



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

Though temperatures remain warm and the air thick, falling leaves and shorter days are harbingers for the inevitable changing of the season. As we approach Autumn we may reflect on the fact that everything has its season, their cycles turning relentlessly, whether we like it or not. This seasonal change seems no different now but there is a particular heaviness at present weighing on our hearts. Who among us has not been saddened, even repulsed, by the news and images of innocent Syrian men, women, and children killed at the hands of their own people by deadly sarin gas, a chemical weapon of mass destruction?

Those of us who grew up in the tumult of the '60's, at the height of the Vietnam war,

will most likely recall the song popularized during that era by the Byrds -- "Turn! Turn! Turn!" The lyrics, adapted by Pete Seeger, are almost entirely from the Book of Ecclesiastes. This Biblical text is an autobiographical account that is interpreted as an exposition on the meaning of life, with conflicting views as to whether it is optimistic or pessimistic. The lines of the song are also open to various interpretations, but were commonly performed as a plea for world peace, with an emphasis on the closing line: "a time for peace, I swear it's not too late."

As these words are being written to you, it is unclear as to what the world's response will be to this most recent atrocity. The White House awaits the UN inspection report as allied support for military action seems to be waning. Congressional leaders are weighing in, but have not returned to Washington to deliberate on the issue. By the time you read these words, our own weapons of mass destruction may have been unleashed on Syrian soil, and no matter how "surgical" the strike, there will be unintended consequences. We'll have more news and images to break our hearts, and the cycle of violence will just keep turning, turning, turning.

Although the ambiguity of Ecclesiastes may offer little solace, these words of the Buddha are direct, clear, and unwavering: "Never indeed is hatred stilled by hatred; it will only be stilled by non-hatred -- this is an eternal law." (Dhammapada, v. 4-5) If we look back over the course of time, there seems to be no evidence to counter the veracity of the Buddha's words. But here is the conundrum: not everyone lives in accordance with this law, as evidenced by the perennial cycle of mankind's inhumanity to mankind. We feel torn between following the Buddhist precept of nonviolence, *ahimsa*, and the pressure to act on behalf of those being needlessly slaughtered, not knowing what to do. And what can we do?

With this moral and ethical dilemma, we certainly don't presume to have the answer. We can only offer an approach for each of us to take, and this with our own hearts, not our heads. The head will continue blaming, obsessing about what to do, but the heart will live within questions like, "Where is the peace in this moment?"; "Where is the wisdom in this moment?"; "Where is the compassion in this moment?" The head goes looking for the answers, but the heart moves with its wisdom as the question

abides within the eternal law of the Dharma. We may then experience what Mary Oliver intended with her poem, "Lead": "I tell you this/to break your heart,/ by which I mean that it break open and never close again/ to the rest of the world." This is the wisdom of compassion, crowding out its near enemy of apathy, from which wise action may emerge with no room for harmfulness.

So as we bear witness to the never-ending cycle of enormous harm and senseless destruction, which is the one thing we must do, we let our hearts break open. And in so doing, may this lead to the wisdom we have been seeking all along -- the wisdom of the awakened heart, the wisdom of the Buddha.

With the hope for peace and love for all beings,

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



The Shramadana Project

A Volunteer Initiative of Triangle Insight

Sitting

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:

September 4: Ron Vereen
 September 11: Cynthia Hughey
 September 18: Jeanne van Gemert
 September 25: Phyllis Hicks (Insight Dialogue)

October 2: Ron Vereen
 October 9: Cynthia Hughey
 October 16: Jeanne van Gemert
 October 23: Jeff Brantley (Guest Teacher)
 October 30: Dave Hughey

Wednesday Evenings
6:30 - 8:00 PM

Opportunities

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Meditation Group](#)

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Durham](#)

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Classes and Events

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Medicine Mindfulness
Classes](#)

[Experiencing
Mindfulness](#)

[Saturday Drop-In
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Upcoming Retreats

[Moment by Moment](#)

**(Insight Dialogue from 6:30 - 8:30 PM)
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 until Sept. 20, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route.**

The Shramadana Project at Triangle Insight

We are excited to announce that the Shramadana Project has now held two meetings. During the first meeting on July 31st many great ideas for volunteer initiatives were generated and updates of ongoing projects were discussed. On August 21st the first follow-up meeting of a Core Group was held during which project organizational structure and possible leadership roles were explored. The discussion emphasized connecting with our hearts and our personal interests in making decisions about involvement. Out of that meeting two co-coordinators emerged, Sharon Jamison and Tamara Share. If you would like to view the minutes of that meeting you may go [here](#).

Once the structure and leadership roles are in place, 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**](mailto:info@triangleinsight.org).

We would like for you to 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.

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Moment by Moment

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[A Day of Mindfulness](#)

[Embodying & Sensing: An Insight Dialogue Retreat](#)

[Mindfulness, Insight, Liberation](#)

Goings On in the Sangha

[Dharma Contemplation Group](#)

[Buddhist Families of Durham Seeking Teacher](#)

[Living Inquiries Weekend](#)

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support

A Mindfulness Retreat with Phyllis Hicks and Riitta Rutanen Whaley

The demands of our everyday life challenge us to work on a timeframe, and this timeframe includes past and future dates, as well as the present. Living in this continuum it can be easy to lose one's sense of the present moment, which is the only time that we actually ever have to live. Mindfulness reminds us of the importance of paying attention to the continuous moment-by-moment unfolding of experience, in this body and in this mind.

This retreat explores ways to tap into what is true in our lives, how to work with conditioning and habitual energy, and how to tap into the richness of just being ourselves, as we are, right now. With group support we will practice making contact with awareness, which Dr. Jon Kabat-Zinn has called the "compassionate intelligence" in our hearts, guiding us in perspective, kindness, and equanimity.

For more information please view the flyer [here](#), and if you wish to register call 919-660-6826. The cost is \$260 (\$245 by 9/13), and includes lunch on Saturday.

Duke Integrative Medicine

3475 Erwin Rd., Durham, NC 27705

Friday, September 27, 1 - 5 PM

Saturday, September 28, 9 AM - 5 PM

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Insight Dialogue and Therapeutic Presence with Sharon Beckman-Brindley and Phyllis Hicks

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and western psychotherapy. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work. This event provides 25 contact hours of Continuing Education. For more information, please go to



[https://metta.org/program/insight-dialogue-therapeutic-presence/.](https://metta.org/program/insight-dialogue-therapeutic-presence/)

Shalom House Retreat Center
near Richmond, VA
October 3 - 8, 2013

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Relaxing and Knowing: The Power of Letting Things Be An Evening with Jeffrey Brantley, MD, DFAPA

Please join us on October 23rd in welcoming Dr. Jeff Brantley as a guest teacher at Triangle Insight. Shunryu Suzuki, Zen teacher and author of "Zen Mind, Beginner's Mind," observed that "you lose yourself in your struggle for your goal; you achieve nothing; you just continue to struggle in your difficulties." Jon Kabat-Zinn, father of Mindfulness-Based Stress Reduction, points frequently to the power of "non-doing," and the Buddha has taught that "in the seeing is only the seeing, in the hearing is only the hearing, in the thinking is only the thinking". This talk will reflect on these comments and how they can help us relax into our natural capacity for deeper and wise presence, moment by moment.

Dr. Brantley has been practicing mindfulness meditation for 30 years, and began teaching meditation to health professionals and others in 1990. In addition to being one of the founding faculty members of Duke Integrative Medicine, he started the Mindfulness-Based Stress Reduction Program there in 1998, and has served as a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke University. He is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke, and a Distinguished Fellow of the American Psychiatric Association.

Dr. Brantley is the author of *Calming Your Anxious Mind*, and is a co-author, with Wendy Millstine, of the *Five Good Minutes* series. His most recent books with Wendy Millstine are: *Daily Meditations for Calming Your Anxious Mind* and *Five Good Minutes in Your Body: 100 Mindful Practices to Help You Accept Yourself & Feel at Home in Your Body*, and *True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others & Cultivate Happiness*. For

a list of these titles and others, go to [Amazon](#). In preparation for an upcoming book, *Calming Your Angry Mind*, he recently authored an article in the October issue of *Mindful* magazine, "Cooling the Raging Fires."

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

Wednesday, October 23, 2013

6:30 PM - 8:00 PM (social gathering 8 - 8:30 PM)

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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.

Saturday, November 9, 2013

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

9:00AM - 4:00PM

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

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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

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The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

(unless otherwise indicated)

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

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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.

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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. The next meeting will be on 9/25.

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Buddhist Families of Durham in Search of 1st & 2nd Grade Teacher

The Buddhist Families of Durham (BFD), a community of 24+ families, is in search of teacher for its 1st-2nd grade Sati School class. The BFD meets Sundays from 10:30am-noon. Average attendance is 7 to 10 children. The ideal candidate has a love of working with children, classroom experience, and affinity for, though not necessarily long experience with, mindfulness meditation and Buddhist teachings. Pay based on experience, ranging from \$40 to \$50 per Sunday. Position runs from 2nd Sunday of September through early May, annually.

BuddhistFamiliesofDurham.org. Send cover and resume to

admin@buddhistfamiliesofdurham.org.



Scott Kiloby's Living Inquiries Weekend Workshop

Join Fiona Robertson and Deena Wade, both Senior Facilitator/Trainers of Scott Kiloby's Living Inquiries, for a weekend of looking more deeply at what's really going on for you.

If you're struggling with anxiety, depression, addictive or compulsive behaviour, relationship problems, or low self-esteem, or if you're looking for any kind of change in your life, discover how the Living Inquiries can help. You'll be particularly interested in exploring the inquiries if you've spent years exploring spiritual paths or seeking enlightenment. The inquiries are practical and gentle, yet radical and transformative.

We'll work together in a small group, in an intimate and very supportive atmosphere, to discover what lies beyond our limiting beliefs. We'd love for you to join us here in Durham, NC, together with Certified Facilitator Alice Hall.

For more information on Living inquiries, you may go to: [Scott Kiloby](#), [Beyond Our Beliefs](#), and [The Radical Investigator](#).

Places are limited to 15, so booking is essential. \$110 for weekend/\$60 one day only. For more details and to register, contact Alice Hall at tigrclause@gmail.com.

October 5 & 6, 2013
One Heart, Durham, NC

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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 Sept. 9, with classes beginning the week of Sept. 16 and running through the week of Nov. 4, with a Day of Mindfulness Nov. 2.

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 Sept. 16 - Week of Nov. 4, 2013 **Various class times and locations available**

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UNC Integrative Medicine **Mindfulness Classes**

The UNC Program on Integrative Medicine is excited about the new classes that they are offering this fall! In addition to the 8-week Foundation courses in Mindfulness-Based Stress Reduction and Pain Management, they are also offering:

- Mindful Parenting with Linda Cherney
- Mindfulness, Stress Reduction, and Transforming Your Relationship with Food with Sasha Loring: for more information see [flyer](#)
- A Mindfulness Course for Teens with Kate Murphy and Karen Bluth
- and a graduate course for experienced practitioners or graduates of the Foundation course: Four Foundations of Mindfulness with John Orr

For more information go to **[UNC Mindfulness Programs](#)** or call 919-966-8586.

Fall 2013 **UNC Integrative Health, Chapel Hill, NC** **Various times and locations**

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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

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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 dates for classes in 2013 are Sept. 7, Oct. 19, and Dec. 14.

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705

Saturday, July 13, 9:00 - 10:30 AM

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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

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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 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

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Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact Zensetter@gmail.com.

Tuesday Nights
7:00 - 8:15 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at [**Triangle Insight**](#). There are other sitting groups in the community 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**](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 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.

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