



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

This month we continue our exploration of the seven sets of the **Wings to Awakening**, arriving at mindfulness, the middle factor of the Five Spiritual Faculties/Strengths, between faith and energy on the one hand, and concentration and wisdom on the other. (Prior discussions on The Wings to Awakening can be found in the May - September 2014 issues of our newsletter which are archived on our **website**.)

As you may have noticed, mindfulness has received quite a bit of "press" in Western culture over the past few years, and recently Time magazine devoted its cover (considered "controversial" in some **circles**) to feature an article on "**The Mindful Revolution**." The piece spoke to how mindfulness has gone mainstream, referencing its stress reduction capabilities, its physical and psychological health

benefits, and noting how it is getting a good deal of buzz from the governmental halls of Washington to the boardrooms of Silicon Valley. Lacking, however, was any reference to its relationship to the liberating insight of which the Buddha spoke and which is central to the Wings to Awakening. As Andrew Olendzki points out in "**The Real Practice of Mindfulness**" (*Buddhadhamma*, Fall 2008), "as the term grows in importance in contemporary discourse, its meaning seems to be becoming less rather than more clear."

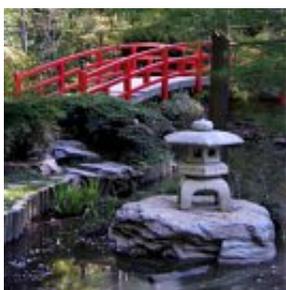
There are many **contemporary definitions of and approaches to mindfulness**, and Olendzki offers a more ancient yet still relevant fourfold one from the Abhidhamma: 1) its *characteristic* is not wobbling; 2) its *function* is absence of confusion; 3) its *manifestation* is the state of confronting an objective phenomenal field; and 4) its immediate *cause* is strong perception or the four foundations of mindfulness. Both Olendzki and Thanissaro Bhikkhu emphasize the role of mindfulness in the emergence of wisdom, and it is to this that we wish to draw your attention. It is through its steadiness, clarity, and penetrative power that mindfulness is applied to body, feelings, mindstates, and categories of experience so as to reveal the liberating insights that will free us from the limiting views of selfhood. And Olendzki emphasizes that mindfulness must be conjoined with insight, as mindfulness alone will not bring about wisdom -- "Real transformation comes from uprooting the deeply embedded reflex of projecting ownership upon experience ('this is me, this is mine, this is myself') and seeing it instead as an impermanent, impersonal, interdependent arising of phenomena. Cultivating mindfulness is a crucial condition for this to happen, but it will not in itself accomplish that end."

That said, the relevance of mindfulness to this liberating process is evidenced by the number of sets of the Wings in which it appears - The Five Faculties/Strengths and Four Foundations of Mindfulness mentioned above, as well as the Seven Factors of Awakening and the Noble Eightfold Path. Of note is its placement as well between effort/energy and concentration in both the Five Faculties and the Eightfold Path, reiterating the pivotal role of mindfulness in the causal chain spiraling toward wisdom. Here mindfulness serves as a necessary condition for concentration, enabling us to see with a penetrative depth the very insights needed for wisdom to break through "like the lotus bursting out above the water or the moon flashing suddenly from behind a cloud." As Rodney Smith says, "this is a

seeing game." Next month we will take a deeper look at this next path factor of concentration and its role in this evolution of insight.

May we all develop the mindfulness and concentration needed so as to see "things" as they really are -- or as Leigh Brasington puts it, "to see what's *really* happening."

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 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:

November 5: Ron Vereen
November 12: Cynthia Hughey
November 19: Jeanne van Gemert
November 26: Phyllis Hicks (Insight Dialogue)

December 3: Ron Vereen (Holiday Celebration)
December 10: Cynthia Hughey
December 17: Jeanne van Gemert
December 24: No meeting
December 31: No meeting

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

Holiday Celebration

at Triangle Insight

Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

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Upcoming

Classes and Events

Basics of Buddhist Practice Course

Kalyana Mitta Preliminary Report

Hillsborough Yoga and Healing Arts Classes

Koru Mindfulness and Meditation Classes

The Foundations of Well-Being

Documentary Film: A Joyful Mind

Buddhist Meditation & the Modern World: A Coursera MOOC

Craving to Quit

It's that time of year when we invite the sangha to join us for our annual holiday gathering and social following our regularly scheduled meeting on Wednesday, December 3rd. Take advantage of this opportunity to meet new faces and catch up with others in the sangha. We will follow our regular meeting format from 6:30 - 8 PM, and then enjoy good food and fellowship from 8 - 8:30 PM. If you plan to attend, please bring a savory or sweet to share with others, and Triangle Insight will provide the beverages.

Wednesday, December 3rd

6:30 - 8:00 PM Regular Meeting

8:00 - 8:30 PM Holiday Celebration

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A Day of Mindfulness

with Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

Since the holidays this year fall on two of our meeting nights, we will be not gather on 12/24 and 12/31. So, here is a chance to devote a little more time to practice so as to ease into the holiday season.

This Day of Mindfulness on **December 6th** 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. We welcome people at all levels of meditation experience. 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 cost of using the facility and to support the study and practice of the teachers.

Please bring your own lunch. 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.

Upcoming Retreats

A Day of Mindfulness in December

New Year's Insight Dialogue at Stone House

Goings On in the Sangha

Kalyana Mitta

Basics of Buddhist Practice

The Shramadana

Project

**A Volunteer Initiative
of Triangle Insight**

Ongoing Classes and Events

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

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**



**Episcopal Center at Duke
505 Alexander Ave., Durham 27705
December 6, 2014
9:00AM - 4:00PM**

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New Year's Insight Dialogue Retreat 2015: Awakening Together

with Phyllis Hicks and Janet Surrey

While meditating with others in dialogue, the heart and mind relax and open in recognition of this shared human experience. Cultivating awareness in the moment of human contact allows us to discover and embody the wisdom of the Buddha's teaching on suffering and the end of suffering. Insight Dialogue provides a way to live the teachings in real time! As we learn the practice, we touch the possibility of awakening together. We will investigate obstacles to mindfulness 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 internal silent meditation, Insight Dialogue, and mindful movement. Noble silence will be maintained throughout.

To register go to:

<http://metta.org/program/new-years-retreat-awakening-together/>

**Location: [The Stone House](#)
Mebane, NC 27302**

Date: January 1-4, 2015

<http://www.stonecircles.org/the-stone-house/>

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Basics of Buddhist Practice Five Evenings with Jeanne van Gemert

Beginning January 2015, Triangle Insight will offer a Basics

of Buddhist Practice course taught by Jeanne van Gemert. If you are new to the practice of insight meditation, or want to refresh and deepen your practice, this will provide a wonderful way to start out the New Year!

Although the source for the course is Theravadan Buddhism, participants do not have to consider themselves "Buddhist" to attend. The course will cover the Four Foundations of Mindfulness, the Four Noble Truths, the Eightfold path, and LovingKindness Meditation.

The course is designed to strengthen daily practice and to provide a larger base for understanding the Buddha's teachings. In the spirit of his teachings on generosity, the course is being offered free of charge, with donations accepted for the teacher.

In order to help in the planning process, registration is requested. To register or for more information please contact Jeanne at jeannevg@mindspring.com.

Episcopal Center at Duke
505 Alexander Ave., Durham 27705
Tuesdays, January 6th through February 3rd, 2015
6:30 - 8:00 PM

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Kalyana Mitta Groups Preliminary Report

Following our recent meeting to consider the meaning of sangha and possible new directions, a Kalyana Mitta (KM) planning committee was convened to develop structure and guidelines for forming KM groups. Knowing there are sangha members eager to get KM groups started, we wanted to assure all that we are moving as quickly as possible. Please let us know if you have any questions."

Committee members include Jeanne van Gemert as liaison with the Teachers Group, Tom Howlett, Tamara Share and Sarah Tillis.

Please send your questions or comments to
Jeanne van Gemert: Jeanne@triangleinsight.org

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Mindful Yoga Classes
Hillsborough Yoga and Healing Arts Center

Classes will combine Yoga asana with Mindfulness concepts incorporated throughout. The asana is instructed from a place of awareness and presence.

Sundays, November 2, 2014 and ongoing

10:00-11:30 AM EDT

Becketts Ridge Location

Optional 20 minute non-guided sitting after class

Led by Amy Gorely, Yoga Teacher and Mindfulness Practitioner

Mondays, November 3, 2014 and ongoing

6:00-7:15 PM EDT

121 W Margaret Lane Location

Led by Paula Huffman, Yoga Teacher, Mindfulness Instructor/Practitioner

**Cost: Drop in rate of \$15 or purchase a passcard
See their website for more information:**

Hillsborough Yoga and Healing Arts Center

1812 Becketts Ridge Drive, Hillsborough

121 Margaret Lane, Downtown Hillsborough

For more information, contact

paula@hillsboroughyoga.com tel. [919 260 0255](tel:9192600255)

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The Foundations of Well-Being: _

A Year-long Web Based Program

with Rick Hanson, Ph.D.

Starting in **October 2014**, this year-long web-based learning program will use the power of positive neuroplasticity to hardwire more happiness, resilience, self-worth, love, and peace into your brain and your life. The focus will be on the development of what Rick calls the The Twelve Pillars of Well-Being: self-caring, mindfulness, learning, vitality, gratitude, confidence, calm, motivation, intimacy, courage, aspiration, and service. He'll be joined by Tara Brach, Jack Kornfield, Dan Siegel, and many others. For more information or to register, click **[here](#)**.

Rick Hanson, Ph.D. is a neuropsychologist, Senior Fellow of the Greater Good Science Center at the University of California, Berkeley, and New York Times bestselling author of *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nature*.

Beginning October 2014

Cost: \$25 monthly installments over 12 months, or a \$300 pre-payment for the year-long program

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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 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 been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21, 2013 -- Sharon Jamison and Tamara Share.

Ron Vereen is currently leading a pilot Mindful Awareness Training at the Durham Crisis Response Center, and this will likely be offered on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma. If you have some experience in teaching mindfulness to others and would like to be involved, please contact Ron at **rlvereen@aol.com**.

Please consider being involved in the Shramadana Project in some fashion, large or small. 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.



Kaliyana Mitta News Preliminary Report

Please [see the report](#) in this newsletter on the initial meeting of the KM Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.



Basics of Buddhist Practice Five Evenings with Jeanne van Gemert

Triangle Insight will offer a 5-session course, Basics of Buddhist Practice, taught by Jeanne van Gemert, at the Episcopal Student Center (505 Alexander Ave., Durham, NC). For more information, go to the event block under [Upcoming Classes and Events](#).

Tuesdays
6:30pm - 8 pm
Jan. 6 - Feb. 3, 2015



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Koru Mindfulness and Meditation Classes in Carrboro

Koru is a brief, structured approach to teaching mindfulness and meditation to emerging adults, ages 18-29. Developed by Holly Rogers, M.D. and Margaret Maytan, M.D. of Duke's student counseling center, it is designed specifically for young adults. Koru students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy. Participation in all 4 sessions is required, as well as 10 minutes of meditation and brief mindfulness exercises every day, plus weekly readings in Jon Kabat-Zinn's classic book, *Wherever You Go, There You Are*.

Register by Nov. 4
Taught by Bree Kalb

For more information and to register:

www.thewellnessalliance.com/BreeKalb.html

or email bree@mindspring.com

Tuesday Evenings, 5:30 - 6:45 PM

November 11, 18, 25, and Dec. 4

\$65 for all 4 classes

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

Please click on the following link 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 ~ 16 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 Sati School with our

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: admin@buddhistfamiliesofdurham.com

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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**

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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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Buddhist Meditation and the Modern World

A MOOC (Massive Open On-Line Course) with Kurtis R. Schaeffer and David Francis Germano (University of Virginia)

This online course is offered free-of-charge through Coursera. It runs for 13 weeks beginning Jan. 19, 2015 with extensive contributions from scientists, people involved with meditation practice, and Tibetan Buddhist teachers.

Outline of Topics:

1. The history of Buddhist contemplative traditions in India and Tibet
2. Innovations in scientific research on understanding such contemplative practices
3. Recent adaptations of such practices in multiple professional and personal areas
4. The practices themselves through brief secular contemplative exercises.

Dates: Jan 19th, 2015 -- Apr 20, 2015

To participate, visit [Coursera](#) and click on "join for free."

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Craving to Quit: A Mindfulness-Based Wellness Program for Smoking Cessation on the Web

If you or anyone you know has been attempting to quit smoking but has yet to succeed, this program may be for you. Modeled after [Mindfulness-Based Relapse Prevention](#) at the University of Washington, [Craving to Quit](#) is a 21-day web-based program from Yale University that offers a mindfully-oriented way to deal with cravings and other addictive patterns. Compared to [Freedom from Smoking](#) -- an on-line cessation program sponsored by the American Lung Association -- the Yale study had demonstrated twice the quit rates, and the cost is only \$1/day!

Anytime & Anywhere via Web App
Go to [Craving to Quit](#) to sign up

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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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