



Triangle Insight Meditation Community

triangleinsight.org

Happy Summer to All!

Thanks to all who helped us celebrate the fourth birthday of the Triangle Insight Meditation Community at our July 17th meeting. For those of you who were unable to attend, Phyllis skillfully led our exploration of the the topic of spiritual friends, or *kalyana mitta*, also translated as admirable friendships. Joining with Phyllis were heartfelt reflections from Cynthia, Jeanne, and Ron, along with several members of the sangha. We thought we would continue on this theme, as we feel it to be a very relevant topic for the evolution of not only Triangle Insight, but for our species as well.

Phyllis reminded us of the oft-quoted statement from the Buddha that "admirable

friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life," and that with it one "can be expected to develop and pursue the Noble Eightfold Path" (Samyutta Nikaya 45.2). Elsewhere the Buddha states that admirable friendship "is the first pre-requisite for the development of the wings to self-awakening" (Anguttara Nikaya 9.1), and goes on to say that "with regard to external factors, I don't envision any other single factor like friendship with admirable people as doing so much for (one) in training..." (Itivuttaka 17). As to what constitutes admirable friendship, it is when we connect and relate with those who are "consummate in conviction...consummate in virtue...consummate in generosity...consummate in discernment. This is called admirable friendship" (Anguttara Nikaya 8.54).

And so it appears that the relationship with admirable friends, according to the above definition, is of the utmost importance. The Buddha describes this process as when one "talks with and engages them in discussions" (AN 8.54). As one sangha member shared the other night, her experience in connecting with others in this way promotes "deep conversations," what the Buddha would describe as "noble conversations" with "noble friends," and in "what is in accordance with the goal, the Dhamma, and the Vinaya." Apparently, we can't go it alone!

Exploring the topic of "connecting" a bit further, let us fast forward from the time of the Buddha to this technological culture within which we are now embedded. Reflect back for a moment on the time when you used your first personal computer (PC); now count how many iterations of these electronic devices your hands have touched since then (if that's even possible!); now the number you currently have at your disposal. Not only have these grown exponentially in number, but if you had been told "way back when" the lightening speed at which they would now operate, it would have boggled the mind. And then there's the amount of information now available at the click of a mouse, not to mention the development and expansion of social networks, with no apparent end in site. Most "techies" view this capacity as a continual evolution of progress, allowing us ever greater connection with one another. But what kind of connection are we talking about, and are we really more connected? What might this type of connecting be doing to our brains, not to mention our hearts?

Barbara Frederickson, a UNC researcher, poses some of these important questions in a recent NY Times article, **"Your Phone vs. Your Heart."** She reveals some positive findings of her recent research on loving-kindness meditation, and also expresses concern that increased electronic connections may be taking a toll on our biological capacity to connect with other people. Invoking evidence from neuroscience around the phenomenon of neural plasticity, she is concerned that the more time we spend "wired to our devices," the less the pathways devoted to face-to-face, human-to-human connection are utilized. And since "neurons that fire together wire together," it follows that "if we don't use it, we lose it," just as with the muscles in the body. What we may be losing is what is now referred to as "vagal tone," which as Stephen Porges suggests is responsible for our capacity for human connection, friendship, and empathy.

So, although we are connecting with you right now via this amazing electronic, web technology, with all of its advantages (of which we will still avail ourselves), we do feel it important to pause and reflect on its limitations, and if over-used, its potential harm. Fortunately, Triangle insight and other sanghas offer the more traditional way to connect, and one that the Buddha held up as being of the utmost importance -- admirable friendship, companionship, and camaraderie. We don't know about you, but we all felt our vagal tone turned up a notch or two after our recent birthday gathering! And so it can be with each meeting of the sangha. As Frederickson points out, "connecting with others does good and feels good, and opportunities to do so abound." So, let's not lose sight of what the Buddha felt to be most important, and what is available here and now as a way to connect that is in accordance with the goal. And that goal is no less than the awakening the Buddha realized, and it is doubtful it can be known by logging more hours sitting in front of an "e-thing!"

May our coming together with one another at Triangle Insight bring increased capacity for connection, friendship, and empathy, and bear the fruit of awakening!

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



The Shramadana Project

A Volunteer Initiative of Triangle Insight

Sitting Opportunities

Wednesday Meditation Group

Insight Dialogue at Triangle Insight

Buddhist Families of Durham

Neighborhood Sitting Group

Duke Cancer Center

Recovery Group

Other Resources

Classes and

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.

Schedule:

August 7: Ron Vereen
 August 14: Cynthia Hughey
 August 21: Jeanne van Gemert
 August 28: Phyllis Hicks (Insight Dialogue)

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

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

Important Note: Durham's Main St. will be closed between Buchanan and Broad St. beginning May 13 and anticipated to continue until Sept. 20, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route.

The Shramadana Project at Triangle Insight

We are pleased to announce that the first meeting of the Shramadana Project will be taking place on Wednesday, July 31 at 8 PM at the Episcopal Center, following the regular meeting of Triangle Insight. This will be an organizational meeting to help plan our next course of action with respect to various volunteer initiatives.

Events

[An Introduction to Koru](#)

[Stepping Out of Self Deception](#)

[MBSR Classes Forming Now](#)

[Experiencing Mindfulness](#)

[Saturday Drop-In Classes](#)

[ZenKids](#)

Upcoming Retreats

[Moment by Moment](#)

[Insight Dialogue & Therapeutic Presence](#)

[Mindfulness, Insight, Liberation](#)

Goings On in the Sangha

[Dharma Contemplation Group](#)

[Buddhist Families of Durham Seeking Teacher](#)

[Southern Dharma Seeking New Retreat Manager and Director](#)

[Yoga Retreat on the Isle of Crete](#)

In recent newsletters we spoke of the benefit of the Buddha's teaching on the practice of *dana*, or generosity, and on *seva*, or selfless service. After sharing some ideas on how to bring these qualities into action as a sangha, we now have had 16 people thus far to respond with interest in seeing how this initiative can move forward.

We have decided to name this effort the **Shramadana Project**, borrowing a term found in Joanna Macy's book, *World as Lover, World as Self*. This term translates as "the giving (*dana*) of human energy (*shrama*)." Several projects have been delineated, both for the benefit of Triangle Insight and also for the community-at-large.

We would like for you to consider being involved in some fashion, large or small, and you can find more detailed information about these exciting and worthy ideas [here](#), and we welcome any additional thoughts that you may have. In participating in this initiative, we not only will be helping ourselves and others, but will be contributing to the vital project of building community and implementing a useful way of moving toward selflessness.

If interested contact us at info@triangleinsight.org, or you may just show up for the meeting on 7/31 to see if this is a project that speaks to you.

Wednesday, July 31, 8 PM
Episcopal Center at Duke

[Back to Top](#)

An Introduction to Koru: Teaching Mindfulness to College Students and other Emerging Adults

This workshop will introduce the art and skill of teaching mindfulness to college students and emerging adults. In addition, participants will be trained in how to teach Koru, the developmentally targeted, evidenced-based, four-week course developed at Duke University for teaching mindfulness to emerging adults. This work is described in the book, ***Mindfulness for the Next Generation: Helping Emerging Adults Manage Stress and Lead Healthier Lives***, by Holly Rogers, M.D., and Margaret Maytan, M.D.

For more information about the workshop and to register, go to [**The Koru Center for Mindfulness**](#). 6 CE credits will be available for participants in the workshop.

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



Manpower Development Corporation

307 W. Main St., Durham, NC 27701

Friday, August 2, 2013

8:00AM-5:00PM

[Back to Top](#)

Moment by Moment

A Mindfulness Retreat

with Phyllis Hicks and Riitta Rutanen Whaley

The demands of our everyday life challenge us to work on a timeframe, and this timeframe includes past and future dates, as well as the present. Living in this continuum it can be easy to lose one's sense of the present moment, which is the only time that we actually ever have to live. Mindfulness reminds us of the importance of paying attention to the continuous moment-by-moment unfolding of experience, in this body and in this mind.

This retreat explores ways to tap into what is true in our lives, how to work with conditioning and habitual energy, and how to tap into the richness of just being ourselves, as we are, right now. With group support we will practice making contact with awareness, which Dr. Jon Kabat-Zinn has called the "compassionate intelligence" in our hearts, guiding us in perspective, kindness, and equanimity.

For more information please view the flyer [here](#), and if you wish to register call 919-660-6826. The cost is \$260 (\$245 by 9/13), and includes lunch on Saturday.

Duke Integrative Medicine

3475 Erwin Rd., Durham, NC 27705

Friday, September 27, 1 - 5 PM

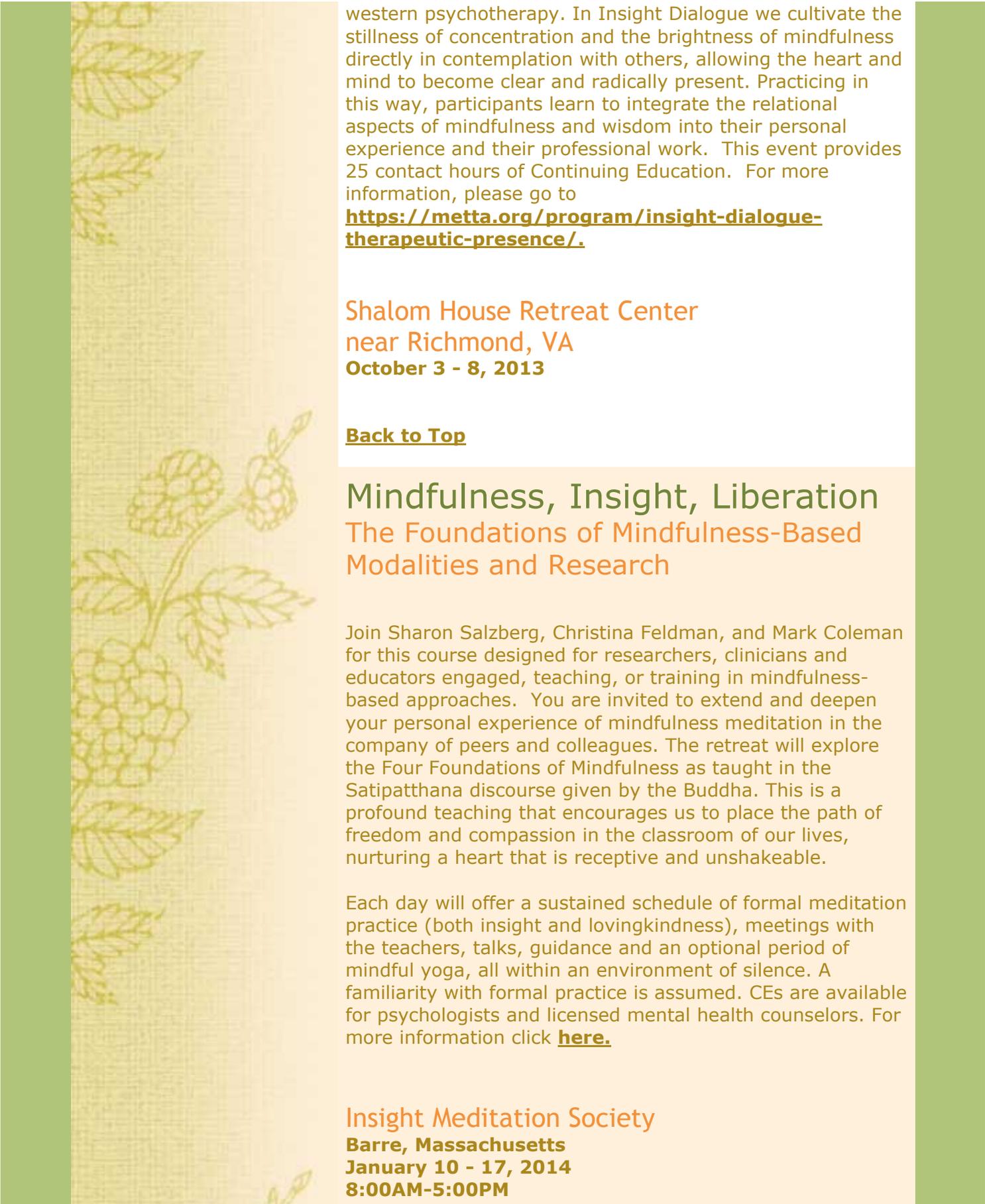
Saturday, September 28, 9 AM - 5 PM

[Back to Top](#)

Insight Dialogue and Therapeutic Presence

with Sharon Beckman-Brindley and Phyllis Hicks

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and



western psychotherapy. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work. This event provides 25 contact hours of Continuing Education. For more information, please go to <https://metta.org/program/insight-dialogue-therapeutic-presence/>.

Shalom House Retreat Center
near Richmond, VA
October 3 - 8, 2013

[Back to Top](#)

Mindfulness, Insight, Liberation

The Foundations of Mindfulness-Based Modalities and Research

Join Sharon Salzberg, Christina Feldman, and Mark Coleman for this course designed for researchers, clinicians and educators engaged, teaching, or training in mindfulness-based approaches. You are invited to extend and deepen your personal experience of mindfulness meditation in the company of peers and colleagues. The retreat will explore the Four Foundations of Mindfulness as taught in the Satipatthana discourse given by the Buddha. This is a profound teaching that encourages us to place the path of freedom and compassion in the classroom of our lives, nurturing a heart that is receptive and unshakeable.

Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks, guidance and an optional period of mindful yoga, all within an environment of silence. A familiarity with formal practice is assumed. CEs are available for psychologists and licensed mental health counselors. For more information click [here](#).

Insight Meditation Society
Barre, Massachusetts
January 10 - 17, 2014
8:00AM-5:00PM



[Back to Top](#)

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

[Back to Top](#)

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.

< >

Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 8/25.

< >

Buddhist Families of Durham in Search of 1st & 2nd Grade Teacher

The Buddhist Families of Durham (BFD), a community of 24+ families, is in search of teacher for its 1st-2nd grade Sati School class. The BFD meets Sundays from 10:30am-noon. Average attendance is 7 to 10 children. The ideal candidate has a love of working with children, classroom experience, and affinity for, though not necessarily long experience with, mindfulness meditation and Buddhist teachings. Pay based on experience, ranging from \$40 to \$50 per Sunday. Position runs from 2nd Sunday of September through early May, annually.

BuddhistFamiliesofDurham.org. Send cover and resume to admin@buddhistfamiliesofdurham.org.

< >

Southern Dharma Seeking New Retreat Manager

There is an urgent need to find someone to fill the position of Retreat Manager at the Southern Dharma Retreat Center. This is a full-time, residential, salaried position that will be available immediately, as they are looking for someone to start in July or August. To see a complete job description, please go [here](#).

Southern Dharma Seeking New Director

Carol Meyer, who has been the Director of Southern Dharma Retreat Center since December 2008, plans to retire at the end of December 2013. In response, the center has opened the search for a new director to start working at the beginning of December 2013. Please go to [Southern Dharma](#) for more information and to view a complete job description.

< >

Crete Yoga Retreat with Marci Lew

Marci Lew, a certified yoga and pilates instructor, invites you to join her for this yoga and meditation retreat on the Isle of Crete, Sept. 18-25, 2013. For more information and to register, check the flyer [here](#).

[Back to Top](#)

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

Two study groups led by Ron Vereen are exploring Rodney Smith's book, *Stepping Out of Self-Deception*. Rodney also makes himself available to us on occasion through Skype, which is a valuable part of our investigation together of this fascinating aspect of the Buddha's teaching.

This activity is offered free of charge, with donations accepted toward use of the facility and to support the study and practice of the teacher. The groups are currently full, but if you are interested in being placed on a wait list, please contact Ron at rlvereen@aol.com.

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

[Back to Top](#)

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 Sept. 9, with classes beginning the week of Sept. 16 and running through the week of Nov. 4, with a Day of Mindfulness Nov. 2. 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 offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go to **MBSR**. Classes often fill, so you may want to register early.

Week of Sept. 16 - Week of Nov. 4, 2013
Various class times and locations available

[Back to Top](#)

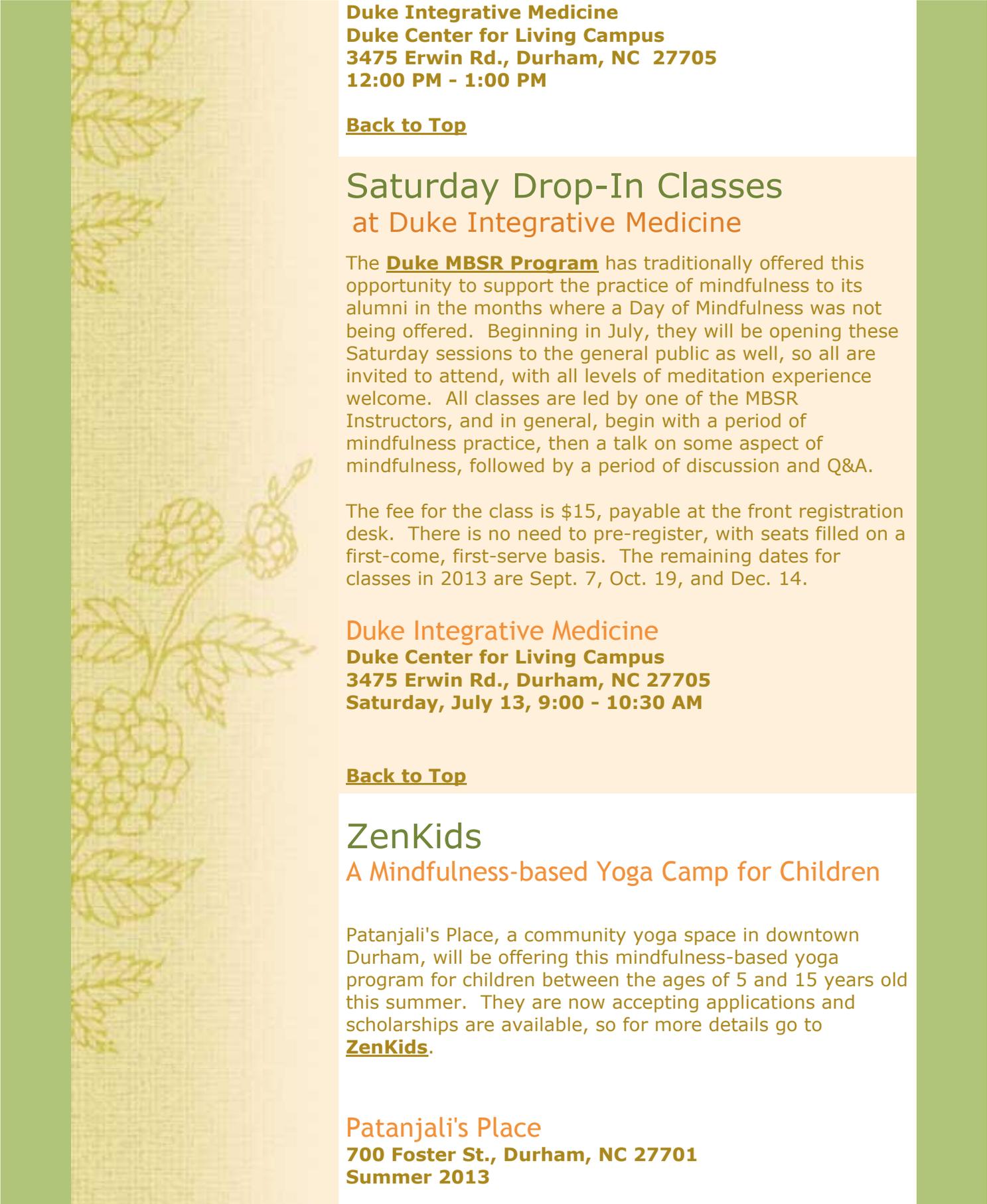
Experiencing Mindfulness

Weekly Class at Duke Integrative Medicine

Dr. Jeff Brantley, former Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a very popular weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine** over the past three years. His recent retirement has brought about a change, and in addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class. This will provide a rich opportunity to explore the themes that emerge from a variety of perspectives.

There is a \$15 charge for the class, payable at the front registration desk. The class is open to the public, with all levels of meditation experience welcome. There is no need to pre-register, and seats are filled on a first-come, first-serve basis.

Wednesdays



Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
12:00 PM - 1:00 PM

[Back to Top](#)

Saturday Drop-In Classes at Duke Integrative Medicine

The [Duke MBSR Program](#) has traditionally offered this opportunity to support the practice of mindfulness to its alumni in the months where a Day of Mindfulness was not being offered. Beginning in July, they will be opening these Saturday sessions to the general public as well, so all are invited to attend, with all levels of meditation experience welcome. All classes are led by one of the MBSR Instructors, and in general, begin with a period of mindfulness practice, then a talk on some aspect of mindfulness, followed by a period of discussion and Q&A.

The fee for the class is \$15, payable at the front registration desk. There is no need to pre-register, with seats filled on a first-come, first-serve basis. The remaining dates for classes in 2013 are Sept. 7, Oct. 19, and Dec. 14.

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
Saturday, July 13, 9:00 - 10:30 AM

[Back to Top](#)

ZenKids A Mindfulness-based Yoga Camp for Children

Patanjali's Place, a community yoga space in downtown Durham, will be offering this mindfulness-based yoga program for children between the ages of 5 and 15 years old this summer. They are now accepting applications and scholarships are available, so for more details go to [ZenKids](#).

Patanjali's Place
700 Foster St., Durham, NC 27701
Summer 2013

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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 Medication 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.

[Forward email](#)



Try it FREE today.

This email was sent to rlvereen@aol.com by info@triangleinsight.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27516