



Triangle Insight Meditation Community

triangleinsight.org

Happy New Year to all!

Events on the calendar, e.g., New Year's Day, other holidays, and special occasions are ways in which we mark and connote the passage of time. Each marker is given some attribution of meaning dependent upon the culture and context in which it is based, and who we perceive ourselves to be will determine how we relate to these occurrences. If "I" am a "me" over "here," and "you" are a "thing" over "there," all moving through what we agree to call "space" and "time," then "we" are bound by the rules of that convention. However, if the realization of non-self is our intention, then all "things" as we know them change, much like when Alice fell down the rabbit hole.

As you may recall from the story of *Alice in Wonderland*, Alice left a world in which the rules were clear, and everything had its proper place, only to enter a realm in which nothing she knew made sense anymore. When reflecting on our

experience upon entering the world of Buddhist practice, we may recall feeling a bit like Alice listening to the Mad Hatter. As we attempt to digest some of the Buddha's teachings they may at first seem confounding, especially the teaching on *anatta*, or non-self.

In the Buddha's realm, if you asked him if the self exists or not he would remain silent. What's up with that?! He explained his non-response by stating that to hold to either view of the existence or non-existence of a self would be to fall into extreme forms of wrong view, the view of eternalism or nihilism. These questions, he said, only lead to suffering. One might then assume that we are not to question, but this apparently is not the case. According to the Buddha, one needs to ask *appropriate* questions. In the case of all phenomena that are arising and passing, especially the sense-of-self (the five aggregates of clinging), he suggested we inquire "Is this me?" or "Is this mine?" or "Is this myself?" If he were here with us today, let's hope he would invite us to get back with him on that!

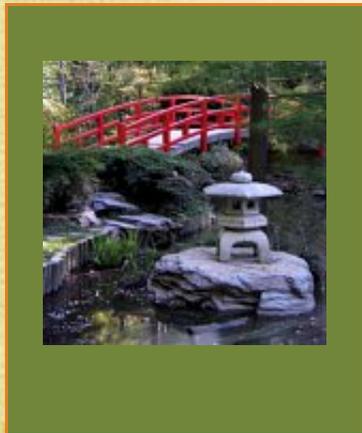
Our conventional/conceptual world is one in which there is an assignation for all phenomena, which holds a view that all questions about them must have an answer, and a right one at that. From this perspective we want to know, usually now rather than later, to whom or to what does this particular thing belong. But the Buddha was pointing to a different view, where the appropriate form of inquiry itself is the essence of practice, and where we suspend old views and there is no place for the supposition of "things." From his own experience he knew that if we paid appropriate attention long enough we would begin to experience the insights he did, "the fruits of the spiritual path, visible here and now."

At first we may feel like Alice, bewildered, perplexed, and frustrated (she also got a little testy), only to discover that patience and equanimity are required and somehow begin to emerge. We then appreciate the genius of the Buddha, realizing we have "accidentally" stumbled upon at least two of the ten virtues or *paramis*. We start to get it; the self's view and methods of acquisition no longer apply, and only the paradox of surrender brings freedom. Surrender is what happens after the ego has exhausted all of its strategies, and we let go of our *need* to know and become more open to what is presenting itself for our

observation and insight. We become open to the reality of our being where, as one teacher has described it, "you are no more or less important than the breeze on your cheek." We have now entered the Wonderland of the Buddha, where curiosity, interest, excitement, and awe become our guideposts leading us all the way to the other shore.

So, whenever you mark your calendar, and we do need to maintain our conventions while living in this relative world, also take time to breathe and appreciate that you can always drop into this Wonderland, where the only moment we truly have is now (and it's always 6 o'clock!). Let us be open to its fullness and richness and see what it has to reveal so that we all may be free.

With best wishes for each new moment in this New Year,
Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen



Sitting Opportunities

Wednesday Meditation Group

Insight Dialogue at Triangle Insight

Buddhist Families of

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:

- | | |
|--------------|----------------------------------|
| January 2: | Dave Hughey |
| January 9: | Cynthia Hughey |
| January 16: | Jeanne van Gemert |
| January 23: | Phyllis Hicks (Insight Dialogue) |
| January 30: | Ron Vereen |
| February 6: | Ron Vereen |
| February 13: | Cynthia Hughey |
| February 20: | Jeanne van Gemert |
| February 27: | Phyllis Hicks (Insight Dialogue) |

Wednesday Evenings

6:30 - 8:00 PM

[Durham](#)[Neighborhood Sitting Group](#)[Duke Cancer Center](#)[Recovery Group](#)[People of Color](#)[Other Resources](#)

(Insight Dialogue from 6:30 - 8:30 PM)
Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

Devoting Yourself to Practice: Entering the New Year with Intention An On-line Program with Ron Vereen

Classes and Events

[Devoting Yourself to Practice](#)[Transforming Your Relationship with Food](#)[Stepping Out of Self Deception](#)[MBSR Classes Forming Now](#)[Opening the Heart to Difficulty](#)[Experiencing Mindfulness](#)[Japanese Tea Gatherings](#)

A regular, preferably daily meditation practice is considered an integral part of awakening to the Dharma. In the Buddha's formulation of the threefold training of the Noble Eightfold Path (wisdom, morality, concentration), three of the eight path factors are devoted to the concentration group (wise effort, wise mindfulness, and wise concentration), and are associated with the practice of formal meditation. The Buddha thus placed an emphasis on meditation practice, repeatedly exhorting his disciples to go to the foot of a tree or to an empty hut, to sit down with legs crossed, and to place mindfulness before them.

If you find that you are having difficulty establishing a regular meditation practice, then what better time than the New Year to revisit your intention. This on-line program during the month of January is being offered as a way to do just that in the hopes of helping you to develop more devotion to practice. And you don't have to go to the foot of a tree or an empty hut, but can remain in the comfort of your own home! However, you will be encouraged to practice.

During each week of January you will receive links to guided meditations that will help to 1) establish a foundation of concentration, 2) enhance the practice of mindfulness, 3) explore the spaciousness of awareness, and 4) move the heart toward greater loving-kindness, compassion, and equanimity. There will also be suggested readings as well as an opportunity to join in an on-line discussion group. This program is open to those with all levels of meditation practice, and is being offered free of charge, with donations welcomed for the teacher and Triangle Insight.

For more information or to register, contact Ron Vereen at rlvereen@aol.com.

Upcoming Retreats

[Insight Dialogue](#)[Developing Wisdom through Mindfulness of the Six Sense Bases](#)[Exploring the](#)

Month of January 2013
Triangle Insight Meditation Community

Magnitude of Mindfulness

Insight Dialogue & Therapeutic Presence

Goings On in the Sangha

Director Position Open at Stone House

Dharma Contemplation Group

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



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Insight Dialogue Retreat with Phyllis Hicks and Sharon Beckman-Brindley

Join Phyllis Hicks and Sharon Beckman-Brindley for a day of Insight Dialogue practice. We will be exploring the nature of the mind and the shift from habit to flexibility. There will be periods of silence interspersed with dialogue. We will contemplate the mind's constructing nature and its great potential for awareness and freedom. More information and registration can be found at <https://metta.org/program/freedom-from-fixed-views/>

Charlottesville, VA
January 19, 2013, 9 AM - 4:30 PM

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Developing Wisdom through Mindfulness of the Six Sense Bases

A Weekend Non-residential Retreat
led by Callie Justice and Steve Seiberling

A core question for contemporary lay practitioners is: How can I strengthen and deepen my practice of the Buddha's path in the context of lay life? Or, put another way: How could my normal "daily life" more closely resemble life "on retreat?" The non-residential retreat structure-moving back and forth between the retreat center and the home-offers particular advantages as a framework for this inquiry.

In order to help us explore ways of bringing "retreat" to our homes, the Eno River Buddhist Community is offering a Winter Weekend Non-residential Retreat. The retreat will emphasize two core practices drawn from the early discourses of the Buddha: mindfulness of breathing and contemplation of the six sense bases. The retreat will be structured to help each participant



discern how to work with these and other practices in a way that is sensitive to, and best supports, their needs. Please see the [retreat flyer](#) for additional information and details on how to register. For further information, please contact Callie Justice at justice.callie@yahoo.com.

Callie Justice became involved with the Buddha's teachings about 16 years ago, initially working primarily with teachers who were versed in the mindfulness approach taught through the Insight Meditation Society. Over the past several years, she has found a great deal of benefit from the contributions of teachers such as Bhante Sujato and Richard Shankman who draw on the Pāli suttas to teach developing strong concentration along with mindfulness in meditation, and emphasize developing meditation practice to work with the whole of the Eightfold Path.

Steve Seiberling began exploring Buddhist meditation in 1993, and not long after started participating in the group that became the Eno River Buddhist Community. Study of the discourses of the Buddha has been a priority for Steve in recent years. He is also drawn to the teachings of several Theravādin monastics, especially Bhikkhu Bodhi, Bhikkhu Sujato and Thanissaro Bhikkhu. In 2008 he completed the Community Dharma Leader program offered through Spirit Rock Meditation Center.

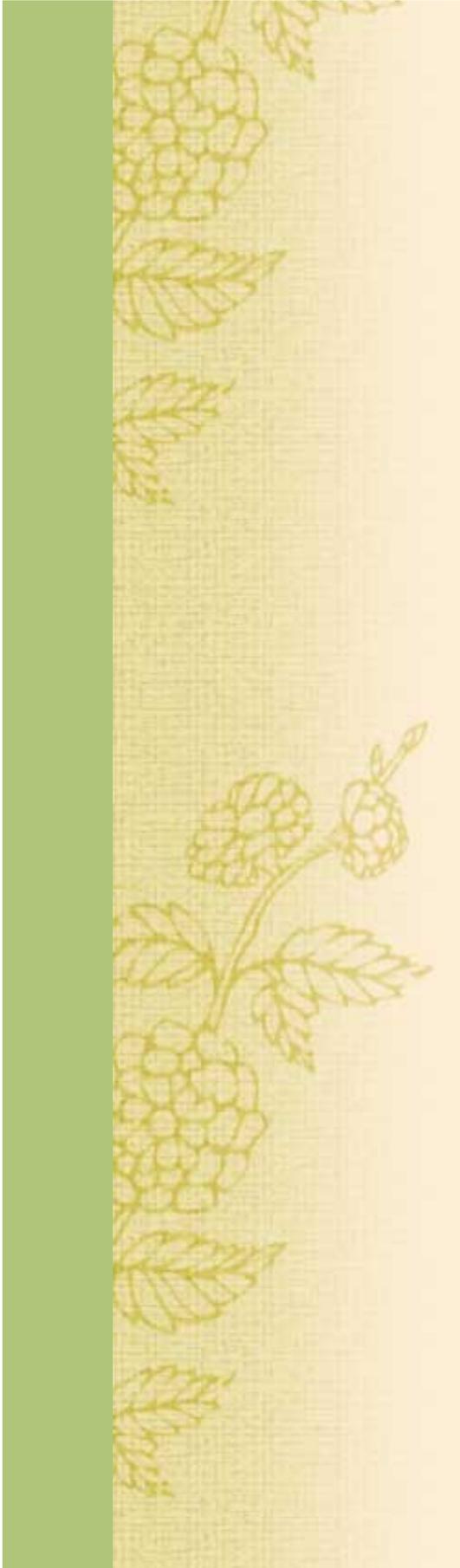
January 25th, 7:00 PM through
January 27th, 1:00 PM

To be held at a Residence in the Watts-Hillandale
Neighborhood in Durham, NC

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Mindfulness, Stress Reduction, and Transforming Your Relationship with Food: An Eight-week Course in the Art of Conscious Living with Sasha Loring

Learning to handle stress is an important aspect of enhancing physical and emotional well-being, and is a foundation for achieving and maintaining a healthy body weight. This program gently trains participants to slow down, recognize the warning signs of stress reactions, and



stay focused and relaxed in ways that enhance the body's natural abilities to reduce stress, and the mind's ability to choose healthy responses.

Participants will learn mindfulness skills to reduce emotion-driven eating, explore food craving, increase body awareness, experience the power of self-kindness in the process of change, and create a healing partnership between mind and body. Class size will be limited, so register early.

Course cost: \$370. Discounts available for UNC employees. To register or for more information contact: 919-966-8586, and see the flyer [here](#).

Sasha Loring, M.Ed., LCSW, is a psychotherapist and meditation teacher who has been leading mindfulness programs nationwide for over 30 years. As a leader in the field of mindful eating she has developed programs for major medical and diet centers in Durham, NC. She has also taught the Mindfulness-Based Stress Reduction course, led weight management support groups and worked individually with many people struggling with their weight. Sasha Loring is the author of the book *Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight*. More information at: sashaloring.com

**Wed., Feb. 6th - Wed., March 27th, 2013
6:30 - 8:00 PM**

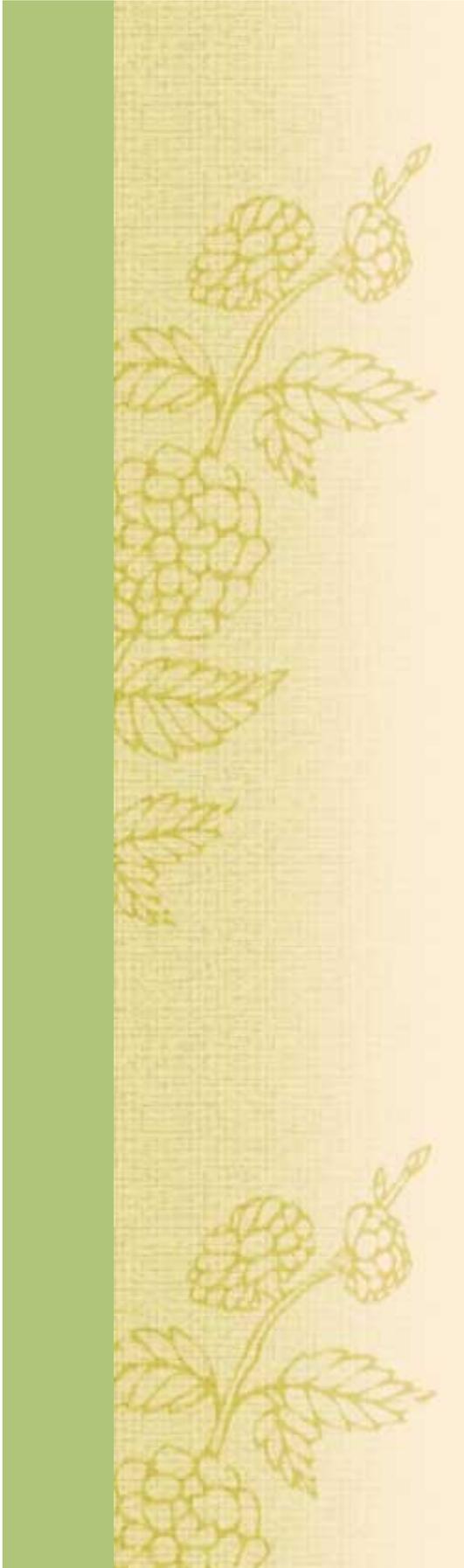
**Program on Integrative Medicine
UNC-CH School of Medicine (pim.med.unc.edu)
Chapel Hill, NC**

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The Power of Meditation: Exploring the Magnitude of Mindfulness

with **Jeanne van Gemert and Ron Vereen**

Jeanne and Ron invite you to join them for this two-day non-residential retreat in San Miguel de Allende, Mexico. Consider combining a June vacation with an opportunity to deepen your mindfulness practice in this lovely Spanish colonial city in the mountains of central Mexico. A thriving artist and ex-patriot community, San Miguel offers a rich cultural history to savor and explore. The retreat will be offered during mid-week, with plenty of time on either side



to take in the sights or just stroll leisurely around the centro district.

In this retreat we will be looking more closely at the skillful mental factor that is mindfulness, along with other factors that co-arise with it as well. We will undertake this contemplative journey in exploring the magnitude of mindfulness so as to discover greater balance of mind, generosity of heart, and a stronger conviction for the practice of meditation. All levels of meditation experience are appropriate for this retreat.

The retreat will be held at the **LifePath Center** in the heart of San Miguel de Allende, where five well-appointed rooms are available for lodging. One may also explore a variety of other accommodations nearby in B&B's, very affordable casita rentals, and local hotels. More detailed information will be forthcoming in the next few months.

LifePath Center for Learning, Healing and Retreat in San Miguel, Mexico

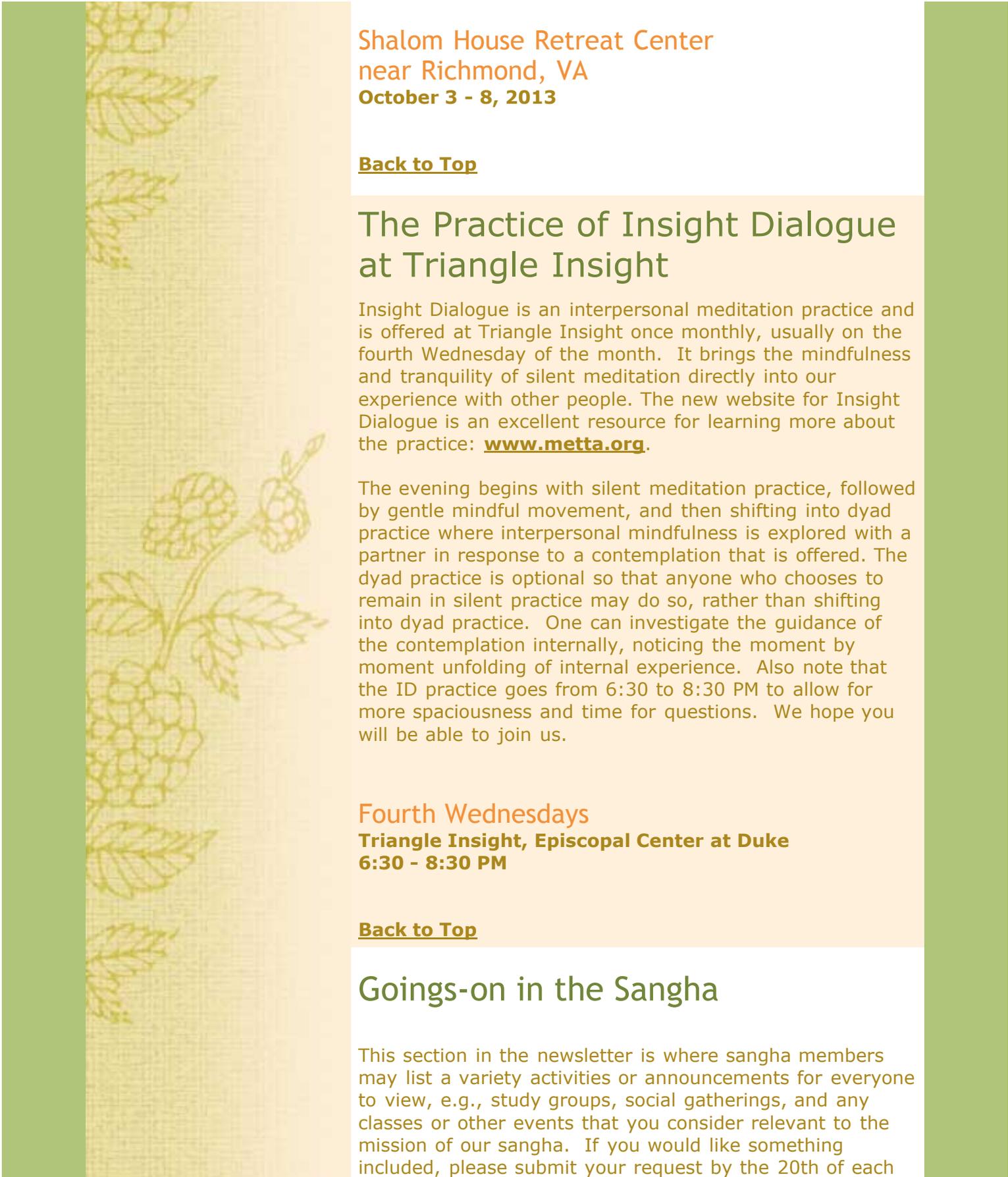
Public Talk on June 11, 2013, from 7:30 - 9 PM

Non-Residential Retreat June 12-13, 9 AM - 5 PM

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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. Continuing Education credits are pending. 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

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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.

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
Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM

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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.

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Director Position Open at Stone House

We have been informed that the Stone House, a lovely retreat center only 30 miles away, and one many of us have visited, is looking for a new Executive Director. If you or anyone you know may be interested, please go to the following link for more information about the position and instructions on how to proceed:

[Executive Director Position at Stone House](#)

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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, or call **Tamara** at **919-493-2674, x 114** for more information. In 2013 the following dates have been set: 1/27, 2/24, 3/24, & 4/28.

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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. There is now a wait list for participation, so if interested in being placed on the list in the event space opens up, or if you have questions, 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

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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 7, with classes beginning the week of January 14, and running through the week of March 4, with a Day of Mindfulness on February 23. 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 January 7 - March 4, 2013

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 a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

First Thursdays of the Month

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 a \$15 charge for the class, which 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-12:00 noon

please contact Sumi Loundon Kim for details

email: 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. Please note that there will be no meeting on Monday, 12/31.

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 call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Tuesday Nights

7:00 - 8:15 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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Traditional Japanese Tea Gatherings at Duke Gardens with Nancy Hamilton Urasenke Traditon 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. With questions regarding the Tea Program at the Duke Gardens, including these fall tea events, private tea gatherings, class visits (K thru University), or study of the Way of Tea, please don't hesitate to contact Nancy by phone at (919) 286-0655 or at nancy.hamilton@duke.edu.

Fri., 2/8, First Voice of Spring Tea; 10:45 AM & 1:45 PM

All gatherings are limited to 10 participants
Fees: \$40; Friends \$30; Family rate \$40 per adult/child
Pre-registration required, parking pass included

To register contact Sara Smith, 919-668-1707, or at sismith@duke.edu

Duke Gardens

**Meet at the Doris Duke Center
Dates and times listed above**

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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.

[Forward email](#)



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