

Triangle Insight Meditation Community

Greetings to all!

At this time of year it is hard not to notice the evidence of the changing season - the lengthening of the light of day, buds bursting into bloom, and the return of the chorus of birds with their pre-dawn serenade. This effervescent energy of nature invites our attention if we can pry ourselves away from the pull of our high-tech lives. According to some, it is well worth the effort!

Rodney Smith has been known to say that "the mind complicates, nature simplifies." Mark Coleman writes in *Awake in the Wild* that "the body feels more at ease outdoors, and the heart begins to open to and resonate with the peace, silence, and stillness of the natural world." Coleman also quotes John Muir in writing that "the clearest way into the Universe is through a forest wilderness." All of this may deepen our understanding at to why so many monasteries and retreat centers are nestled within natural surroundings.

Great inspiration for practicing such "naturally occurring concentration" comes from one of the revered 20th century Thai masters, Ajahn Buddhadasa, whose Wat Suan Moke (The Garden of Liberation) was surrounded by the beauty of a large pond and acres of southern Thai forest. He principally taught meditation-in-action, the importance of bringing mindfulness into daily life. In doing so he says: "This is how naturally occurring concentration comes about. We normally overlook it completely because it does not appear the least bit magical, miraculous or awe-inspiring. But through the power of just this naturally occurring concentration, most of us could actually attain liberation. We could attain the fruit of liberation, nirvana, full enlightenment, just by means of natural concentration."

As we send along this newsletter, we encourage you to take these words to heart, and to let the naturally occurring phenomena wake us up to the insights to which the Buddha was pointing: that everything is in constant flux, that to base our happiness on these ever-changing conditions inevitably brings suffering, and that nowhere to be found is there any enduring entity, including the sense-of-self.

May we all be free!

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Chapel at Duke Hospital](#)

[Recovery Group](#)

The Alice Project Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha raised funds last year!

Upcoming Retreats

[Sharon Salzberg](#)

[Love and Wisdom](#)

[Insight Dialogue](#)

[Eno River Buddhist Community](#)

Classes

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and 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

April 6th: Ron Vereen
April 13th: Cynthia Hughey
April 20th: David Hughey
April 27th: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings 7:00-8:30PM
Duke University Episcopal Center (EC)
505 Alexander Avenue
Durham, NC 27705

Webcast with Ram Dass hosted by Rameshwar Das

We've received recent information from Jon Seskavich that Ram Dass will join us in Durham and Greensboro via a live online video webcast. His dear friend, and co-author of the new book, *Be Love Now*, Rameshwar Das will be here in North Carolina and will host this unique program. Teacher, author and spiritual guide, Ram Dass continues to teach us that compassion and love are the true sources of service, along with living in the present moment. He will be 80 April 6th. The details of exact time and location have yet to be announced, but look for the event to be either April 29 - May 1 or May 6 - May 8. More details to follow.

Lovingkindness Meditation Retreat with Sharon Salzberg

Metta is the word for friendship or loving kindness in Pali, the language of the original Buddhist teachings. It is taught as a meditation that cultivates your natural



TIMC Study Group

capacity for an open and loving heart.
This experience will:

- Help to enrich your compassion, joy in the happiness of others and equanimity
- Help develop concentration, fearlessness and genuine happiness
- Support you in your own cultivation of these qualities through direct instruction and guided meditation

Regular Tuition: \$235
Please see the [flyer](#) for further details.

April 15th-17th, 2011
Satchidananda Ashram-Yogaville
Buckingham, VA

Love and Wisdom Retreat with Greg Scharf

This retreat will focus on exploring the relationship of love and wisdom through the practice of insight and metta meditation. Greg Scharf is a regular teacher at the Insight Meditation Society and Spirit Rock whose talks can be accessed on www.dharmaseed.org. Registration information will be coming soon.

May 6th - May 9th (ending at lunch)
Avila Retreat Center

Insight Dialogue Retreat with Gregory Kramer, Gary Steinberg, Mary Burns and Phyllis Hicks

Within the refuge that the structure of Insight Dialogue offers and the support of Sangha, we will explore each moment of interpersonal contact with curiosity and kindness. Please see the [flyer](#) or email anitabavita@gmail.com for more information and to register.

May 19th-26th, 2011
Elkins Estate
Philadelphia, PA

Upcoming Retreats with Eno River Buddhist Community

Avila Retreat Center

May 6-9, 2011, Fri-Mon, with Gregory Scharf
Dec 7-12, 2011, Wed-Mon, with Richard Shankman

Save the dates and we will keep you posted as more details become available.

As a reminder, the Eno River Buddhist Community meets weekly on Mondays from 7:30-9PM in the Care Building at the Eno River Unitarian Universalist Fellowship on Garrett Rd. in Durham. There is also a morning retreat from 9AM - 12 noon every 2nd Saturday. For more information go to www.pgacon.com/erbc/ and for general questions contact Scott Bryce at stgb@earthlink.net.

Triangle Insight Study Group

The response to the monthly study group on Rodney Smith's book, *Stepping Out of Self Deception*, has been very positive, and we are at the maximum number of 15 participants. However, a certain amount of attrition may occur, so if you would like to be placed on a waiting list for notification at a later date in the event a space opens up, please contact Ron at Ron@triangleinsight.org.

Traditional Japanese Tea Gatherings at Duke Gardens

You are invited to come to the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings.

On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

April 22nd, 2011 (Fri) - Spring Blossoms Tea

May 6th, 2011 (Fri) - Boys Day Tea

May 7th, 2011 (Sat) - Mother's Day/Children's Day Tea

10:45 AM - 12:00 PM

Doris Duke Center

Fee: \$30; Friends: \$25, Family: \$35 per adult/child

Participant Limit: 10

Buddhist Families of Durham

A group of currently about ten families 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 community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program. We meet in the spacious home of a member near Duke's East Campus.

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

phone: 617-501-3877(c) or 919-613-0160(h)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00-7:45AM. For more info contact Ron at Ron@triangleinsight.org

Monday and Thursday Mornings

7:00-7:45AM

Yoga in the Hood

2205 Wilson St

Durham, NC 27705


Chapel at Duke Hospital

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 681-3989 or Annette Olsen at 684-2843.

Thursday Afternoons

3:00-3:30 PM

The Chapel



6th Floor of Duke North

Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call 919-265-7600, email zensetter@gmail.com or call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Monday Nights
7:00 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516



Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27705