



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

It seems fitting at this time of year, as the Thanksgiving holiday approaches, to explore the quality of heart we call gratitude. In 12-Step recovery programs, everyone is encouraged to "keep an attitude of gratitude," no matter what the season. Also, no matter what state of mind, they are to make a daily gratitude list and to see if focusing on that instead of one's problems can make a difference. The interesting thing is that this practice reportedly works. It does not mean ignoring problems, but rather holding a less narrow and constricted view of life, and opening up to the possibility that one can balance the bad with the good. The

bottom line is that people report feeling better, in addition to staying sober!

In a similar vein, the meditation teacher, Leigh Brasington, invites his students to begin any formal practice of mindfulness meditation by getting in touch with something for which one is grateful, no matter how small that something may be. He credits his teacher, Ayya Khema, for having taught him this valuable practice. And the Buddha would frequently extol his disciples to be grateful for this "precious human birth," which offers the optimum balance of pleasure and pain in order to obtain realization. It seems this instruction, with respect to the meditation practice, could do something akin to what it does for those in AA -- to help assuage unwholesome mind states that are obstacles to the practice of mindfulness, e.g. sensual desire, fear, agitation, and aversion, and to promote the wholesome. And the interesting thing is that it seems to work! As the Buddha said, "wherever the mind dwells, to that it will be so inclined." A 20th century equivalent would be from neuropsychologist, Donald Hebb -- "neurons that fire together, wire together."

If you would like, try a little exercise right now as you read these words, and see what your experience may be: ...begin by resting the attention in the heart space, that energetic center of the chest ...now, take a moment and think of something you are grateful for, large or small ...focus intently on that for which you are grateful for a few moments ...now, let go of the object of the gratitude and drop your awareness beneath the idea or concept, and just focus on the feeling, the essence of gratitude itself ...where do you locate it in the body?...what does it feel like?... what effect does this have on your state of mind?...now, see if the feeling wants to spread and enlarge to fill your whole being, and if so, just let that happen...just let yourself embody gratitude.

One thing we have noticed about this simple practice is that it can bring forth an openness and warmth of the heart which may otherwise be closed and contracted from the stress of the heavy hand of life. You may notice that gratitude also feels very much like that quality of heart that can arise in the practice of loving kindness or compassion meditation, and may help evoke this quality with these practices as well. With continued practice we may open up more pathways or channels to help warm the heart so that in our in daily life, when that warmth contacts suffering, its

shape can become compassion; when it contacts life, its shape can become love; and when it contacts itself, its shape can become joy.

We are often encouraged, even expected to be grateful, loving, and joyful. And as we all know, the demands of life can make these qualities seem out of reach. So, in the midst of the busyness that at times seems all-consuming, especially this time of year, see if you can stop for a moment, use mindfulness to literally catch your breath, and then try this little exercise. Our hope for you is that at some point along the way, the obstacles that obscure your innate capacity to be happy will be removed, allowing this warmth of heart to be revealed.

May all beings be happy.

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



Sitting Opportunities

Wednesday
Meditation Group

Insight Dialogue at
Triangle Insight

Buddhist Families of

Wednesday Meditation Group

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.

Schedule:

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

December 4: Ron Vereen
December 11: Cynthia Hughey
December 18: Jeanne van Gemert
December 25: No Meeting (Happy Holidays!)

Wednesday Evenings

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

DurhamNeighborhood Sitting GroupDuke Cancer CenterRecovery GroupOther Resources

Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

Important Note: Durham's Main St. will be closed between Buchanan and Broad St. beginning May 13 and anticipated to continue through October, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route. Check the [City of Durham](#) website for updates.

Classes and Events

Sand Mandala CreationAn Introduction to KoruDuke MBSR Classes Forming NowExperiencing MindfulnessSaturday Drop-In Classes

A Day of Mindfulness

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

This Day of Mindfulness on November 9th is an opportunity for retreat and coming together for an extended period of contemplative practice. Deepening in this way can bring a more continuous access to presence and a strengthening of the five spiritual faculties of conviction, persistence, mindfulness, concentration, and discernment. Many find that it is a way to "recharge" their practice.

During the day there will be periods of sitting meditation, walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience, and there will be an opportunity for those new to the practice of insight meditation to receive guided instruction.

These teachings are being offered free of charge, with donations accepted to cover the costs of using the facility and to support the study and practice of the teachers. Please bring your own lunch, and refrigeration is available if needed (coffee, tea, and snacks will be provided).

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive guidelines on how to approach this day of practice, along with a proposed schedule. To register, or if you have further questions, please contact us at: info@triangleinsight.org.

Upcoming Retreats

Embodying & Sensing: An Insight Dialogue RetreatMindfulness, Insight, LiberationTriangle Insight Residential Retreat

Goings On in the Sangha

Dharma Contemplation Group

Saturday, November 9, 2013

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
9:00AM - 4:00PM

[Back to Top](#)

The Shramadana Project

A Volunteer Initiative of Triangle Insight

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



New Year's Retreat! Embodying and Sensing: Developing the Meditative Mind in Relationship

A Residential Insight Dialogue Retreat with Phyllis Hicks and Mary Burns

Human beings are amazing, sensitive, often loving and usually stressed. When we watch our minds in meditation we can see that we create and re-create the familiar world of our thoughts, images, and memories. We automatically use these perceptions to construct the views, routines, moods, and behaviors of our everyday life.

In Insight Dialogue we investigate these constructions with kindness and curiosity. In contemplation with others, we cultivate the stillness of concentration and the brightness of mindfulness. As the body settles and the mind clears, we experience the intimacy of being fully embodied and radically present. In this retreat there will be periods of silent sitting, mindful movement, time in nature, and the guided contemplations of Insight Dialogue. All will be held within the container of noble silence. For more information and to register, go to [Metta Programs](#).

January 2 - 5, 2014
Stone House, Mebane NC

[Back to Top](#)

Mindfulness, Insight, Liberation The Foundations of Mindfulness-Based Modalities and Research

Join Sharon Salzberg, Christina Feldman, and Mark Coleman for this course designed for researchers, clinicians and educators engaged, teaching, or training in mindfulness-based approaches. You are invited to extend and deepen your personal experience of mindfulness meditation in the

company of peers and colleagues. The retreat will explore the Four Foundations of Mindfulness as taught in the Satipatthana discourse given by the Buddha. This is a profound teaching that encourages us to place the path of freedom and compassion in the classroom of our lives, nurturing a heart that is receptive and unshakeable.

Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks, guidance and an optional period of mindful yoga, all within an environment of silence. A familiarity with formal practice is assumed. CEs are available for psychologists and licensed mental health counselors. For more information click [here](#).

Insight Meditation Society

Barre, Massachusetts
January 10 - 17, 2014
8:00AM-5:00PM

[Back to Top](#)

An Introduction to Koru: Teaching Mindfulness to College Students and other Emerging Adults

This workshop will introduce the art and skill of teaching mindfulness to college students and other emerging adults. In additions, participants will be trained in how to teach Koru, the developmentally targeted, empirically tested four week course developed at Duke University for teaching mindfulness to emerging adults. CE credits will be available for attendees. The cost for this all-day training is \$210 (\$170 for Koru Members). For more information and to register, go to [The Koru Center for Mindfulness](#).

Saturday, January 11, 2014
MDC, 307 W. Main St., Durham, NC 27701
9 AM - 5 PM

[Back to Top](#)

Save the Date! Triangle Insight Residential Retreat

Thanks to our volunteers in the Shramadana Project, we are in the process of planning the first residential retreat

sponsored and coordinated by Triangle Insight. This experience will provide an opportunity to come together as a sangha to deepen both our connections with each other and our practice of insight meditation. The retreat will be held just 30 minutes away at the **Stone House** in Mebane, so save the date and join us for this exploration of the Dharma. We will keep you informed as more details become available throughout the planning process.

The Stone House
Mebane, NC
April 24 - 27, 2014

[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 is a volunteer initiative of the Triangle Insight Meditation Community that has recently formed to address some of the needs within the sangha, and to provide outreach to the community-at-large as well. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share.

Once the structure and leadership roles are in place for the Shramadana Project as a whole, the plan is to eventually publicize this information, both in the newsletter and on the website, such that you will be able to contact someone directly to address your particular interests. In the meantime, Sharon and Tamara are available to provide information to sangha members about ongoing volunteer initiatives, either within Triangle Insight or in the community-at-large, and you may contact them at info@triangleinsight.org.

Please consider being involved in some fashion, large or small. All of us participating in this initiative will not only be helping ourselves and others, but contributing to the vital work of building community and implementing a useful vehicle for moving toward selflessness.

[Back to Top](#)

Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to info@triangleinsight.org.

< >

Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID, it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short

excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 11/23.

< >

[Back to Top](#)

Mindfulness-Based Stress Reduction Classes

Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of January 13, with classes beginning the week of January 20 and running through the week of March 10, with a Day of Mindfulness at St. Paul's Episcopal Church in Care, date TBD.

A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go to [**MBSR**](#). Classes often fill, so you may want to register early.

Week of Jan. 20 - Week of Mar. 10, 2014
Various class times and locations available

[Back to Top](#)

Experiencing Mindfulness

Weekly Class at Duke Integrative Medicine

Dr. Jeff Brantley, former Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a very popular weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine** over the past three years. His recent retirement has brought about a change, and in addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class. This will provide a rich opportunity to explore the themes that emerge from a variety of perspectives.

There is a \$15 charge for the class, payable at the front registration desk. The class is open to the public, with all levels of meditation experience welcome. There is no need to pre-register, and seats are filled on a first-come, first-serve basis.

Wednesdays

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
12:00 PM - 1:00 PM

[Back to Top](#)

Saturday Drop-In Classes at Duke Integrative Medicine

The **Duke MBSR Program** has traditionally offered this opportunity to support the practice of mindfulness to its alumni in the months where a Day of Mindfulness was not being offered. As of July they have opened these Saturday sessions to the general public as well, so all are invited to attend, with all levels of meditation experience welcome. All classes are led by one of the MBSR Instructors, and in general, begin with a period of mindfulness practice, then a talk on some aspect of mindfulness, followed by a period of discussion and Q&A.

The fee for the class is \$15, payable at the front registration desk. There is no need to pre-register, with seats filled on a first-come, first-serve basis. The remaining date for this class in 2013 is Dec. 14.

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
Saturday, Dec. 14, 9:00 - 10:30 AM

[Back to Top](#)

Buddhist Families of Durham

Currently consisting of 74 beings in 24 + 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 Bodhi School with our three 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: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

[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](#)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

2205 Wilson St., Durham, NC 27705

[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](#)

Sand Mandala Creation at Kadampa Center

Kadampa Center is pleased to host a tour of monks from Sera Je Monastery who will be leading very special rituals and building a Medicine Buddha sand mandala during their time here. Students and first-time visitors are invited to come to any of the preparations and events. All events are free and open to the public. The monks are raising funds for the [Sera Je Secondary School](#), and in addition to accepting donations will have a variety of gifts and Tibetan imports for sale. Donations to Kadampa Center to cover the expenses of bringing the tour are also gratefully accepted.

For the schedule of events and more information click [here](#).

Kadampa Center

Raleigh, NC

Friday, Nov. 1st - Sunday, Nov. 3rd

[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 who's 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](#)

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 Medication 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**.

[Forward email](#)



This email was sent to rlvereen@aol.com by info@triangleinsight.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27516