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# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

Now that the holiday items have been cleared from the stores, they've been quickly replaced with Valentine's Day fare. As we approach this annual celebration of "romantic love," we all have our own reactions to February 14th based on our past histories and memories that have contributed to our feelings, perceptions, and views. In Buddhism this is referred to as "conditioning." As mentioned in our December newsletter, we're encouraged to bring mindfulness to bear on all of our experiences, whether pleasant, unpleasant, or neutral, and not to take it so personally. As you may have noticed, the world offers us a plethora of possibilities for practice!

As commercial as our culture can be with respect to these "Hallmark holidays," Buddhism challenges us to be curious about our conditioning rather than critical of our culture. As Shantideva said, "our job is not to change life, but to let life change us." In releasing attachment to views we gain entry into the interior world, where insight emerges in seeing things as they really are. Awareness opens the chambers of the heart, moving from forms of aversion or possessive love to the vibrations of the brahma-viharas. We gain access to the "sublime abodes" of loving-kindness (metta), compassion (karuna), joy in the success of

others (mudita), and equanimity (upekkha). The awakened heart then naturally responds in the world, taking shape as one of the Ten Perfections (paramis) or the Seven Factors of Awakening.

Buddhism has known of these benefits for centuries, and now modern science is providing empirical evidence for them as well. Whether you feel you need this confirmation or not, you may be interested in a representative review article on compassion that was recently sent to us by one of our sangha members:

(<http://www.dailygood.org/more.php?n=4856>). Author Larry Gallagher points to several scientific studies suggesting that we can learn to be compassionate, for example, and that compassion can even change the wiring of our nervous system, supporting the oft-quoted phrase, "neurons that fire together wire together."

As you may have noticed, Buddhism offers quite a few of these practices from which to choose, and Triangle Insight provides a community within which to support this type of inquiry and investigation. We encourage you to utilize the sangha for connecting around matters of the heart, and invite you to give us feedback as to how we may continue to support your practice. Feel free to contact us anytime at [info@triangleinsight.org](mailto:info@triangleinsight.org).

May all of our hearts awaken!

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

## Sitting Opportunities

**Wednesday  
Meditation Group**

**Buddhist Families of  
Durham**

## 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.

**Neighborhood Sitting Group**

**Chapel at Duke Hospital**

**Recovery Group**

**Schedule:**

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

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

**Classes and Events**

**Inner Healing**

**Come & See for Yourself**

**MBSR Classes Forming Now!!**

**Opening the Heart to Difficulty**

**Experiencing Mindfulness**

**Japanese Tea Gatherings**

**Mindfulness Yoga Workshop**

**Triangle Insight is a Non-Profit!**

At a December meeting of Triangle Insight we announced our recent classification as a non-profit with the State of North Carolina. 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](mailto:info@triangleinsight.org) with any ideas or recommendations.

**Inner Healing  
 a Four-Week Class with Jeanne van Gemert**

Connecting more thoroughly with our body is a very efficient way to increase our mindfulness practice and extend it throughout the day. The result of increased mindfulness has been shown to amplify positive health benefits: psychological and physical.

We rest in the 3-dimensional tripod of our body, thoughts and emotions. This tripod is a nest of interconnecting fibers in constant communication with each other. It is very enjoyable work to "fluff" one aspect of the nest and observe its positive effects or co-arising elsewhere.

Our nests are lush, complicated, and are called the body/mind continuum. We'll work with our nests simply and

**Upcoming Retreats**

**Cultivating a Joyful Heart**

**Compassionate Presence**

**A Day of Mindfulness**

**The Alice**

## Project Sarnath, India

[www.aliceproject.org](http://www.aliceproject.org)

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

mindfully: with breathing techniques, simple movement, visualizations, and a small amount of drawing or writing. The class will open up many possibilities that exist for health and healing.

To register, call Duke Integrative Medicine at 660-6826 or through the website: [dukeintegrativemedicine.org](http://dukeintegrativemedicine.org).

### Duke Integrative Medicine Durham, NC

**4 Wednesdays in each month of March & April  
4:30 - 6:30 PM**

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## Insight Dialogue Retreat: Cultivating a Joyful Heart with Phyllis Hicks

Come to the coast for this daylong Insight Insight Dialogue Retreat! In difficult times, it can be a challenge to rest in awareness, allowing the clear knowing of stress and the mental and physical habits that sustain it. Shifting from unwholesome to wholesome states connects us with all of life, providing energy and spaciousness for clear seeing. This allows the release of suffering and the cultivation of wise action and a calm and joyful presence in the world. For more information and registration, please see the attached flier: [Cultivating a Joyful Heart Flier](#)

**Saturday, March 17  
Wilmington, NC  
9 AM - 4:30 PM**

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## Come and See for Yourself: An Introductory Course in Insight Meditation with Ron Vereen

The path of insight is the path of self-exploration. Like a microscope, the practice of mindfulness meditation can be an awareness extending tool to penetrate into the depths of experience so as to see things as they really are. With this deeper wisdom arises greater freedom, joy and

compassion. What to do and where to start with meditation practice will be the focus of this course, presented within the context of the Noble Eightfold Path. As the Buddha encouraged, "come and see for yourself."

The course will run for 6 weeks beginning Monday, 3/26, and attendance at the Day of Mindfulness on 4/28 is encouraged. Instruction will be offered free of charge, with donations (dana) accepted for the teacher and to cover the costs of using the facility. Although geared toward the beginner, anyone is welcome who would like to refresh their practice with guided instruction. Pre-registration is required, along with a commitment to attend all sessions whenever possible. For more information or to register call 919-383-0179 or write to [ron@triangleinsight.org](mailto:ron@triangleinsight.org).

## Episcopal Center at Duke

**505 Alexander Ave., Durham, NC 27705**

**Mondays, 3/26/12 - 4/30/12, 7:00 - 8:30 PM**

**Day of Mindfulness, Saturday, 4/28/12, 9 AM - 4 PM**

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## Japanese Tea Gatherings

with Nancy Hamilton

Instructor, Urasenke Tradition of Tea

Join us for a moment of respite in 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.

Friday, 2/24, 10:45 AM- 12:00 N and 1:00 - 2:15 PM, First Voice of Spring Tea

Saturday, 3/17, 10:45 AM - 12:00 N and 1:00 - 2:15 PM, St. Patrick's Day Tea

Friday, 4/13, 10:45 AM - 12:00 N and 1:00 - 2:15 PM, Spring Blossoms Tea

Saturday, 5/5, 10:45 AM - 12:00 N and 1:00 - 2:25 PM, Children's Day Tea

Participant Limit for all gatherings: 10

Fee: To register, and for pricing information, including Friends of the Gardens discount, please contact Duke Gardens Registrar Sara Smith at 668-1707 or [sismith@duke.edu](mailto:sismith@duke.edu).

Sara P. Duke Gardens  
420 Anderson St., Durham, NC 27708  
Meet at the Doris Duke Center

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## Mindfulness Yoga Workshop with Frank Jude Boccio

This Mindfulness Yoga workshop will provide the opportunity to explore the three principles of alignment, relaxation, and resiliency necessary for sitting meditation, hatha yoga, and for living a life of freedom and authenticity. Practicing asanas designed to open stiff hips, strengthen sore backs, and relax tense shoulders and necks, we can develop insight into our conditioning and cultivate equanimity. In this way, we enter into the stillness at the heart of movement and experience the energy that moves in the stillness of meditation.

Cost: \$180; \*\*\$150 if registered and paid by 1/31/11  
More info and to register: [www.hillsboroughyoga.com](http://www.hillsboroughyoga.com)

Frank Jude Boccio is a certified Yoga Teacher, Interfaith Minister, member of Thich Nhat Hanh's Order of Interbeing, and Dharma Teacher ordained by Korean Zen Master, Samu Sunim. His critically acclaimed book, Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind presents the only comprehensive application of the Buddha's Mindfulness Meditation teachings to yogasana practice. Based in Tucson, he travels throughout the world, leading workshops, retreats and trainings. Please contact him through [www.mindfulnessyoga.net](http://www.mindfulnessyoga.net).

Hillsborough Yoga & Healing Arts  
1812 Becketts Ridge Rd., Hillsborough, NC  
Friday, March 23, 7 - 9 PM  
Saturday, March 24, 9 AM - 12 N, 2 - 5 PM  
Sunday, Marcy 25, 9 AM - 12 N

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## Compassionate Presence: for Psychotherapists and Healthcare Professionals

with Sharon Beckman-Brindley, PhD and  
Phyllis Hicks, MDiv, LPC

In this Compassionate Presence retreat for mental health professionals, we will practice mindfulness meditation and its extension into Insight Dialogue meditation. Through this relational meditation practice, we will explore classical Buddhist teachings on mindfulness, suffering and healing and relate these experientially to western psychological understandings of suffering and the healing relationship. Continuing Education Credits (27.5 hours) are available.

This is the first retreat in the new Relational Insight Meditation (RIM) program. Following the retreat, participants may choose to enroll in RIM Online, an eight month distance learning program beginning in May 2012.

For more information or to register, go to:  
**[Compassionate Presence Flier](#)**

**Tuesday, April 24 to Sunday, April 29**  
**Shalom House Retreat Center**  
**Montpelier, Virginia**

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## A Day of Mindfulness with Cynthia Hughey 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 teachers and to cover the costs of using the facility.

Please bring your own lunch, with refrigeration available if needed. For more information, or to receive specifics and guidelines about the day, please contact us at **[info@triangleinsight.org](mailto:info@triangleinsight.org)**.

**Episcopal Center at Duke**  
**505 Alexander Ave., Durham, NC 27705**  
**April 28, 2012**  
**9:00AM-4:00PM**

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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 March 26th, with classes beginning the week of April 2nd, and running through the week of May 21st, with a Day of Mindfulness on May 19th. A variety of class times are offered, 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. 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 March 26th - Week of May 21st, 2012**  
**Various class times 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

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.

Now forming: a group to support teenagers in the study and practice of Buddhist teachings and mindfulness meditation. First meeting is Sunday, January 22nd, and will meet regularly on Sunday evenings from 7 - 8:30pm. The group is facilitated by Nina Bryce and supported by Kevin Ryan and Sumi. The program is an initiative of the Buddhist Families of Durham. 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](mailto:simplysumi@gmail.com)**

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

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## 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**

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## Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00AM. For more info contact Ron at [rlvereen@aol.com](mailto: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 919-265-7600, email [zensetter@gmail.com](mailto:zensetter@gmail.com) or call/email Ed at 919-636-2889/[spaceferrets@yahoo.com](mailto:spaceferrets@yahoo.com).

### Monday Nights

**7:00 PM**

**Chapel Hill Zen Center**

**5322 NC Hwy 86**

**Chapel Hill, NC 27516**

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