



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

In the aftermath of a tragedy such as the recent one in Aurora, Colorado, we can be left not knowing how to respond. Our initial reaction can range from shock and horror, to disbelief and outrage, even morbid curiosity. Finding fault and laying blame might not be far behind. Numbness and apathy may settle in, and being weary with the unfolding drama, we may seek relief through some form of distraction. At some point the question arises: "How could such a thing happen?" The answer to this question may inform a response.

But on whose answer do we focus? Do we fixate on what the experts find as they sift through the evidence and analyze the psyche of the accused? A diagnosis will be made, a verdict handed down, a sentence will seethe or satisfy, and lawsuits will likely proliferate. Eventually congress may get into the act with all the rancor and recriminations, and we find ourselves picking which side to be on.

Or, do we look toward the Buddha, another expert in the human psyche, who studied his own mind so thoroughly that he became totally free of all conditions that could bring about such harmfulness? What he discovered was the insidious nature of craving and how our unawareness of its effects only create more suffering in its myriad manifestations. Regardless of our family or origin, our individual psychic make-up, or whether we live among the 1% or the 99%, the Buddha said this truth is universal. And apparently, so is the path to freedom. His noble eightfold path is available to us all so as to see the very same Dharma and to express its wisdom and compassion in every moment.

So, how to express the Dharma in these moments following this tragedy? Do we open our hearts only to those who have died and their friends and family, or do we also find a place for the perpetrator as well? Do we join the chorus for the execution of James Holmes if convicted, adopting the views informing this response? Or, do we follow the wise view of the Buddha to let go, be kind, and do no harm? If the latter, then we let justice be served, we agree to lock the murderer up, but we treat him with compassion. The Buddha's view can be found in many texts, one being the beloved *Dhammapada*: "Hatred never ends through hatred. By non-hate alone does it end. This is an ancient truth."

Lest we think this view applies only to Buddhists in ancient times or to those on the sidelines, let's remember the Amish school massacre in 2006, where 10 girls aged 6 - 13 years old were senselessly shot, 5 of whom perished. On the day of the shooting, a grandfather of one of the slain girls was quoted as saying, "we must not think evil of this man." And the Amish community followed suit, expressing only forgiveness for this heinous deed.

May we all have the strength and courage to embrace these universal teachings so as to put no one out of our hearts.

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



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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. **Also note that there will be a time change for our meetings beginning in September 2012, back to 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM.**

Schedule:

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

September 5: Ron Vereen
 September 12: Cynthia Hughey
 September 19: Jeanne van Gemert
 September 26: Mary Burns (Insight Dialogue)

Wednesday Evenings

7:00-8:30PM*

***Beginning September 2012, 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM)
 Episcopal Center (EC) at Duke
 505 Alexander Avenue
 Durham, NC 27705**

Sharon Salzberg at Duke Public Talk and Day-long Workshop

Sharon Salzberg, the well-known and beloved meditation teacher and author, will be coming to Duke this Fall for a public talk on Friday evening, Sept. 7, followed by a day-long workshop on Saturday, Sept. 8. On Friday evening she will explore "Real Happiness: The Power of Meditation," followed on Saturday with the workshop on "Equanimity." This event is being sponsored by Jon Seskevich, RN, and for more information or to purchase tickets, go to sharonatduke.com

The Bryan Center at Duke University

Upcoming Retreats

Coming to Your Senses

A Day of Mindfulness

Suggestions from the Sangha

Free Awareness Retreat

Sutta Study Group

Mindful Yoga Teacher Training

Social Gatherings

Forum Summary

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support

Durham, NC
Friday, September 7
7:30 - 9:30 PM

(\$15 advance/\$20 day of)

Saturday, September 8

9:30 AM - 4:00 PM

(\$75 advance/\$80 day of)

(both events together, \$80)

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Coming to Your Senses

Practicing mindfulness for greater care in your body and more joy and peace in your life

You are invited to join **Jeff Brantley** and **Riita Rutanen Whaley** for this 3-day non-residential mindfulness meditation retreat to explore the power and new possibilities that can arise from growing awareness of the moment-by-moment experience of being "embodied". As the practice of mindfulness deepens, you will also be exploring through meditation the qualities of kindness and compassion, and the strength of equanimity. In practicing mindfulness of sense experience intensively while nurturing the qualities of kindness, compassion, and equanimity over the course of the retreat, it is hoped you may discover for yourself the possibilities for greater wisdom and feelings of peace within, and a stronger sense of joy and ease in living.

This retreat will take place in the beautiful setting of Duke Integrative Medicine, and is open to meditators of all levels of experience. The retreat will be held mostly in silence, including meal times. Instructions for meditation will be offered daily, and there will be opportunities for questions and comments in both the large group and in smaller groups. All levels of experience and practice traditions are welcome. Basic mindfulness instructions, walking instructions, guided meditations, along with mindful movement will be offered to help us discover joy and ease in our practice.

Each of our instructors has an extensive personal mindfulness practice and many years of teaching in healthcare settings and retreat experience. For more information go to **[Coming to Your Senses](#)**, and to register call 919-660-6826. Register early as these retreats often fill.



Duke Integrative Medicine
Friday, Sept. 21 through Sunday, Sept. 23
3745 Erwin Rd., Durham, NC 27705

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A Day of Mindfulness with Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

The Day of Mindfulness is an opportunity for retreat and coming together for contemplative Buddhist practice. There will be periods of sitting and walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience in any tradition, with an opportunity for those new to the practice of insight meditation to receive instruction. These teachings are being offered free of charge, with donations accepted for the teacher and to cover the costs of using the facility. Please bring your own lunch, and refrigeration is available if needed.

In order to plan accordingly, we are asking you to register for this event if you plan to attend.

You will then receive guidelines as to 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**](mailto:info@triangleinsight.org)

Episcopal Center at Duke
Saturday, October 6, 9:00 AM - 4:00 PM
505 Alexander Ave., Durham, NC 27705

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Suggestions from the Sangha

Goings-on in the Community

In response to suggestions that have been submitted from sangha members, we decided to add this section in the newsletter where we would list a variety these activities for everyone to view. These events could be 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. Also, please feel free to give us feedback about this addition to the newsletter.

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A Weekend with Bentinho Massaro **Free Awareness Retreat** **sponsored by Alice Hall**

"All the seeking that colors the look and feel of our personal lives is the universal search for happiness. What we really strive to find is a state of perfection. Since an early age we are mistakenly taught that this perfection, or at least a near-perfection compatible with our conditioned desires, needs to be found circumstantially: in what we do, think, feel and achieve. Nothing is more corruptive of our natural joy. The freedom of getting to know our natural state of innate perfection is that it frees us up from having to seek for it in a conditional future, and this end of seeking perfection in turn empowers us to benefit ourselves and others in a truly immediate and clear way. Join the fun of discovering unconditional freedom. You're not alone in this quest."

- Bentinho Massaro, [Free Awareness](#)

Friday, August 24, 7 - 9 PM
 Saturday, August 25, 10 AM - 5 PM
 Sunday, August 26, 10 AM - 5 PM

Costs:

\$15 - Friday night

\$120 - for both Saturday and Sunday

\$65 - for either just Saturday or Sunday

No one will be turned away for lack of funds.

Please indicate if you will need a partial or full scholarship.

Registration contact:

Alice Hall - tigrclause@mindspring.com

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

August 24 - 26, 2012

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Sutta Study Group:

I would like to know if anyone is interested in forming a small group of 8-10 people to meet monthly and discuss the suttas as it relates to personal practice of the dharma?

The text that I would propose using is *Satipatthana: The Direct Path to Realization* by Analayo, which has been suggested by one of our teachers here at Triangle Insight. This text is a comprehensive exploration of the Satipatthana Sutta, The Four Foundations of Mindfulness. I would like to have the first meeting in September, so, I would like to meet with all interested persons before or after a TI meeting in late August to decide the day, time, and place of our group meetings. You could also email me at

beverly143@frontier.com.

Beverly Brooks

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Mindful Yoga Teacher Training with Frank Jude Boccio

The Mindfulness Yoga Training provides instruction and guidance to yoga teachers (from any tradition, lineage, or style) wishing to integrate mindfulness practice into their yoga teaching, as well as to cultivate a deeper, broader approach to yoga practice, and for the cultivation of sangha (a network of communities of practice). The training is open to all yoga teachers, certified at least at the 200-hour level, as well as for all yoga practitioners who have been practicing a minimum of two years. This training assumes knowledge of the basic traditional yoga postures, and competency in body awareness, including proper alignment. This is NOT a training program in how to teach postures.

Hillsborough Yoga and Healing Arts Friday - Tuesday, August 10-15

Cost: \$500 (\$435 by 5/1, \$450 by 6/10, \$475 by

7/10)

HillsboroughYoga.com

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Social Gatherings, Pot Lucks, etc:

Several of you have expressed a desire for more events within which sangha members might have the opportunity for socializing, commenting on how the holiday and Triangle Insight birthday parties have thus far facilitated more of this type of interaction. We welcome this idea and would invite any of you who are interested to consider forming a social committee for the sangha as a way to plan and coordinate these events. If you are interested, email us at info@triangleinsight.org and we will connect you with one another. On a more informal basis, some members are already gathering together before or after the meetings. If you would like to invite others using this forum, we can include your announcement as well.

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Triangle Insight Forum Summary

In addition to celebrating Triangle Insight's third birthday on July 18, we also gathered for an opportunity to review the recent survey of the sangha, and to discuss our future direction. Click here to see the [Survey Response Ratios](#), here for the [Survey Comments Summary](#), and here for the [Forum Summary](#). Many thanks to all who participated, for the wonderful food, great fellowship, a meaningful discussion, and the many hands for set-up and clean-up. Special thanks to Beverly Brooks, Carolyn Lekovich, and Mary Mudd for assisting with the planning and organization for the meeting.

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Book Study Group on *Stepping Out of Self-Deception*

This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, *Stepping Out of Self-Deception*. Many in the group expressed interest in taking the exploration further using this same text, and in view of the robust response, Ron has decided to have two groups so as to accommodate as many

as possible, one in the morning and one in the afternoon.

With this adjustment there are now a few more spots available, so if interested, or if you have questions, please contact Ron at

rlvereen@aol.com.

One Saturday Morning Monthly
Schedule determined by participants
10:00 AM - 12:00 noon
1:00 PM - 3:00 PM

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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 September 17, with classes beginning the week of September 24, and running through the week of November 12, with a Day of Mindfulness on November 10. 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 now offered for those who are unable to attend on site, as well as a research class for qualified participants. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of Sept. 17 - Week of Nov. 12, 2012
Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to

Difficulty" at **Duke Integrative Medicine**. There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

First Thursdays
10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine**. There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 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-12:00PM
please contact Sumi Loundon Kim for details
email: **simplysumi@gmail.com**
phone: **617-501-3877(c) or 919-613-0160(h)**

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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 681-3989 or Annette Olsen at 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. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

**Yoga in the Hood
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 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**

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Meditation for People of Color

This new group meets monthly for meditation and a dharma talk by Venerable Pannavati. This group is open to all people of color, including Asian, Indian, Hispanic, Latino, Native American, and

mixed heritage. For more information, please contact the group's coordinator, Jeannine Montgomery at jeannine@margiesrose.com.

Bhikkhuni Pannavati, co-abbot, spiritual director and founder of the Hermitage, is a Buddhist nun ordained in both the Theravada and Mahayana (Chan/Zen) traditions. An African-American, she is also a former Christian pastor with a doctorate in religion. She is the founder and president of MyPlace, a shelter and school for homeless and at-risk youth near Asheville, NC. The teens also work in the non-profit bakery of MyPlace, the My Gluten-Free Bread Company.

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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 who's 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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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina, and in June we completed our application to the IRS for designation as a 501(c)(3) religious organization. While we are now officially a non-profit moving towards our 501(c)(3) status with the IRS, we wanted to thank people who volunteered to help us with a Board. Since the most consistent advice we received was to "keep it simple," the Board will consist of the four founding teachers. However, to grow, nourish and support our sangha we need input, advice and energy from us all and we are looking into how to best do that. Your suggestions are always appreciated. Please contact us at info@triangleinsight.org with any ideas or recommendations.



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