



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Holiday Greetings to All...

...and the holidays are indeed upon us! As "Black Friday" now encroaches upon Thanksgiving Day, morphing it into what is now referred to as "Brown Thursday," with "Cyber Monday" in their wake, take a moment to note what arises for you as you reflect upon entering this time of year. Is there a frenetic excitement or restlessness, an expectant and joyful anticipation, an aversive anti-commercialism, a weariness, worry, or apathy? Whatever your state of mind, it will most likely at times become some aspect of grasping or aversion. And as we explore this question, are you wondering if your experience is the "right" or "wrong" one to be having, or which is the more "spiritual"? As with many such inquiries, we can turn to the teachings of the Buddha for guidance.

In exploring the *Satipatthana Sutta* (The Four Foundations of Mindfulness), we notice that one of the foundations, the third, is "mind" or "mind-states." Eight categories of pairs are offered, but one intuitively that this broad generalization is meant to cover the panoply of possibilities, including but not limited to those listed above. Upon further exploration we also notice that nowhere in the Buddha's exposition does he declare that one state is preferable over the other, nor that one is right, another wrong. Given that other suttas speak of cultivating the skillful and abandoning the unskillful, how do we make sense of the Buddha's omission of that instruction here?

To get to this we must understand that in this sutta the Buddha is directing us not just to the objects of mindfulness (the "where"), but also, and perhaps more importantly, to the approach to the objects (the "how" or the "process" of observation). For each of the foundations (body, feelings, mind, and mental phenomena), the Buddha repeatedly points toward observing their phenomenology, particularly the nature of impermanence with regard to all experience, and to do so by recognizing what is unfolding without mental commentary, i.e., clear comprehension. So where might he be taking us?

As Joseph Goldstein suggests in a recent article ("The Four Foundations of Mindfulness," *Buddhadhamma*, Winter 2013), a more helpful translation of "foundation of mindfulness" is "way of establishing mindfulness." He points out that as we use these foundations to *establish* mindfulness, we begin to see their impermanent nature. Understanding impermanence "opens the doorway to ever-deepening insight...When we see deeply that all that is subject to arising is also subject to cessation, that whatever arises will also pass away, the mind becomes disenchanted. Becoming disenchanted, one becomes dispassionate. And through dispassion, the mind is liberated."

But wait a minute! Isn't this supposed to be an enchanting time of year, filled with a passion for celebrating the holiday season? Goldstein's further comments may shed some light on this quandary: "It's telling that in English, the words *disenchanted*, *disillusioned*, and *dispassionate* often have negative connotations.

But looking more closely at their meaning reveals their connection to freedom. Becoming disenchanted means breaking the spell of enchantment, waking up into a fuller and greater reality. It is the happy ending of so many great myths and fairy tales. Disillusioned is not the same as being discouraged or disappointed. It is a reconnection with what is true, free of illusion. And dispassionate does not mean 'indifferent' or 'apathetic.' Rather, it is the mind of great openness and equanimity, free of grasping."

So, not to be discouraged this holiday season (disenchanted, disillusioned, and dispassionate? -- apparently, yes!). No matter what your state of mind, and it may likely be all over the map, we need only be mindful of those states, and particularly of their impermanent nature. It then follows from the words of the Buddha in the *Satipatthana Sutta* that "one abides independent, not clinging to anything in the world." This is the freedom toward which the Buddha is guiding us -- the direct path to realization.

May we and all beings be free, throughout this and every season of the year.

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



## Sitting Opportunities

### 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:

December 4: Ron Vereen  
 December 11: Cynthia Hughey (Holiday Celebration!)  
 December 18: Jeanne van Gemert  
 December 25: No Meeting (Happy Holidays!)

### Wednesday Meditation Group

### Insight Dialogue at Triangle Insight

### Buddhist Families of Durham

### Neighborhood Sitting Group

### Duke Cancer Center

### Recovery Group

### Other Resources

## Classes and Events

### An Introduction to Koru

### Duke MBSR Classes Forming Now

### Taking a Deeper Look

### Experiencing Mindfulness

### Saturday Drop-In Classes

## Upcoming Retreats

### Embodying & Sensing: An Insight Dialogue Retreat

### Mindfulness, Insight, Liberation

### Dhammavicaya: Investigation of

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

### 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

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 11th. 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, and Triangle Insight will provide the beverages.

### Wednesday, December 11th

**Episcopal Center at Duke**

**8:00-8:30 PM**

## Local New Year's Retreat! Embodying and Sensing: Developing the Meditative Mind in Relationship

### A Residential Insight Dialogue Retreat with Phyllis Hicks and Mary Burns

Human beings are amazing, sensitive, often loving and usually stressed. When we watch our minds in meditation, we can see that we create and re-create the familiar world of our thoughts, images, and memories. We automatically use these perceptions to construct the views, routines, moods, and behaviors of our everyday life.

## Dhammas

Dwelling in Silence,  
Experiencing Peace

Triangle Insight  
Residential Retreat

## Goings On in the Sangha

Dharma  
Contemplation Group

## The Shramadana Project

A Volunteer Initiative  
of Triangle Insight

## The Alice Project

Sarnath, India  
[www.aliceproject.org](http://www.aliceproject.org)

Follow the outstanding  
school for which our  
sangha has provided  
support

In Insight Dialogue we investigate these constructions with kindness and curiosity. In contemplation with others, we cultivate the stillness of concentration and the brightness of mindfulness. As the body settles and the mind clears, we experience the intimacy of being fully embodied and radically present. In this retreat there will be periods of silent sitting, mindful movement, time in nature, and the guided contemplations of Insight Dialogue. All will be held within the container of noble silence. For more information and to register, go to [Metta Programs](#).

January 2 - 5, 2014  
Stone House, Mebane NC

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## 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

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## 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 other emerging adults. In addition, participants will be trained in how to teach Koru, the developmentally targeted, empirically tested four week course developed at Duke University for teaching mindfulness to emerging adults. CE credits will be available for attendees. The cost for this all-day training is \$210 (\$170 for Koru Members). For more information and to register, go to **The Koru Center for Mindfulness**.

**Saturday, January 11, 2014**  
**MDC, 307 W. Main St., Durham, NC 27701**  
**9 AM - 5 PM**

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## *Dhammavicaya:* Investigation of Dhammas a Non-Residential Retreat with Gloria Taraniya Ambrosia sponsored by the Eno River Buddhist Community

*Dhammavicaya*, or investigation of dhammas, is the quality of mind that makes it possible for us to objectively discern what we are experiencing in any given moment... to know it without attachment. As one of the energizing Factors of Awakening, it is a key player in the process of liberating the mind. Given our strong habit of identification with the body and mind, however, it can take some time to develop it. During this two-day workshop, we will learn about investigation of dhammas -- what it is, what it is not, how to develop it, and how to skillfully work with it.

For more information about the teacher and the retreat, as well as to register, a flyer is available from the ERBC that you can access **[here](#)**.

**Eno River Unitarian Universalist Fellowship**  
**4907 Garrett Rd., Durham, NC 27705**  
**Friday Evening, January 17, 7 PM**  
**Day-Long Saturday, January 18, until 5 PM**

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## Taking a Deeper Look

### Guided Experiences for Revealing Obstacles to Attaining a Healthy Weight, and Learning Essential Aspects to Healthy Eating

Are you frustrated with your weight? Have you tried many diets and are still not succeeding? Are you confused by the conflicting information on food choices? Then join Sasha Loring and Jen Snider for this workshop that is designed to help you find your personal answers and aid you in setting a new direction that fits your personal needs.

For more information on the workshop and the leaders, please access the flyer [here](#). To register or for more information contact Jen Snider at [www.growwellinc.com](http://www.growwellinc.com).

**Saturday, January 18**

**On a beautiful farm setting in Orange County  
(directions will be sent upon registration)**

**9:00AM-5:00PM**

**Cost: \$95 (includes a vegetarian lunch)**

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## Dwelling in Silence, Experiencing Peace

### a Non-Residential Retreat with Mary Mathews-Brantley and Ron Vereen

Please join Mary and Ron for this non-residential, mid-winter retreat in the warmth and beauty of Duke Integrative Medicine. They will use a variety of mindfulness practices to help point toward the silence and peace that resides within, even amidst the noise and busy-ness that abounds. All levels of meditation experience and practice traditions are welcome. New meditators or those wishing to begin a practice will learn the basics of mindfulness meditation, including sitting, walking, and mindful movement. Experienced meditators can use this time as a way to deepen or reconnect with their practice within the support of a retreat setting. All participants will have the opportunity to share their experiences with each other, taking advantage of this rare opportunity to become more intimate with ourselves, and facilitating greater patience so as to touch into the stillness that is always available, experiencing

greater peace.

The cost for the retreat is \$260 (\$245 early registration by January 24), and includes lunch on Saturday. For more information please visit [Duke Integrative Medicine](#) or view the flyer [here](#). To register call 919-660-6826.

### Duke Integrative Medicine

**3475 Erwin Rd., Durham, NC**

**February 21-22, 2014**

**Friday, 1 PM - 5 PM, Saturday, 9 AM - 5 PM**

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## Save the Date!

### Triangle Insight Memorial Day Weekend Residential Retreat

Thanks to our volunteers in the Shramadana Project, we are in the process of planning the first residential retreat sponsored and coordinated by Triangle Insight. This experience will provide an opportunity to come together to deepen both our connections with each other and our practice of insight meditation. The retreat will be held just 30 minutes away at the [Stone House](#) in Mebane, so save the date and make your Memorial Day weekend plans to join us for this exploration of the Dharma. We will keep you informed as more details become available throughout the planning process.

### The Stone House

**Mebane, NC**

**May 22-25, 2014**

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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](http://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.

Once the structure and leadership roles are in place for the Shramadana Project as a whole, the plan is to eventually publicize this information, both in the newsletter and on the website, such that you will be able to contact someone directly to address your particular interests. In the meantime, Sharon and Tamara are available to provide information to sangha members about ongoing volunteer initiatives, either within Triangle Insight or in the community-at-large, and you may contact them at **[info@triangleinsight.org](mailto:info@triangleinsight.org)**.

Please consider being involved in some fashion, large or small. All of us participating in this initiative will not only be helping ourselves and others, but contributing to the vital work of building community and implementing a useful vehicle for moving toward selflessness.

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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](mailto:info@triangleinsight.org).

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### 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](mailto:beverly143@frontier.com), or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 12/28.

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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 January 13, with classes beginning the week of January 20 and running through the week of March 10, with a Day of Mindfulness at St. Paul's Episcopal Church in Cary, date TBD.

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 Jan. 20 - Week of Mar. 10, 2014**  
**Various class times and locations available**

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## 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**

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## 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. As of July they have opened 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 date for this class in 2013 is Dec. 14.

### Duke Integrative Medicine

**Duke Center for Living Campus  
3475 Erwin Rd., Durham, NC 27705  
Saturday, Dec. 14, 9:00 - 10:30 AM**

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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](mailto: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](mailto: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](mailto: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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## 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](mailto:info@triangleinsight.org)**.

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