

Kalyana Mitta Groups

**Resource for Yoga
Retreats in SE Asia**

The Shramadana Project

**A Volunteer Initiative
of Triangle Insight**

Ongoing Classes and Events

Mindfulness

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

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

Save the Date! Triangle Insight is Turning Six

This July marks the sixth birthday of the Triangle Insight Meditation Community, and on Wednesday, July 29th, we plan to celebrate with a special meeting! We will gather at 6:30 PM for our 45 min. period of meditation, and then have an opportunity for more intimate sharing with each other as we devote the remainder of the evening's meeting to exploring how the Dharma has been unfolding in our lives, as well as how sangha has been important in that evolution.

Following that will be our birthday celebration, so please bring a sweet or savory dish to share with the group.

Triangle Insight will provide the beverages and birthday cake!

No matter how long you have been attending Triangle Insight, even if only for a short time, all are welcome to attend this celebration.

**Episcopal Center at Duke
505 Alexander Ave., Durham 27705
July 29th, 2015
6:30 - 8:30 PM**

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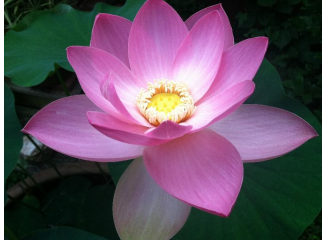
Changing Your Relationship with Food: A One-Day Mindfulness Workshop with Sasha Loring

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

**Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**



**Near Chapel Hill, NC
9 AM - 4 PM
Fee: \$95**

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Mindful Parenting with Caroline Hexdall, PhD

**Begins May 5th
6:00 pm - 8:00 pm**

The Mindful Parenting 8-week Program is a research-based program developed by Susan Bögels and Kathleen Restifo and endorsed by Mark Williams, Christopher Germer and Jon and Myla Kabat-Zinn. Participants will explore themes such as parenting on "automatic pilot," beginner's mind parenting, responding vs. reacting to parenting stress, conflict and parenting, and love and limits. In addition, topics of self-compassion, vulnerability and wholeheartedness will be presented.

Participants in the program will practice new ways of being present during joyful as well as stressful parenting moments. Mindful parenting is an approach to parenting that can allow for deeper connections with our children, creating a more peaceful, healthier and happier relationships.

To register or for more information:
e-mail: info@carolinawellnessinstitute.com
[web: www.carolinawellnessinstitute.com](http://www.carolinawellnessinstitute.com)
call: [919 260 0255](tel:9192600255)

Price per Individual \$325
Price per Couple \$520

**Carolina Wellness Institute
121 W Margaret Lane
(right beside the library, downtown Hillsborough)
Hillsborough NC 27278**

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Living the Dharma

A Residential Retreat with
Jeanne van Gemert and Ron Vereen

May 21st - May 24th, 2015

This retreat now is fully registered, but a wait list is

available. If you would like to be placed on the wait list, please contact Leah Rutchick at leah@triangleinsight.org.

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

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 at all levels of experience. *Please note, a wait list is available should openings occur.* For more information or to be placed on the wait list, contact Leah Rutchick at leah@triangleinsight.org.

Registration: [Living the Dharma](#).

[Avila Retreat Center, Durham, NC](#)

Fees: Single occupancy: \$330

Double occupancy: \$280

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Koru Mindfulness and Meditation Classes

with Bree Kalb

Koru is a brief, structured approach to learn mindfulness and meditation. Developed at Duke's student counseling center, it was initially designed for young adults; now it has been adapted to be useful to all adults 18 and older. Koru students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy.

Participation in all 4 sessions is required, as well as 10

minutes of meditation and brief mindfulness exercises every day, plus weekly readings in Jon Kabat-Zinn's classic book: *Where Ever You Go, There You Are*. Classes are relaxed and enjoyable.

Wednesdays, 5:30 - 6:45 PM

June 10, 17, 24, and July 1

301 Weaver St., Carrboro, NC 27510

Cost: \$65 for all four classes

For more information: **[The Wellness Alliance](#)**

919-932-6262 ext. 216

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Love, Sexuality and Awakening: A Women's Retreat

with Ajahn Thanasanti and Sharon Beckman-Brindley

June 9-16, 2015

This Insight Dialogue retreat offers teachings, contemplations, and practice on various facets of love as aspects of a path of awakening. The English word "love" includes a broad range of experience, from friendliness, to kindness, and compassion for self and others, to romantic sexual involvement, to the desire and ability to release our masks of self and other, to rest in shared interconnection. Ultimately, simply resting in love, we can embody an unconditional presence that has no expectations or demand and we find a love that is a quality of our being, rather than something to be constructed or longed for.

. . . This retreat is suitable for anyone self identified as a woman who has a regular meditation practice and has done a 7-day mindfulness retreat.

June 9 - 16, 2015

Cornwall-On-Hudson, New York

To register, please go [HERE](#)

For additional information, see

www.awakeningtruth.org

Or contact Sharon Beckman-Brindley with questions, at

sharon@metta.org.

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Insight Dialogue and the Path of Peace

with Sharon Beckman-Brindley and Phyllis Hicks

July 10-15, 2015

In this retreat, we will practice silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to our life experience. We will cultivate qualities of mind that give rise to clarity and peace. As awareness deepens, we can experience directly the profound Buddhist teachings on suffering and the end of suffering.

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.

-
July 10-15, 2015
at Southern Dharma
1661 West Road
Hot Springs, NC 28743

Phone: **828-622-7112**

Email: [**southerndharma@earthlink.net**](mailto:southerndharma@earthlink.net)

Web: [**SDRC**](#)

-physically located in Spring Creek, on Hap Mountain

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Kalyana Mitta Groups

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

~ The Buddha

Along with earth's new growth, spring has brought forth the blossoming of our Kalyana Mitta program. A group in Durham has already had their first meeting, and a Chapel Hill-Carrboro group will meet the first weekend in May. The Insight Dialogue group and a group in Raleigh are currently organizing their initial meetings. It is inspiring that the vision of spiritual friends groups that so many in our community have shared is now being realized.

For those who don't know, Kalyana Mitta is a Pali phrase that means "spiritual friend." 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 begin to share more openly and deeply, and the heart of the dharma is enriched in their practice and their daily lives.

Our **[Kalyana Mitta webpage](#)** has helpful information about how to start or join a KM Group, guidelines for group development and mindful sharing, and other useful resources. The web page now also includes a link to a listing of our KM groups.

If you're interested in joining or organizing a KM group, or you have questions or suggestions, please contact Sarah Tillis, KM Coordinator, a **sarah@triangleinsight.org**.

The KM program continues to evolve, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis appreciate all your input. May our Kalyana Mitta groups be of great benefit to all.

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Buddhist Insight Network Database Designer-Administrator

Still Seeking Applications

[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.

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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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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 second Mindfulness Awareness Training at the Durham Crisis Response Center, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. So far the feedback from the DCRC and clients has been positive. 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**.

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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.

Resource for Meditation Retreats in SE Asia

Anyone interested in foreign yogi meditation retreats in Asia, particularly during the months of December through February, feel free to contact Tom Howlett for information. Tom can be reached at [919-730-2756](tel:919-730-2756).

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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
7:00 - 8:15 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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