



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

What does it mean to be happy? Before reading on, see if you can reflect for a moment on this question and notice the first thing that comes to mind. If you are like most of us, the type of happiness that has just arisen in consciousness is most likely dependent on conditions, on some situation or some person needing to be a certain way, and usually "our" way. This form of desire (*tanha*) is itself a conditioned phenomenon, one of the links in the chain of Dependent Origination that the Buddha expounded in his teaching of the Dharma.

Even though the pursuit of happiness is proclaimed in our Declaration of Independence, the Buddha suggested a different approach, and one the Buddhist scholar, Andrew Olendzki, addresses in his essay "The Non-Pursuit of Happiness," found in the **Insight Journal** from of the Barre Center for Buddhist Studies (2004). Olendzki describes two strategies for achieving happiness: one is to

change the external environment to achieve what we want; the other is to change our internal state so as to better adapt to our environment. With humor and utter seriousness he begins his essay by answering the question he posed: "Which approach is likely to contribute most to our own happiness? My bet is on the Buddha."

Much as the Buddha did, Olendzki lays out the reasons why basing happiness on conditions is a futile endeavor, in that all such conditions in the phenomenal world are impermanent and subject to change. He offers that it is "simply more efficient to adapt to the world than to alter it," making the case for meditation as a useful strategy for this purpose:

"...moment after moment one practices letting go of these desires, surrendering to the world as it is; gently adapting to a moment, and then gently adapting to another moment. Such inner response to experience re-establishes the equilibrium between ourselves and our world. As each more subtle desire is revealed, we let go of it and rest comfortably in the cessation of that desire. In this way happiness is not pursued and attained, but is rather discovered within. There, underlying the tensions created by wanting, it lies."

We offer this teaching in the hopes that you will take it to heart and into your own meditation. And as with all of the teachings of the Buddha, we practice what he has suggested in order to see this for ourselves. Once insights are realized our faith in the Buddha's awakening becomes verified and there is no turning back.

May we all be free of craving and realize the sublime happiness beyond the satisfaction of the senses.

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

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations



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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. **Also note the time change for our meetings back to 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM.**

Schedule:

October 3: Ron Vereen
 October 10: Cynthia Hughey
 October 17: Dave Hughey
 October 24: Jeanne van Gemert (Insight Dialogue)
 October 31: Jeanne van Gemert

November 7: Ron Vereen
 November 14: Cynthia Hughey
 November 21: No Meeting (Thanksgiving)
 November 28: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings
6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)
Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

A Day of Mindfulness

with Cynthia Hughey,
 Jeanne van Gemert,
 and Ron Vereen

This Day of Mindfulness is an opportunity for retreat and coming together for contemplative practice. There will be periods of sitting and walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience, with 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 for the teachers and to cover costs of using the facility. Please bring your own lunch, and refrigeration is available if needed.

In order to prepare 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

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The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support

schedule. To register, or if you have further questions, please contact us at info@triangleinsight.org.

Episcopal Center at Duke
Saturday, October 6, 9:00 AM - 4:00 PM
505 Alexander Ave.
Durham, NC 27705

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The Compassionate Brain with Rick Hanson, PhD (and others)

We wanted you to be aware of a program that Rick Hanson, author of *Buddha's Brain*, is presenting in conjunction with Sounds True. Rick is hosting a free 7-part video series titled **The Compassionate Brain** "that will give you effective ways to change your brain and heart and life."

Beginning Monday, October 8, from 8-9 PM Eastern time, running for 7 consecutive Monday evenings, Rick will host these extraordinary scholars/teachers in the following order: Richie Davidson, Dan Siegel, Tara Brach, Dachar Keltner, Kelly McGonigal, Kristen Neff, and Jean Houston. You can watch live or view the archived videos if you miss a session. Just go to the link above to learn more about the series and to register; and don't forget, it's free!

Sounds True On-line
Monday, October 8 - Monday, November 19
8:00 - 9:00 PM (Eastern)

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Mindfulness Retreat with Therese Fitzgerald Inner Freedom, Boundless Wisdom: Zen Poetry and the Practice of Liberation

In this retreat, Dharma teacher Therese Fitzgerald will draw from the vibrant storehouse of Buddhist poetry to infuse our meditations with wild and energizing inspiration.



Silence, meditation, mindful meals, Dharma discussion, yoga, meditative work, and talks by and personal interviews with a teacher provide conditions favorable for the cultivation of inner spaciousness, clarity, and insight.

This retreat, held mostly in silence and including more meditation practice than during previous retreats with Therese, is recommended for both beginning and experienced meditators who feel drawn to contemplation and inner work.

Therese will also be giving a talk on October 9 at 7:45 PM at the Chapel Hill Zen Center. She will be speaking on the Four Unlimited States, or bramaviharas. The talk will follow a period of zazen, and is free and open to all.

Therese Fitzgerald received Dharmacharya ordination by Thich Nhat Hanh in 1994 and Soto Zen priest ordination by Richard Baker-roshi in 1986. She is co-founder of the Community of Mindful Living, which developed Thich Nhat Hanh's teaching and Vietnamese social work base in the United States. Together with Maxine Hong Kingston, Therese helped start the Veterans' Writing Group. She now lives on Maui, where she works as a meditation teacher and Co-director of Ala Kukui/Hana Retreat.


For more information contact Marilyn Hartman at marilyndhartman@gmail.com. Early registration ends Sept. 1st, and to register use this [Registration Form](#).

The Stone House
Mebane, NC
October 10-14, 2012

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Interpersonal Mindfulness: Cultivating Presence in Relationship with Phyllis Hicks

As Jack Kornfield says, "The things that matter most in our lives are not fantastic or grand. They are the moments when we touch one another." If you are a graduate of any MBSR Program and are interested in taking a graduate class in cultivating mindfulness in relationships, then consider joining Phyllis Hicks for this class in interpersonal mindfulness based on Insight Dialogue.



The learning objectives will be to deepen the practice of mindfulness meditation, to recognize the habitual ways in which one responds to stress and anxiety in communication situations, to learn guidelines for listening to oneself and others more deeply, and to cultivate a wholesome state of mind and to release unwholesome mind states and actions.

The fee for this program is \$375. Those who opt to participate in the research study will receive a \$25 discount on registration fee and a \$25 gift card upon completion of the study.

To request a registration form, email: mindfulness@med.unc.edu. For questions call 919-966-8586.

**Mondays, October 15 - November 19, 2012
6:00 - 8:30 PM**

**Tate-Turner-Kuralt Bldg., Room 500
UNC School of Social Work, Chapel Hill
There will be an additional daylong practice of Insight Dialogue meeting from 9:30 am - 4 pm, November 10.**

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Developing Mindfulness in Daily Life

with Callie Justice

The purpose of this class is to support the participants in applying the teachings of the Buddha in the context of each person's current life circumstances. Each six-week class focuses on some aspect of the Buddha's teachings as presented in the early discourses of the Pali Canon (suttas), particularly the second foundation of mindfulness, feelings (vedana), the sensing of pleasant, unpleasant, or neutral with each experience. It is hoped that each person will see how creating space around these experiences reduces the reactivity that leads to suffering. The class is being offered on a sliding-fee rate of \$10 - \$25 per class, with scholarships available. Donations for the scholarship fund are appreciated. For more information or to register, contact Callie at 919-286-7500 or justice.callie@yahoo.com.

Callie Justice is a licensed clinical social worker and psychotherapist who received training in the application of mindfulness in psychotherapy through programs at the Barre Center for Buddhist Studies and Duke Integrative

Medicine. She has been a practice leader with the Eno River Buddhist Community for over thirteen years.

Chicken-Coop Hall (The Coop)

Durham, NC

Tuesday, Oct. 9 - Tuesday, Nov. 13

7:30 - 9:00 PM

Opening to Life:

A New Year's Insight Dialogue Retreat with Phyllis Hicks and Florence Meleo-Meyer

"All experience is preceded by mind." Buddha

We go through much of life living out of habit. Coasting along on autopilot, we are unaware of the underlying views that shape our perceptions and create the very lives we lead. A simple pause into mindfulness and wisdom can shift our thoughts and perceptions yielding insight and release from stress.

Join us for a **3 day residential retreat** to contemplate the experience of releasing habitual views, trusting emergence, and opening to life's wisdom. We will cultivate the qualities of mind that blossom naturally into open, wise and compassionate presence in our daily lives.

The practice of **Insight Dialogue** draws together the stillness of concentration, the brightness of mindfulness, and the deep wisdom of Buddhist teachings. We explore our moment-to-moment experience while meditating in dialogue with others.

For more information and to register please go to this link:

[Opening to Life](#)

The Stone House

Mebane, NC

January 3 - 6, 2013

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Changes to Insight Dialogue at Triangle Insight

Thank you all for your generous feedback on the July survey

about your experiences at Triangle Insight. Many expressed interest and concerns about Insight Dialogue. The new website for Insight Dialogue is an excellent resource for learning more about the practice: <http://www.metta.org>.

There are two changes we will add to the format for our local Insight Dialogue practice. The first is an invitation for anyone who chooses, to remain in silent practice, rather than shifting into dyad practice, when a contemplation is offered. One can investigate the guidance internally, noticing the moment by moment unfolding of internal experience. The second is, with the shift back to meeting at 6:30 this month, the ID practice will go from 6:30 to 8:30 to allow for more spaciousness and time for questions. Phyllis will be traveling during September. We are very happy Mary Burns, a Senior ID teacher will lead the evening on the 26th.

Fourth Wednesdays
Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM

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Suggestions from the Sangha Goings-on in the Community

In response to suggestions that have been submitted from sangha members, we decided to add this section in the newsletter where we would list a variety these activities for everyone to view. These events could be 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. Also, please feel free to give us feedback about this addition to the newsletter.

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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. Meetings in 2012: 9/30, 10/28, 11/25, and 12/30.

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Social Gatherings, Pot Lucks, etc:

Several of you have expressed a desire for more events within which sangha members might have the opportunity for socializing, commenting on how the holiday and Triangle Insight birthday parties have thus far facilitated more of this type of interaction. We welcome this idea and would invite any of you who are interested to consider forming a social committee for the sangha as a way to plan and coordinate these events. If you are interested, email us at info@triangleinsight.org and we will connect you with one another. On a more informal basis, some members are already gathering together before or after the meetings. If you would like to invite others using this forum, we can include your announcement as well.

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Triangle Insight Forum Summary

In addition to celebrating Triangle Insight's third birthday on July 18, we also gathered for an opportunity to review the recent survey of the sangha, and to discuss our future direction. Click here to see the [Survey Response Ratios](#), here for the [Survey Comments Summary](#), and here for the [Forum Summary](#). Many thanks to all who participated, for the wonderful food, great fellowship, a meaningful discussion, and the many hands for set-up and clean-up. Special thanks to Beverly Brooks, Carolyn Lekovich, and Mary Mudd for assisting with the planning and organization for the meeting.



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Book Study Group on *Stepping Out of Self-Deception*

This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, *Stepping Out of Self-Deception*. Many in the group expressed interest in taking the exploration further using this same text, and in view of the robust response, Ron has decided to have two groups so as to accommodate as many as possible, one in the morning and one in the afternoon.

There is now a wait list for participation, so if interested in being placed on the list in the event space opens up, or if you have questions, please contact Ron at rlvereen@aol.com.

One Saturday Monthly

Schedule determined by participants

10:00 AM - 12:00 noon

1:00 PM - 3:00 PM

One Heart in Durham

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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 7, with classes beginning the week of January 14, and running through the week of March 4, with a Day of Mindfulness on February 23. 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 now offered for those who are unable to attend on site, as well as a research class for qualified participants. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of January 7 - March 4, 2013

Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at [Duke Integrative Medicine](#). There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

First Thursdays
10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at [Duke Integrative Medicine](#). There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 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

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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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Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM. For more info contact Ron at rlvereen@aol.com. Please note that there will be no meeting on Monday, October 22.

Monday and Thursday Mornings

7:15-8:00AM

Yoga in the Hood

2205 Wilson St., Durham, NC 27705

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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 call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Monday Nights

7:00 PM

Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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Meditation for People of Color

This new group meets monthly for meditation and a dharma talk by Venerable Pannavati. This group is open to all people of color, including Asian, Indian, Hispanic, Latino, Native American, and mixed heritage. For more information, please contact the group's coordinator, Jeannine Montgomery at jeannine@margiesrose.com.

Bhikkhuni Pannavati, co-abbot, spiritual director and founder of the Hermitage, is a Buddhist nun ordained in both the Theravada and Mahayana (Chan/Zen) traditions. An African-American, she is also a former Christian pastor with a doctorate in religion. She is the founder and president of MyPlace, a shelter and school for homeless and at-risk youth near Asheville, NC. The teens also work in the non-profit bakery of MyPlace, the My Gluten-Free Bread Company.

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Traditional Japanese Tea Gatherings at Duke Gardens with Nancy Hamilton Urasenke Traditon of Tea

Join us for a moment of respite in the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings. On Saturdays, children 6 years and older are welcome with an accompanying adult, at the family rate. With questions regarding the Tea Program at the Duke Gardens, including these fall tea events, private tea gatherings, class visits (K thru University), or study of the Way of Tea, please don't hesitate to contact Nancy by phone at (919) 286-0655 or at nancy.hamilton@duke.edu.

Sat., 10/25, Autumn Grasses Tea; 10:45 AM & 1:45 PM
Fri. 11/2, Dancing Leaves Tea, 10:45 AM & 1:45 PM
Fri., 2/8, First Voice of Spring Tea; 10:45 AM & 1:45 PM

All gatherings are limited to 10 participants
Fees: \$40; Friends \$30; Family rate \$40 per adult/child
Pre-registration required, parking pass included

To register contact Sara Smith, 919-668-1707, or at
sismith@duke.edu

Duke Gardens

Meet at the Doris Duke Center
Dates and times listed above

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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 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

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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina, and in June we completed our application to the IRS for designation as a 501(c)(3) religious organization. While we are now officially a non-profit moving towards our 501(c)(3) status with the IRS, we wanted to thank people who volunteered to help us with a Board. Since the most consistent advice we received was to "keep it simple," the Board will consist of the four



founding teachers. However, to grow, nourish and support our sangha we need input, advice and energy from us all and we are looking into how to best do that. Your suggestions are always appreciated. Please contact us at info@triangleinsight.org with any ideas or recommendations.

Triangle Insight in the News! Raleigh News & Observer

If you missed the article on meditation in the August 28th "Life, etc." section of the N&O, you can check out the article here: [Just Breathe](#). Great pictures!

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