



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

Now that we have introduced the seven sets of the **Wings to Awakening** along with some prerequisites for their development, we will begin to explore in more depth the various sets themselves. If you are new to our newsletter and would like to review the previous editions, just click **here** and the link will take you to the archives on our website in which these topics were presented (May & June 2014).

In examining the seven sets, a good place to start is with the Five Faculties and the Five Strengths, which allows us to cover two sets in one, as their components are identical. But first, you may be wondering why these two sets share the same factors. The simplest explanation, which has support from a canonical passage, is

that the Buddha ranked "faculty" on a higher level than "strength." Thus it appears he was suggesting that the Five Faculties are of greater intensity than the Five Strengths, the former capable of taking one all the way to Arahantship, the highest level of Awakening, the latter being sufficient for the path to the first level, stream-entry. Whether "faculty" or "strength," these five mental factors must reach a state of dominance for some level of Awakening to occur, brought about through a progression noted below. So, we'll leave it at that for now, but if you would like to explore this topic for further explanations, you can go [here](#).

Another reason to start with the Five Faculties/Five Strengths is that these sets together are the most comprehensive in the Wings to Awakening as they cover all of the factors explicitly mentioned in the sets. In addition, all of the seven sets are essentially equivalent to them. As for the factors themselves, Thanissaro Bhikkhu points out that the Buddha lists the factors in "a causal chain progressing through a [spiraling loop](#). The five faculties and strengths start with conviction, which then leads naturally to persistence, mindfulness, concentration, and then discernment. Discernment, in turn, provides a basis for even firmer conviction," and on it goes until a transcendence occurs that leads all the way to Awakening.

Because the Five Faculties/Strengths are the means to Awakening, rather than ends in themselves, Thanissaro points out that they must not only be developed skillfully but also used skillfully as they are developed. In view of their importance, these five factors will be explored in greater depth next month, beginning with the first in the progression, that of conviction. Until then, we will leave you with a question to ponder: What is your level of conviction for study and practice?

May the conviction for all beings be strong.

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



Sitting Opportunities

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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. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

Schedule:

July 2:	Ron Vereen
July 9:	Cynthia Hughey and Company (Jeanne, Phyllis & Ron) for a night of celebrating our 5th birthday
July 16:	Dave Hughey
July 23:	Phyllis Hicks (Insight Dialogue)
July 30:	Jeanne van Gemert
August 6:	Ron Vereen
August 13:	Phyllis Hicks (Insight Dialogue)
August 20:	Jeanne van Gemert
August 27:	Cynthia Hughey

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

Triangle Insight Turns Five!

You are invited to help celebrate the anniversary of the fifth year of the Triangle Insight Meditation Community. On Wednesday evening, July 9th, Cynthia will lead us in a period of sitting meditation until 7 PM, after which she will be joined by Jeanne, Phyllis and Ron for a discussion/Q&A period. We are offering some suggestions for discussion topics and/or questions, e.g., something you may have noticed in your life as a result of practice, some aspect of Buddhism you'd like to know more about, Kalyana Mitta groups, service opportunities, any improvements that we need to make for the sangha, etc.

Around 7:30 PM we will join in our annual social gathering for our birthday celebration. If you plan to attend, please bring a savory or sweet to share with the group, and Triangle Insight will provide the beverages and birthday cake.

Wednesday, July 9th
Episcopal Center at Duke

**Book Study Group on
Awakening: A
Paradigm Shift of the
Heart**

**Documentary Film:
A Joyful Mind**

Upcoming Retreats

**Insight Dialogue and
the Path of Peace**

Goings On in the Sangha

**Elder Sangha
Community**

The Shramadana Project

**A Volunteer Initiative
of Triangle Insight**

Ongoing Classes and Events

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**

**505 Alexander Ave., Durham, 27705
6:30 - 8:00 PM**

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Insight Dialogue and the Path of Peace

**With Sharon Beckman-Brindley and
Phyllis K. Hicks**

In Insight Dialogue we extend our solitary meditation into a meditation of speaking and listening in contemplation with others. In this retreat, we will practice both silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to life just as it is. We will inquire into the constructing nature of the mind and the tendencies that prevent us from resting in natural ease. Please visit the **[Southern Dharma website](#)** to register and for further information.

**Southern Dharma Retreat Center
July 11 - 16, 2014**

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A Day of Mindfulness with Phyllis Hicks, Jeanne van Gemert, and Ron Vereen

This Day of Mindfulness on July 26th 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.

(Note: The next Day of Mindfulness is being planned for Dec. 6th at the Episcopal Center)

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Saturday, July 26th
9:00 AM - 4:00PM

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Koru Teacher Certification Program

From the Koru Center for Mindfulness

The Koru Center for Mindfulness (KCFM) is an organization dedicated to providing high-quality, developmentally targeted mindfulness training to a diverse range of college students and other emerging adults. The KCFM is undergoing a major transformation, moving from a membership model and beginning a teacher certification program. If you are interested in obtaining certification as a teacher of Koru, you can find more information about the program and download an application [here](#).

July 28-30
Durham, NC
For more information, contact Libby Webb, LCSW at
libby@korumindfulness.org

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A Morning of Mindfulness in Duke Gardens

with Jeanne van Gemert and Ron Vereen



This activity will be an opportunity to come together and practice mindfulness in the beautiful and natural setting of Duke Gardens, and to explore how mindful awareness in Nature can be used to facilitate a sense of spaciousness within which to experience the Dharma. A variety of mindfulness meditations will be used to awaken our sensitivity to the natural world so as to discover the insights that Nature can provide as teacher. Through this exploration we may discover a deeper connection with all of life, which as we bear witness to the ever-present effects of climate change, will hopefully lead to greater healing of ourselves and the Earth. Noble silence will be observed throughout the morning so as to facilitate entering into greater stillness.

The morning is being offered free of charge, with donations accepted for the Gardens and for the study and practice of the teachers. Registration is required so as to help us plan accordingly, and to register or to receive additional information, please contact Ron at rivereen@aol.com. (Note: Early registration is encouraged as this activity often fills)

Sarah P. Duke Gardens
420 Anderson St., Durham, NC 27705
Saturday, August 9th, 2014
9:00AM-12:30PM

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Book Study Group

*on **Awakening: A Paradigm Shift of the Heart***

Beginning in September 2014, Ron Vereen will be offering an integrated study and practice group using Rodney Smith's new book, ***Awakening: A Paradigm Shift of the Heart***. The group will meet monthly, including occasional Skype sessions with Rodney, and is open to those with any level of meditation experience. There is no charge for this activity, with donations accepted to help support Ron's study and practice and to cover the costs of the use of the facility. If you would like to register or need additional information, please contact Ron at rivereen@aol.com. (Please note that both sessions have filled, but if you would like to be placed on a wait list then email Ron)

One Saturday Monthly
One Heart, Durham

Schedule determined by participants
10:00 AM - 12:00 noon or 1:00 PM - 3:00 PM

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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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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. Please consider being involved in some fashion, large or small, and to participate or for more information, contact us at:

info@triangleinsight.org.

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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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Elder Sangha Intentional Community

Mature, committed practitioners interested in establishing an affordable, nurturing, and supportive aging-in-place community that is based in simplicity and sustainability are invited to participate in an opening conversation with Tom Howlett, a builder with background in cohousing and spiritual community (thowlett11@gmail.com).

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Mindfulness-Based Stress Reduction Classes & Events at Duke Integrative Medicine

Please click on any of the following links 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 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 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](http://TriangleInsight.org). 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

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A Joyful Mind

A Documentary on the Life and Teachings of Mingyur Rinpoche

We have recently been contacted by Dharma friends about a film project in progress, with a request to spread the word and invite others to contribute if possible.

A Joyful Mind documents the life and teachings of Mingyur Rinpoche and provides a comprehensive look at the practice of meditation and its benefits. In addition to Rinpoche, the film will feature highly revered Buddhist monastics Mathieu Ricard and Jetsunma Tenzin Palmo, renowned neuroscientists Drs. Richie Davidson and Antoine Lutz, Psychologist and Buddhist teacher Dr. Rick Hanson, meditation master Tsoknyi Rinpoche, and many more. You can view promotional videos and find out more information on their website: www.ajoyfulmind.com.

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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.

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