



Triangle Insight Meditation Community

May 2016

triangleinsight.org

Greetings to all!

We began our exploration of the Noble Eightfold Path in April 2015 and have now covered the Three Trainings (*sīla, samādhi, panna*), ending last month with the eighth path factor of Wise Concentration. We encourage you to follow the Buddha's emphasis on this "middle way" of development that was introduced in his very first sermon to the five ascetics, the **Dhammacakkappavattana Sutta: Setting the Wheel of Dhamma in Motion** (yes, that is a mouthful!). According to the Buddha, this path ". . . leads to peace, to direct knowledge, to enlightenment, to *Nibbana*." If further motivation is needed, note in the sutta that to Kondanna, upon hearing the Buddha's words, there arose ". . . the dustless, the stainless Dhamma eye: whatever is subject to origination is all subject to cessation." Here we will briefly explore how these path factors come together to bring about this transcendent wisdom such that the mind can break

through the conditioned and realize the unconditioned, *Nibbana*.

This training offered by the Buddha brings forth the wisdom that uproots the threefold layering of "afflictions" (*kilesas*) in the mind that perpetuate our suffering, the roots of which are greed, hatred, and delusion, discussed in more detail by Bhikkhu Bodhi in **The Noble Eightfold Path: the Way to the End of Suffering**. He describes these three layers as the stage of latent tendency, the stage of manifestation, and the stage of transgression, and explains how the development of the Path operates on thinning and eventually eliminating these layers.

The aggregate of ethical training (wise speech, action, and livelihood) restrains unwholesome bodily and verbal actions, thus preventing them from reaching the level of transgression where unwholesome speech and thoughts are acted out. The training in the concentration aggregate (wise effort, mindfulness, and concentration) provides the safeguard against manifestation by removing those mental toxins that are already in the mind, offering protection as well from further influx. And finally, it is wisdom alone (wise view and intention) that is able to cut off the latent tendencies at their root, which can only occur through the development of insight (*vipassana-bhavana*). The insight described is that of seeing directly into the three characteristics of existence -- impermanence (*anicca*), suffering (*dukkha*), and non-self (*anatta*) -- which can ultimately rid the mind of all the defilements.

As you have consistently heard at Triangle Insight, it is the integration of both the study and practice of the Buddha's teachings that can bring about this purification, and it was the latter upon which the Buddha placed emphasis -- practice. And he left for us, borrowing Joseph Goldstein's phrase, "a practical guide for Awakening," that being the sutta on the **Four Foundations of Mindfulness** (*satipatthanas*). At the beginning of the sutta the Buddha foretold that ". . . this is the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of *dukkha* and discontent, for acquiring the true method, for the realization of *Nibbana*, namely, the four *satipatthanas*."

There are perhaps many paths toward this realization, but we prefer taking the "direct path" the Buddha laid out, the one he followed that led directly to his Awakening. If you haven't done so already, we invite you to join us on this path, and in the months ahead we will explore these *satipatthanas* in more depth. We may then see more clearly the intimate relationship that exists between the Noble Eightfold Path, which contains the Four Foundations of Mindfulness, and the Four Noble Truths, the fourth being none other than The Noble Eightfold Path. This interlocking structure of the doctrine for study and discipline for practice is truly the genius of the Buddha!

May we all feel the gratitude for these teachings. May we come together to support one another along this direct path toward realization. May we each experience the freedom promised by the Buddha.

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**.

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 enter and exit the building using the doorway facing Alexander Ave., which 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 the noise and distraction during the meeting.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

(Insight Dialogue from 6:30 - 8:30 PM)

May 4: Ron Vereen

May 11: Ron Vereen

May 18: Jeanne van Gemert

May 25: Phyllis Hicks (Insight Dialogue)

June 1: Ron Vereen

June 8: TBD

June 15: Jeanne van Gemert

June 22: Phyllis Hicks (Insight Dialogue)

June 29: Dave Hughey

Monday and Thursday Morning Meditation

7:00 - 7:45 AM (click **here** for more info)

Episcopal Center at Duke

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

**Graceful Exit:
Preparing for a Good
Death**

**Rev. angel Kodo
williams Sensei in
Durham**

Organizing Against
Racism/Dismantling
Racism Works
Workshops

Awakening Joy
Online Courses with
James Baraz

**505 Alexander Ave.
Durham, NC 27705**

Dwelling in the Dharma: [Integrating Study and Practice](#) A Memorial Day Weekend Residential Retreat with Jeanne van Gemert and Ron Vereen

Friday, May 26th -- Sunday, May 29th, 2016

Note: Retreat has filled so please contact leah@triangleinsight.org to be placed on the wait list

Upcoming Retreats

[Dwelling in the
Dharma](#)

[What Mindfulness
Reveals: A Path of
Release](#)

In one sutta from the ancient texts, **AN 5.73**, the Buddha was asked "to what extent is one who dwells in the Dharma?" After enumerating the intellectual dimensions of study, teaching, recitation, and examination of the Dharma, the Buddha emphasized the practice of "seclusion." He stated that when committing oneself to "internal tranquility of awareness, ...this is one who dwells in the Dharma." So, how do we find and maintain a balance between study and practice? It appears the Buddha is telling us that if we're going to study, it must be informed by practice.

This residential retreat offers the opportunity to explore this balance in more depth, and to see for ourselves why the Buddha placed emphasis on practice. Time will be devoted to study and practice, the bulk of which will focus on forms of mindfulness meditation that can lead to the direct experience of internal tranquility of awareness, of dwelling in the Dharma, of opening to the formless. We will also see how the very suttas from which these teachings have emerged can be used as guided meditations for practice.

Open to participants with all levels of meditation experience, this retreat will be conducted in Noble Silence, guided by wise view and intention so as to create a container to support wise effort, mindfulness, and concentration. In addition to the forms of practice, group interviews with the teachers will provide further opportunity to integrate study and practice.

Goings on in the Sangha

Triangle Insight
Meditation Group
on Facebook

Shramadana Project

Spiritual Friends
Groups

Organizing Against
Racism Workshops

Jeanne van Gemert and **Ron Vereen** have many years of meditation experience and are co-founders of the Triangle Insight Meditation Community, graduates of the Spirit Rock Community Dharma Leader Program, and instructors in the Duke Mindfulness-Based Stress Reduction Program.

Cost of the Retreat:

Small Single Occupancy: \$305 (\$330 after 4/28/16)

Large Single Occupancy: \$330 (\$355 after 4/28/16)

Double Occupancy: \$285 (\$310 after 4/28/16)

(fees include 3 nights lodging with meals)

The Shramadana Project

[A Volunteer Initiative
of Triangle Insight](#)

To be placed on the wait list contact leah@triangleinsight.org

Note: Some financial assistance will be possible for this retreat, and if you are interested in being considered, contact Leah at the email above.

Scholarship Dana: One intention for Triangle Insight is to have no one turned away from any of our events for financial reasons, which is supported by the generosity of our sangha. **If you would like to contribute to our**

[Spiritual Friends Groups](#)

Racial Affinity
and
Kalyana Mitta

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



scholarship fund, please click [here](#).

Avila Retreat Center

711 Mason Road, Durham, NC

Friday, May 26th - Sunday, May 29th, 2016

[^Top](#)

Graceful Exit:

Preparing [for a Good Death](#)

A weekend program with Andrew Holecek

On the rich teachings from the Tibetan Buddhist tradition on death and dying. Andrew Holecek will take you from practices and teachings to prepare you for dying, to a thorough view of the Bardos (the after-death states). You will learn everything you need to know to transform the greatest obstacle into the greatest opportunity. This weekend combines practices, teachings, and discussions that will enhance your understanding and experience of both your own death as well as the death of your loved ones.

This program is sponsored by the **[Durham Shambhala Center](#)**, and will be held at the **[Chapel Hill Zen Center](#)**.

Schedule:

Friday, 7:00-9:00 pm

Saturday, 9:00-5:00

Sunday, 9:00-3:00

Participants need to bring a lunch Sat. and Sun.

Space is limited and preregistration is required.

Cost: \$175 (patron \$225)

May 13-15, 2016

Location: Chapel Hill Zen Center

5322 NC Highway 86

Chapel Hill, 27514

(2.5 miles north of I-40 Exit 266).

To register go to: <http://durham.shambhala.org/program-details/?id=237686>

For questions contact Sasha Loring at **info@sashaloring.com**

[^Top](#)

What Mindfulness Reveals:

A Path of Release

An Insight Dialogue Retreat with Phyllis Hicks

When mindfulness of body sensations, thoughts, feelings, and ever changing phenomena are established, we are able to see things as they actually are. In

this seeing we discover how our human experiences are both unique and universal. Mindfulness reveals the mutual dependence of perception and consciousness and the suffering of identifying with bodily and mental experience. In this retreat we'll learn and practice the interpersonal meditation practice of Insight Dialogue. Practicing the Guidelines together of Pause, Relax, Open, Trust Emergence, Listen Deeply, and Speak Your Subjective Truth, we will investigate how things form in their unique way and how opening to the unconstructed aspects of our experience can release us from limiting views.

This investigation will support finding more freedom and ease in the midst of both the challenging and joyful experiences of life. Seeing how our stress is constructed we can ask: 'how is the body and mind relating to this experience?'

Insight Dialogue brings the mindfulness and tranquility of traditional silent meditation practice into our contact with others. It offers a way of cultivating sustained concentration and mindfulness as we investigate patterns of stress and reactivity. This co-meditative practice allows us to face the complexity of the relational dimension with awareness, and true investigation into the nature of suffering and its release can begin.

There will be alternating periods of silent internal meditation practice, Insight Dialogue and mindful movement in a serene setting. The retreat will be held in Noble Silence.

Phyllis Hicks, DMin, NCLPC teaches Insight Dialogue retreats worldwide. She has trained and taught with Gregory Kramer since 2004, a co-founder of Triangle Insight, and an instructor in the Duke Mindfulness-Based Stress Reduction Program. She directs the Pastoral Care and Counseling Institute of Durham, North Carolina, a non-profit center for counseling and clinical education.

DANA: Your retreat fee covers meals, facilities rental, and the travel and lodging expense for the teacher. There is no fee built in to compensate the teacher. At the end of the retreat you will be invited to offer dana (freewill donation) to support the teachings and teacher's livelihood.

Retreat fees:

Single Occupancy: \$572 (\$615 after 7/9/16)

Double Occupancy: \$495 (\$540 after 7/9/16)

(fees include 5 nights lodging with meals)

CEU application is pending. If approved 20 CEUs will be available for Psychologists, Nurses and Licensed Professional Counselors for a fee of \$35.

To Register, go to:

[What Mindfulness Reveals: A Path of Release](#)

For more information, contact Daya Breckinridge at:
daya@triangleinsight.org

Note: Some financial assistance may be possible for this retreat, and if you are interested in being considered, contact Daya at the email above

Scholarship Dana: One intention for Triangle Insight is to have no one turned away from any of our events for financial reasons, which is supported by the generosity of our sangha. If you would like to contribute to our

scholarship fund, please click [here](#).

Avila Retreat Center
711 Mason Road
Durham, NC 27712
Tuesday, Aug. 9th - Sunday, Aug. 14th

[^Top](#)

Save the Dates!

Rev. angel Kyodo williams Sensei in Durham

"Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters."
- Rev. angel Kyodo williams

Triangle Insight will be partnering with other Buddhist groups in the area to host **Rev. angel Kyodo williams Sensei**, who will be bringing her message of "love and justice" to Durham for a public talk on Friday, Oct. 28, and a two-day workshop Saturday & Sunday, Oct. 29 & 30, 2016. The details of her visit are currently being worked out, and we encourage you to put this weekend of activities on your calendar in order to hear her powerful message of transformative social change through the lens of Buddhist teachings and practice. More details will be forthcoming, so look for these in this newsletter and on our website. If you would like to volunteer to help out in some way, please do not hesitate to contact us at info@triangleinsight.org.

Rev. angel Kyodo williams Sensei has been called "the most intriguing African-American Buddhist" by *Library Journal*, and is an author, maverick spiritual teacher, master trainer and founder of the Center for Transformative Change. She has been bridging the worlds of personal transformation and justice since the publication of her critically-acclaimed book, ***Being Black: Zen and the Art of Living With Fearlessness and Grace***. This book was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist teacher Jack Kornfield. Her new book, to be released June 14, is ***Radical Dharma: Talking Race, Love, and Liberation***.

October 28th - 30th, 2016
Durham, NC (specific locations and times TBD)

[^ Top](#)

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 for connection beyond Wednesday meditation and for outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, is currently convening quarterly meetings of this group to explore ways to meet the needs of our growing sangha and to assess the group's interest in outreach to the community-at-large.

We encourage you to review the minutes of these meetings on the TI website page for the **Shramadana Project** where you will learn more about these worthwhile and exciting initiatives of the sangha.

Several ideas have begun to take shape.

1) Barbara Shumannfang has compiled **a list of community organizations** seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. The hope is this will be a way to connect us, both within the sangha and in the community, in a variety of volunteer efforts. If you know of other groups to add to this list, please send to **Mary Mudd**, and consider joining the SP group.

2) Media Night, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett, will offer films and other media entertainment on a regular basis. Our "opening night" was held on April 15th with a documentary about the Black Power Movement in the 1960s and 70s. An on-going schedule is not yet determined, so stay tuned.

3) Retreats will be held in May, August and October:

May 26-29. **Dwelling in the Dharma**, with Ron Vereen and Jeanne van Gemert. At Avila Retreat Center

August 9-14. **What Mindfulness Reveals: A Path of Release, Insight Dialogue**, with Phyllis Hicks. At Avila Retreat Center.

October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington. At Avila Retreat Center. Look for more information in future newsletters and on our website.

Additional ideas are being considered that pertain to our recent exploration of issues around diversity in inclusion in the sangha, end-of-life concerns, and in meeting the ongoing needs of the sangha through developing of Caring Circles. Related to diversity, please see the announcement regarding the planned visit of **Rev. angel Kodo williams Sensei** in this newsletter, and more will be coming on the formation of Caring Circles.

If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at **mary@triangleinsight.org**. Meetings will be held quarterly, with the next one scheduled for August (exact date to be determined).

*If beings knew, as I know, the results of giving
and sharing, they would not eat without having given..."*

the Buddha

^ Top

**Organizing Against Racism NC
and Dismantling Racism Works**

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) or **dRworks** (Dismantling Racism Works) 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, dRworks, or other similar trainings. 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.

Both OARNC and dRworks offer 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 websites by clicking on the links 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/dRWorks

A variety of times and 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

[^ Top](#)

Spiritual Friends Groups

xx

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

~ The Buddha

We're delighted to announce our newest Kalyana Mitta group, the Durham Meditation Collective, a group for individuals aged 24-36. When we formed

our first two KM groups last spring, the seeds were planted, but how they would grow and blossom was still a mystery. On this one year anniversary, we celebrate our six Kalyana Mitta groups, our five Racial Affinity groups, and the dedication of all their members. They are discovering for themselves what Jack Kornfield writes about in **After the Ecstasy, the Laundry**: "This is how we express the heart's realization, by bringing it to maturity with others. . . . To sustain spiritual life, we need one another's eyes and hearts. . . . We cannot underestimate the importance of the awakening we bring to one another."

Kalyana Mitta Groups

The Durham Meditation Collective and the Raleigh KM group both have openings, and there are waiting lists for our four other KM groups. Details about all these groups are on [our website](#). If you'd like to join a group that's open, be on a waiting list, or start a new group, please send the **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator. For more information about any of our KM Groups, please talk with Sarah, visit our **KM web page**, or email Sarah at sarah@triangleinsight.org.

Racial Affinity Groups

Two RA groups, one in Durham and one in Chapel Hill-Carrboro, still have openings. Twenty individuals have already joined an RA group, and eighteen have done training with **REI**, **dRworks**, and/or **Ruth King**. This commitment to addressing issues of racial injustice, which many in our sangha share, is an inspiring manifestation of engaged Buddhism. Information about our RA groups and a list of resources are on our Racial Affinity Groups **web page**. If you have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at sarah@triangleinsight.org.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert offers deep bows to our sangha. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

[^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

[^Top](#)

Awakening Joy & Awakeing Joy 2.0 Online Courses with James Baraz and Others

There are now two courses to awaken joy, taught by James Baraz along with renowned guest teachers. James has been offering Awakening Joy since 2003, and now offers Awakening Joy 2.0 in addition to the basic course, in which he will go deeper into three of the ten steps to awakening joy: Loving Ourselves, Connection with Others, and Compassionate Action.

For more information or to register, please visit the [Awakening Joy Website](#).

Begin Anytime in 2016
Every Two Weeks for Five Months

[^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

[^Top](#)

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 20th of each month to: info@triangleinsight.org

NEW

Triangle Insight Meditation Group -- on Facebook

Now TIM has a Facebook Group where we can post information updates and announce events of interest to our Sangha.

VISIT:

<https://www.facebook.com/groups/triangleinsightmeditationgroup/>

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is [Leah Rutchick](#).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **Visit, join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

The 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. **See the longer report** in this newsletter for more information and links to the minutes of previous meetings.

Spiritual Friends/Racial Affinity Groups:

If you are interested in joining a **Kalyana Mitta** group, the Raleigh KM group has member openings now, and so does the new Durham Meditation Collective, a KM group for individuals aged 24-36. There are also openings for two **Racial Affinity** groups, one in Durham and one in Chapel Hill-Carrboro. Waiting lists are also available. Please **see the report** in this newsletter for these developments.

Organizing Against Racism/Dismantling Racism Works 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.

Continuing the Conversation:

In our recent meeting on April 27th, we came up with some specifics about how best to explore end of life issues, and are now in the process of these being more fully developed. Most in the group who attended were interested in how the Buddhist teachings relate to the contemplation on death. There

was also energy in forming a study group around Rodney Smith's book, *Lessons from the Dying*, as well as gaining practical information, e.g., education about hospice and palliative care, and learning how to be a good health care proxy. Ten other categories of investigation were listed, as well as noting whether there was interest in going deeper into the subject with a one time event (e.g., a workshop), a short-term commitment of 4 - 8 weeks, or a more long-term approach. Arising out of this process is the possibility as well that smaller groups may form that could take on the format of the [Kalyana Mitta](#) gatherings, where spiritual friends come together to examine a variety of issues through the lens of the Dharma. Since the Buddha's initial motivation in his spiritual quest was to examine the questions of old age, sickness, and death, this seems like a natural evolution of this inquiry. If you would like to be on a mailing list to receive more information about "Continuing the Conversation," 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.

[^Top](#)

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

[^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.](#)

[^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.

[^ 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

[^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

[^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**](mailto:Zensetter@gmail.com).

Tuesday Nights
7:30 - 8:45 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

[^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**](mailto:info@triangleinsight.org)

[^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**](mailto:info@triangleinsight.org).

[^Top](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@triangleinsight.org in collaboration with



Try it free today