



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

As we continue our journey through the **Wings to Awakening**, specifically with the set of The Noble Eightfold Path, we will be taking a closer look at the three path factors in the aggregate of *sīla* (integrity or ethical training) -- Wise Speech, Wise Action, and Wise Livelihood. This month's focus is on Wise Speech, and we encourage you to reflect on its importance in framing any discussion, especially those that may hold a charge from our conditioned past. This training can serve as a useful support in participating in a **Kalyana Mitta** or **Racial Affinity Group**, or any other groups that we encounter in our lives.

As in most forays into the Buddha's teachings, this one on Wise Speech also reveals their holographic nature -- the view from one vantage point opens to a sense of the whole. Not only will we come across one of The Five Precepts (undertaking the training to refrain from speaking what is untrue), but also the

teachings on Karma (cause and effect), an integral part of Wise View. As we investigate the impact our speech has on self and others, we are following the method the bodhisattva-to-be undertook before he was enlightened, when he divided his thoughts (precursors to speech and actions) into two types, skillful or unskillful. He was thus able to discern the benefits of the wholesome and the detriment of the unwholesome which then served as a guide going forward. Undertaking the training in Wise Speech will thus be guided by Wise Intention, which will then open to our deeds that are covered under Wise Action. All the while we are to follow the formula spelled out in Wise Effort, and always noticing the importance of Wise Mindfulness and Wise Concentration in this endeavor. You may find this to be quite challenging, but well worth the effort!

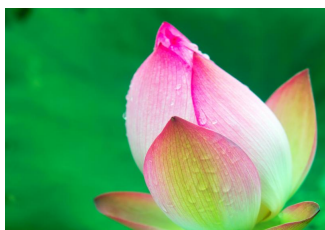
Our intention here is to give you an overview of Wise Speech such that it may spark you to explore this topic in further depth, e.g., reading in Bhikkhu Bhodi's **The Noble Eightfold Path: the Way to the End of Suffering**, and taking advantage of the opportunities to practice, e.g., **Insight Dialogue** and the groups mentioned above. In brief, the Buddha offers four broad categories of unwise speech for us to investigate: 1) false speech (lying), 2) malicious speech (slander), 3) harsh speech (abuse), and 4) frivolous speech (gossip). He then invites us, after clearly seeing for ourselves their detriment, to undertake the practice to abandon these forms of unhealthy speech in order to arrive at truthfulness, that which is pleasing and conducive to harmony, and that which is noble and favorable to bringing forth the fruits of practice -- freedom from suffering in its many permutations. Upon seeing the benefit arising from abandoning unhealthy forms of speech, we are more likely to refrain from such discourse in the future. This is what the Buddha refers to as "insight into suffering," fully comprehending in that moment the source of our difficulty and then knowing the way out. One sees this formula repeatedly throughout the Buddha's teachings -- that of abandoning and refraining from that which is unhealthy, with the corollary being to cultivate and maintain that which is healthy. This is the skill the Buddha is helping us gain as we discern what will and will not bear the fruits of freedom.

Finally, there is the important issue of when and if to speak, and it appears the Buddha is saying that timing is everything. If through our discernment we find that we have something to say that is truthful and helpful, whether it is potentially pleasing or not to the other, then "one knows the time to make use of such speech."

And the Buddha tells us why timing is so important -- "because one has compassion for beings." Andrew Olendzki sums it up in saying that "the Buddha used speech out of compassion, both generally to proclaim his teachings meant to alleviate the suffering of beings, and in particular cases when he speaks to individuals to help them along the path. Can we regard the power of speech as an instrument for expressing and extending our compassion for others? Challenging."

May we all step up to the challenge and both investigate and then deliver our speech as skillfully as possible. And may we do this not only for our benefit, but also out of compassion for all beings.

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



## Sitting Opportunities

[TI Wednesday 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)**

November 4: Ron Vereen  
November 11: Phyllis Hicks (Insight Dialogue)  
November 18: Jeanne van Gemert  
November 25: No meeting (Thanksgiving Break)

December 2: Dave Hughey  
December 9: Jeanne van Gemert  
December 16: Ron Vereen (Holiday Party)  
December 23: No Meeting (Holiday Break)  
December 30: No Meeting (Holiday Break)

### Daylong Practices

**A Day of Silence  
at Episcopal Center**

**Two Public Lectures  
on Buddhism &  
Mediation at  
Duke University**

**Mindfulness-based  
Recovery Group**

**Buddhist Meditation  
& the Modern World:  
An Online MOOC**

**November 7: Day of Silence** (click [here](#) for more info)  
**January 1 & 2: Insight Dialogue Retreat** (click [here](#) for more info)

**Monday and Thursday Morning Meditation  
7:00 - 7:45 AM** (click [here](#) for more info)

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

## The Shramadana Project

### A Volunteer Initiative of Triangle Insight

### Upcoming Retreats

**[New Year's Insight  
Dialogue Retreat](#)**

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.

### Goings on in the Sangha

**Kalyana Mitta News**

**Affinity Groups**

Mary Mudd is the current coordinator of the SP, and activities thus far have included the Retreat Planning Committee, along with outreach to the community-at-large through offering Mindfulness Awareness Training for clients of the Durham Crisis Response Center. Other initiatives have been discussed but have not yet materialized.

### The Shramadana Project

**[A Volunteer Initiative  
of Triangle Insight](#)**

As we move into 2016, many activities are on the horizon that will need the sangha's support for implementation, including the Spring Retreat in May, Days of Practice, and others that pertain to our recent exploration of issues around diversity in the sangha and end-of-life concerns.

If you would like to experience the fruits of service to the sangha, and are not already on the member list of the SP, please contact Mary at [mary@triangleinsight.org](mailto:mary@triangleinsight.org), as a meeting will be called in the next month to begin planning for 2016.

### Ongoing Classes and Events

**Mindfulness  
Awareness Training  
with Tamara Share  
PhD**

**Mindfulness  
Programs at Duke  
Integrative Medicine**

**Mindfulness**

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## Spiritual Friends Groups

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

In Gil Fronsdal's book, [The Issue at Hand](#), the chapter on "The Jewel of the Sangha" notes that "...spiritual practice in a community means that the community becomes a mirror for us, as we understand ourselves better through our relationships with other practitioners." He goes on to say that in the community, "We look for opportunities for

## Programs at UNC Integrative Medicine



reconciliation, and for wise ways of respecting differences. This dedication of inclusion means that a Sangha is, or aims to be, a safe place for people to be themselves, which is a prerequisite for the deepest work of Buddhist practice."

The light that emanates from this safe space helps to illuminate our journey to awakening and is a beautiful intention of both Kalyana Mitta and Racial Affinity Groups. These small peer groups of spiritual friends use the dharma, their practice, and mindful sharing to deepen connection with self and others, explore spiritual issues, and develop greater understanding and healing. The trust and intimacy that develops allows members to share openly and deeply, and the heart of the dharma is enriched in our practice, our daily lives, and the collective experience of the greater society.

### **Kalyana Mitta Groups**

Our Durham, Chapel Hill, and Raleigh KM groups have been meeting regularly, and interest has been so strong that each of these groups currently has a waiting list. There are still openings in our Insight Dialogue KM group, which will have its first meeting on Sunday, December 6, from 9-11 am. Meetings will be in Durham on the first Sunday morning of each month. If you didn't attend the August 23rd training but have attended prior Insight Dialogue retreats, and you would like to join the Insight Dialogue KM group, please send our newly combined **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator.

For more information about any of our KM Groups, please visit our **KM web page** or contact Sarah Tillis, KM Coordinator, at **sarah@triangleinsight.org**.

### **Racial Affinity Groups**

Development of our Racial Affinity Groups is progressing. These groups are part of our commitment to engaged Buddhism, and it is heartwarming to experience the growing interest among sangha members. As previously noted, the intention of these groups is to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. This deepened self-awareness underlies wise action, and we're encouraged not to rush too quickly to "fix" anything, but, rather, to take the time needed to do our own work.

We're very appreciative that we're able to use Ruth King's **Guidelines for Cultural Affinity Groups**, which we've posted on our website. These guidelines offer wise understanding and support for the sharing and reflection we'll need as we engage in this important and difficult work.

If you're interested in being in a Racial Affinity Group, please send the **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator.

Developing these groups is a work in progress, and your questions and suggestions are extremely valuable. The KM Coordinating Team will be developing guidelines and coordinating the Racial Affinity Groups, and we welcome your input. If you're interested in being in a group, or have questions or suggestions, please talk to Sarah Tillis, the KM Coordinator, or email her at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

For additional information, there are many resources, including the [Racial Affinity Groups web page](#) that we're developing, [Buddhists for Racial Justice](#), and [White Awake](#).

The KM coordinating team of Sarah Tillis, Tom Howlett, Tamara Share, and Jeanne van Gemert has much gratitude for the commitment of our spiritual community. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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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](mailto: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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## A Day of Silence with Cynthia Hughey and Ron Vereen

**Please join Cynthia and Ron for this Day of Silence on Saturday, November 7th, from 9 AM - 4 PM.** As in the day of practice this past July, which was well-received, this

day will be a bit of a departure from our usual Day of Mindfulness, as there will be no Dharma talks and minimal instruction in order to create conditions to abide in greater stillness and silence. This day of practice is thus not recommended for those who are just beginning the practice of insight meditation. There will be periods of sitting meditation, walking meditation, and mindful movement.

An opportunity for a separate group interview away from the meditation hall will be available to those who are interested in exploring anything that may be coming up in the practice.

This activity is being offered free of charge, with donations accepted to cover the cost of using the facility and to support the study and practice of the teachers. Please bring your own lunch. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

**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. For more information or to register, please contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

**Saturday, November 7th  
Episcopal Center at Duke  
505 Alexander Ave.  
Durham, NC 27705  
9:00AM-4:00PM**

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## **New Year's Insight Dialogue Non-Residential Retreat: Step by Step, Aware and Awake with Phyllis Hicks**

Please join Phyllis and the community for this nonresidential one half-day and one full-day retreat, **Friday and Saturday, January 1st and 2nd, 2016**. Insight Dialogue brings the dynamic stillness of silent practice into relationship through dialogue. We will continue to explore the six Insight Dialogue guidelines as a practice of awakening moment by moment, step by step. Through the exploration of the guidelines and the wisdom teachings of the Buddha we walk the walk, finding the opportunity to awaken in the joys and challenges of everyday life. Together we find courage and a great heart for awakening. This retreat is both an introduction to Insight Dialogue and an opportunity to deepen practice.

This activity is being offered free of charge, with donations accepted to cover the cost of using the facility and to support the study and practice of the teacher. Please bring your own lunch on Saturday. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

**To make our preparations we are asking you to pre-register if you plan to attend.** Upon registering, you will then receive guidelines on how to approach the retreat, along with a proposed schedule. For more information or to register, please contact Tamara at [tamara@triangleinsight.org](mailto:tamara@triangleinsight.org) (when registering, please include your full name and telephone contact information in the email).

**Episcopal Center at Duke**  
**505 Alexander Ave., Durham, NC 27705**  
**Friday, January 1st , 1:00 PM - 5:00 PM**  
**Saturday, January 2nd, 9:00 AM-5:00 PM**

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## Mindfulness-Based Recovery Group

Victoria Shields, LCAS, MDiv, MEd  
and Susan Orovitz, PhD, CGP

Therapists have training in Mindfulness Based Stress Reduction, chemical dependency treatment and group psychotherapy.

This group is designed to teach you Mindfulness-based Relapse Prevention Skills for those in recovery from Substance Use Disorders. In addition to experiential skills training, there will be time for working with other group members on Life Issues of any kind, such as: problematic relationships, identity, dysfunctional families of origin, assertiveness, abuse, codependency, depression, anxiety, parenting, grief, separation, stress, self-esteem, etc.

**FREE ASSESSMENT INTERVIEW:** To schedule an individual assessment appointment to determine appropriateness for participation in this group, please contact one of us.

Victoria Shields  
ISA Counseling - Suite 117  
1709 Legion Road  
Chapel Hill, NC 27517  
[vshields@isacounseling.com](mailto:vshields@isacounseling.com)  
or 919-903-6167

Susan Orovitz  
Changes By Choice  
911 Broad Street



Durham, NC 27705  
[sussiego@me.com](mailto:sussiego@me.com)  
or 919-416-4800 x3

**Group Meetings at ISA Counseling, 1709 Legion Road,  
Chapel Hill, NC 7517 (conference room)**

FEE: \$50.00 per group meeting

## TUESDAYS

**7:00 - 8:30 PM**

**8 weeks**

**Group will begin when there are enough members to start.**

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Two Guest Lectures on Buddhism  
and Meditation from leading scholars  
Organized through Duke University's Buddhist  
Meditation Signature Course

- \* **all events are free and open to the public**
- \* **the final speaker is Dr. Jon Kabat-Zinn**

### **Mindfulness, INC: Buddhist Meditation Beyond Buddhism**

- Dr. Jeffrey Wilson: Renison College, University of Waterloo, Canada, author of *Mindful America*
- **Wed, November 18, 3:05-4:30 pm**
- Levine Science Research Center (LSRC), Room A247

### **At the Confluence of Medicine, Science, and Universal Dharma: the Ethos, Ethics, and Praxis of Embodied Mindfulness and Mindfulness-Based Stress Reduction**

- Dr. Jon Kabat-Zinn: Founding Executive Director of the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School, author of *Full Catastrophe Living*
- **Wed, December 2, 3:05-4:30 pm**
- Goodson Chapel, Duke Divinity School

### **CONTACT**

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Member-Bass Society of Fellows (Duke)  
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(O)[919-660-3502](tel:919-660-3502)

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## Tibetan Buddhism and the Modern World

### an On-line Course through Coursera

This course introduces students to

- (i) the history of Buddhist contemplative traditions in India and Tibet (meditation, yoga, mindfulness, visualization, etc.),
- (ii) innovations in scientific research on understanding such contemplative practices,
- (iii) recent adaptations of such practices in multiple professional and personal areas, and
- (iv) the practices themselves through brief secular contemplative exercises.

The course will be co-taught by David Germano and Kurtis Schaeffer, both at the University of Virginia, and will include extensive contributions from scientists, people involved with integrating [meditation] in practice, and Tibetan Buddhist teachers.

**NOTE: The course now in progress addresses Tibetan philosophy and practice relating to "the Lesser Vehicle" (Vipassana and Insight Meditation). Subsequent courses will address "the Greater Vehicle," the Adamantine (Diamond, or Tantra) Vehicle, and a "Natural Vehicle". This is a richly supported set of lectures with "Labs"--or practice videos guided by established teachers of various forms of meditation practice.**

**You can join through Coursera.org at any time; the course is self-paced and free without certification; there is a small fee and specified work load for certification.**

August 30th - December 30th, 2015

For further description of course goals, and to register:  
<https://www.coursera.org/course/meditation>

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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](http://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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## Goings-on in the Sangha

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

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### Kaliyana Mitta News

\* New Development: Affinity Groups are forming. Please **see the report** in this newsletter for news about our KM and Affinity Groups. Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

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## 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 for further information, and can access a flyer

here. 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**

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

## **Tuesday Nights**

**7:30 - 8:45 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](mailto: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](mailto:info@triangleinsight.org)**.

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