



# Triangle Insight Meditation Community

[triangleinsight.org](http://triangleinsight.org)

Happy New Year to All!

It's that time of year again when we often make the perennial New Year's resolutions. In secular culture, this practice is often seen as an invitation to look back and reflect on what's not right with you, and then resolve to set out in some fashion on a course of self-improvement. (It's also an excuse for unrestrained hedonism, so more on that in a bit). But if we're on a spiritual path, how might we best approach this practice, particularly from the Buddhist perspective?

First, let's look at the word "resolve," or *sankappa* in the Pali language, and from its place in the Noble Eightfold Path as the second path factor, Wise Resolve (also translated as Wise Intention). It is strategically placed after the path factor of Wise

View or Wise Understanding, and is intimately connected with it, as are all of the factors of the Eightfold Path. As Bhikkhu Bodhi points out in his book, [The Noble Eightfold Path](#), these two components form both the cognitive and purposive sides of the mind acting in close correlation. Upon investigation of the mind through meditation, we begin to see how "emotional predilections influence views, and views determine predilections. Thus a penetrating view of the nature of existence, gained through deep reflection and validated through investigation, brings with it a restructuring of values which sets the mind moving towards goals commensurate with the new vision. The application of mind needed to achieve these goals is what is meant by right intention."

Next, it follows from the above description of Wise Resolve or Wise Intention, that this is not just something to practice annually on the eve of the coming year, but rather continually as a practice in and of itself. Specifically, the Buddha said that Wise Resolve is composed of three aspects: renunciation, good will, and harmlessness. These serve to counter three parallel predilections of desire, ill will, and harmfulness. The former are "beneficial, conducive to the growth of wisdom, aids to the attainment of Nibbana;" the latter do the opposite (so, not much of a role here for the hedonism referred to above). Our practice thus strengthens the former and weakens the latter, and for most of us, this takes time, patience, and continual dedication.

Finally, if we reflect on the Buddhist doctrine of non-self, or *annata*, we may begin to have some concerns about Wise Resolve as a self-improvement project. In his book, *Stepping Out of Self-Deception*, Rodney Smith continually cautions the reader as to how the egoic mind can hijack the spiritual path for its own reification, with its distorted view of the acquisition of freedom as evidence for its own accomplishment. In keeping with other teachers who speak of this "spiritual materialism," he warns that this aspect of mind "can make a cultivated mess out of a natural unfolding...an attempt to gain control over our awakening, but awakening springs forth in the absence of mental control." The texts do speak of some mental control needed at the beginning of practice, often referred to as the "mundane level" of practice by contemporary scholars, where each path factor is developed separately in a more conscious and deliberate way. Ultimately, however,

practice must lead to the "noble level" in which, as Thanissaro Bhikkhu states in his essay on The Noble Eightfold Path in [The Wings to Awakening](#), "...all eight factors coalesce in the mind in a state of solid oneness." He explains that "on the beginning level, one must work at following the path, but on the noble level the path becomes a vehicle that delivers one to the goal...At this point, even the path can be abandoned, for one has reached the goal."

Back to Rodney Smith, who reframes his concern by inviting us to continually ask, "is our intention to be a person waking up, or to awaken out of being a person?" Another contemporary teacher, Adyashanti, says it this way: "Be forewarned, applying these teachings may be damaging to your beliefs, disorienting to your mind, and distressing to your ego. From the perspective of waking up to reality these are good things to be cultivated. From the perspective of ego they are to be avoided at all costs. The choice is entirely yours."

May each of us make the wise choice and follow our deepest intention, leading us ultimately toward awakening.

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



## Sitting Opportunities

[Wednesday](#)

### [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:

January 1:	Ron Vereen
January 8:	Cynthia Hughey
January 15:	Jeanne van Gemert
January 22:	Phyllis Hicks (Insight Dialogue)
January 29:	Dave Hughey
February 5:	Ron Vereen

[Meditation Group](#)[Insight Dialogue at Triangle Insight](#)[Buddhist Families of Durham](#)[Neighborhood Sitting Group](#)[Duke Cancer Center](#)[Recovery Group](#)[Other Resources](#)

## Classes and Events

[An Introduction to Koru](#)[Duke MBSR Classes Forming Now](#)[Taking a Deeper Look](#)[Experiencing Mindfulness](#)[Saturday Drop-In Classes](#)

## Upcoming Retreats

[Embodying & Sensing: An Insight Dialogue Retreat](#)[Mindfulness, Insight, Liberation](#)[Dhammavicaya: Investigation of Dhammas](#)

February 12: Cynthia Hughey  
 February 19: Jeanne van Gemert  
 February 26: 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**

## Local 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. Web registration is closed, and there are a couple of spots left, so for more information or to register, contact Phyllis directly at [phyllishicks@gmail.com](mailto:phyllishicks@gmail.com).

January 2 - 5, 2014  
**Stone House, Mebane NC**

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## Mindfulness, Insight, Liberation

Dwelling in Silence,  
Experiencing Peace

Triangle Insight  
Residential Retreat

**Goings On in  
the Sangha**

Dharma  
Contemplation Group

**The  
Shramadana  
Project**

A Volunteer Initiative  
of Triangle Insight

**The Alice  
Project**

Sarnath, India

[www.aliceproject.org](http://www.aliceproject.org)

Follow the outstanding  
school for which our  
sangha has provided  
support

## 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**

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## 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**



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## *Dhammavicaya:* Investigation of Dhammas a Non-Residential Retreat with Gloria Taraniya Ambrosia sponsored by the Eno River Buddhist Community

*Dhammavicaya*, or investigation of dhammas, is the quality of mind that makes it possible for us to objectively discern what we are experiencing in any given moment... to know it without attachment. As one of the energizing Factors of Awakening, it is a key player in the process of liberating the mind. Given our strong habit of identification with the body and mind, however, it can take some time to develop it. During this two-day workshop, we will learn about investigation of dhammas -- what it is, what it is not, how to develop it, and how to skillfully work with it.

For more information about the teacher and the retreat, as well as to register, a flyer is available from the ERBC that you can access [here](#).

**Eno River Unitarian Universalist Fellowship**  
**4907 Garrett Rd., Durham, NC 27705**  
**Friday Evening, January 17, 7 PM**  
**Day-Long Saturday, January 18, until 5 PM**

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## Taking a Deeper Look Guided Experiences for Revealing Obstacles to Attaining a Healthy Weight, and Learning Essential Aspects to Healthy Eating

Are you frustrated with your weight? Have you tried many diets and are still not succeeding? Are you confused by the conflicting information on food choices? Then join Sasha Loring and Jen Snider for this workshop that is designed to help you find your personal answers and aid you in setting a new direction that fits your personal needs.

For more information on the workshop and the leaders, please access the flyer [here](#). To register or for more information contact Jen Snider at [www.growwellnc.com](http://www.growwellnc.com).

**Saturday, January 18**

**On a beautiful farm setting in Orange County  
(directions will be sent upon registration)**

**9:00AM-5:00PM**

**Cost: \$95 (includes a vegetarian lunch)**

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## **Dwelling in Silence, Experiencing Peace** **a Non-Residential Retreat with Mary Mathews-Brantley and Ron Vereen**

Please join Mary and Ron for this non-residential, mid-winter retreat in the warmth and beauty of Duke Integrative Medicine. They will use a variety of mindfulness practices to help point toward the silence and peace that resides within, even amidst the noise and busy-ness that abounds. All levels of meditation experience and practice traditions are welcome. New meditators or those wishing to begin a practice will learn the basics of mindfulness meditation, including sitting, walking, and mindful movement. Experienced meditators can use this time as a way to deepen or reconnect with their practice within the support of a retreat setting. All participants will have the opportunity to share their experiences with each other, taking advantage of this rare opportunity to become more intimate with ourselves, and facilitating greater patience so as to touch into the stillness that is always available, experiencing greater peace.

The cost for the retreat is \$260 (\$245 early registration by January 24), and includes lunch on Saturday. For more information please visit **[Duke Integrative Medicine](#)** or view the flyer **[here](#)**. To register call 919-660-6826.

**Duke Integrative Medicine**

**3475 Erwin Rd., Durham, NC**

**February 21-22, 2014**

**Friday, 1 PM - 5 PM, Saturday, 9 AM - 5 PM**

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## **Save the Date!** **Triangle Insight Memorial Day Weekend 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 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 make your Memorial Day weekend plans to 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**

**May 22-25, 2014**

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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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## 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](mailto: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.

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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](mailto: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](mailto:beverly143@frontier.com), or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 1/26/14.

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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 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 Cary, 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**

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## Experiencing Mindfulness

### Weekly Class at Duke Integrative Medicine

This popular weekly class on "Experiencing Mindfulness" is offered at **Duke Integrative Medicine**, and is led by one of the MBSR instructors. This rotation by a number of teachers provides 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** is pleased to offer these periodic Saturday drop-in meditation sessions to the general public, 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 next class will meet Saturday, 1/4/14, led by Ron Vereen.

**Duke Integrative Medicine**  
**Duke Center for Living Campus**  
**3475 Erwin Rd., Durham, NC 27705**  
**Saturday, January 4th, 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](mailto: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](mailto: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](mailto: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 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 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\*\*](mailto:info@triangleinsight.org).

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