



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

Last month we mentioned our intention to explore the collection of Buddhist teachings which has been referenced by Thanissaro Bhikkhu as the seven sets of the **Wings to Awakening**: The Four Frames of Reference, the Four Right Exertions, The Four Bases of Power, the Five Faculties, the Five Strengths, the Seven Factors for Awakening, and the Noble Eightfold Path. Before we dive into our investigation of the sets themselves over the coming months, we feel it helpful to mention that the Wings to Awakening have some prerequisites for their development -- good to know before embarking on any course of study and practice.

The first prerequisite was mentioned last month, that being "admirable friends, companions, and colleagues" (*Anguttara Nikaya.IX.1*). This is not surprising, since elsewhere the Buddha proclaims to Ananda that of "the triple gem," the sangha or community is "the whole of the holy life." Those who participate in some form of community of practitioners, e.g. Triangle Insight, begin to experience directly for themselves the truth of the Buddha's statement when feeling the support and encouragement that others provide.

The sutta goes on to say that this collegial association with admirable people brings about four other important prerequisites to the development of the Wings to Awakening -- virtue, the opportunity to hear "talk that is conducive to the opening of awareness," persistence, and discernment. It is interesting to note that these prerequisites hold elements of qualities that will be further developed as the training in the Wings evolves toward Awakening. This is a characteristic feature that runs throughout the Buddha's teachings -- a progression from the mundane to the transcendent through a spiraling loop of cause and effect. Thus these virtuous cycles serve as a healing balm for the vicious cycle of samsara within which we are caught, and provide the liberating insight needed in order to break free.

So, as we gather together as a sangha, whether on Wednesday evenings, in various classes and study groups, for mornings and days of mindfulness, on retreat, in Kalyana Mitta groups, and for service projects, let us see for ourselves the value of our association with one another in supporting our individual and collective study and practice. And as we explore these Wings to Awakening together, may we all move closer and closer to the freedom promised by the Buddha.

May it be so. May it be so.

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:

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

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

Awakening Together: An Insight Dialogue Retreat With Phyllis K. Hicks and Janet Surrey

While meditating with others, the heart and mind relax and open in recognition of this shared human experience. In this auspicious time of summer solstice and beautiful seaside surroundings, we will gather to learn and deepen our Insight Dialogue practice. We will inquire together into the nature of suffering in relationships, and to touch the possibility of awakening together. Comeditating in engaged relational practice, we will investigate the hindrances and cultivate the factors of awakening: mindfulness, investigation, energy, joy, tranquility, concentration and equanimity. We can witness the power of relationship to accelerate insight, wisdom and compassion.

There will be alternating periods of silent meditation, Insight Dialogue, and yoga geared towards accessibility for every body. For more information and registration please go to <http://metta.org/program/awakening-together->

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Rockport, MA
June 18 - 22, 2014

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Re-Awakening the Spine: A Yoga & Feldenkrais Workshop with Lorraine Davis and Paul McAndrew

Please join Lorraine Davis, RYT and Paul McAndrew, PT, for this workshop which will combine a specially tailored yoga class and original Feldenkrais lesson to create a more supple and stable spine. Anyone is welcome -- from teachers to beginners. For more information and to register, please go to [Health Moves](#). Early registration, \$35, \$40 after June 8th.

Sunday, June 22nd
ABLE YOU Yoga Studio
204 W. Main Street, Carrboro
1:00 - 3:30 PM

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A Morning of Mindfulness in Duke Gardens with Cynthia Hughey 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. 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 rlvereen@aol.com.

Sara P. Duke Gardens
420 Anderson St., Durham, NC 27705
Saturday, June 28th
9:00AM-12:30 PM

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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
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.

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Saturday, July 26
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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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 rlvereen@aol.com. (Please note that the morning session is full, with three spaces left for the afternoon)

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**](mailto: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 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**](#). 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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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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