

Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

As we enter 2012 we would like to wish you all a very Happy New Year! This wish can often be reflexive, if not obligatory, and so it may be useful to clarify our intentions in offering this familiar salutation: we wish you the happiness promised by the Buddha.

It seems that at this time of transition from one year to the next, there is a particular tendency to look back on the past year and reflect on our experience, as well as to look forward in anticipation of events yet to come. How we perceive the past will often shape how we plan to venture forward. We can always find something not to repeat from our past and some way to be better in the future. This may seem to be a good idea but our approach may not necessarily translate into skillful means. If not careful we can become self-critical and judgmental, with our efforts becoming yet another self-improvement project. We keep looking back and projecting forward, keeping the sense-of-self alive and well, fully engaged in perpetuating the "I," "me," and "mine."

The Buddha offered an alternative mode of perception, not focused on the past or the future but on present-moment experience. In looking here and now, without reference to "who" or "what" is looking, he suggested evaluating how this moment is unfolding to see whether thoughts, words, or deeds are bringing ease and well-being, as well as contributing to the well-being of others. This was the first teaching he gave to his son, Rahula, encouraging him to reflect in this way; to continue those actions that were skillful and to refrain from those that were not.

Whether it is this simple teaching on karma to a 7 year old or the more complex version to the disciples of monks, the message is the same: we are owners of only our actions.

Let this time of transition into 2012 serve as a reminder for us to continually reflect on our moment-to-moment experience, not only throughout this year but for the rest of our days. This practice of skillful means will hopefully bring about more skillful actions which will then bear the fruit of the happiness the Buddha promised.

May we all be happy!

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Chapel at Duke Hospital](#)

[Recovery Group](#)

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and 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 4: Ron Vereen
 January 11: Cynthia Hughey
 January 18: Jeanne van Gemert
 January 25: Phyllis Hicks (Insight Dialogue)

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

Classes

[MBSR Research](#)

A Special Thanks to Emily West

Study Group**MBSR Classes
Forming Now!!****Inner Healing****Opening the Heart to
Difficulty****Experiencing
Mindfulness**

We want to take this opportunity to express deep gratitude to Emily West, who has been editing and formatting our newsletter as well as maintaining the site since September 2010. In addition, she was instrumental in setting in motion the development of our website. Demands of school, work, and family now require that she turn this task over, and we want to acknowledge her contribution of time and energy as being crucial to the technological presence of Triangle Insight. Deep bows for her efforts.

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 with any ideas or recommendations.

Upcoming Retreats

Opening to Life**The Magnitude of
Mindfulness****Changing Your
Relationship with
Food****Buddhism &
Recovery**

The Alice Project Sarnath, India

www.aliceproject.org

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

Mindfulness-Based Stress Reduction Research Group

Duke Integrative Medicine will be offering a Mindfulness-Based Stress Reduction class at no charge as part of a research study whose purpose is to investigate the relationship between mindfulness, stress, and health. The class will follow the usual MBSR format, with an orientation session, eight weekly 2.5 hr. classes, and a Day of Mindfulness on a Saturday, all conducted during the Winter Cycle. Note that if you are a regular meditator you will not qualify for this study, but you may know someone who might. Other criteria include being 18 - 65, in good general health, not taking daily medication, able to access the internet, and able to attend four study visits at Duke in addition to the MBSR class. As noted above, for your participation in the study, there will be no charge for the class. For more information call **919-660-6770** or email MBSRstudy@duke.edu.

**Duke Integrative Medicine
Thursdays, 6:30 - 9:00 PM**

January 12 - March 8, 2012

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, 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 9th, 2012, with classes beginning the week of January 16th, and running through the week of March 5th, with a Day of Mindfulness on March 3rd, 2012. 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 Jan. 9th - Week of Mar. 8th, 2012
Various class times available

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 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.

Duke Integrative Medicine

Durham, NC

4 Wednesdays in each month of March & April

4:30 - 6:30 PM

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](http://dukeintegrativemedicine.org). 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

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](http://dukeintegrativemedicine.org). 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

New Year Insight Dialog Retreat:

Opening to Life

with Phyllis Hicks and Mary Burns

In our daily life, rich with sensory contact, what causes the heart-mind to open and extend or to close and withdraw? Is it the pleasant, unpleasant or neutral qualities of our experience? Insight Dialogue brings mindfulness directly into the moment of interpersonal contact. Understanding and communication improve naturally as we receive our tangled minds with kindness and release old habits of relating. As our practice matures, compassionate observation of

relational stresses opens a pathway to insight and true freedom.

In Insight Dialogue we explore our moment-to-moment experience while meditating side by side in silence and face to face in dialogue with others. Kind care for the body and walking meditation will be interwoven with guided contemplations and silent practice. For information and registration [click here](#). Registrations can be received up until Jan 2nd. For folks who are late registering it would be helpful for them to send Marilyn Hartman an email indicating their intent at marilyndhartman@gmail.com.

January 5 - January 8, 2012

The Stone House
Mebane, NC

The Magnitude of Mindfulness with Jeanne van Gemert and Ron Vereen

Looking more closely at the skillful mental factor that is mindfulness, and other factors that co-arise with it, this retreat will bring each participant along on a contemplative journey of exploring the magnitude of mindfulness, and 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 non-residential retreat. For more information or to register, call 919-660-6826 or go to www.dukeintegrativemedicine.org. If interested, register early, as these retreats fill quickly.

January 27th - January 29th, 2012

Duke Integrative Medicine
3475 Erwin Road
Durham, NC 27705

Changing Your Relationship with Food: Mindfulness Skills for a New Year

A Workshop with Sasha Loring, PhD

This workshop offers a range of methods for changing unhelpful thoughts, beliefs and behaviors regarding food. From the ground of mindfulness, attentional training, and self-kindness, this workshop focuses on gaining insight into unhealthy habitual patterns and on building the psychological

resources needed for change. All levels of experience are welcome. For more information and to register, open the attached flyer or go to www.stonecircles.org, or call **919-304-5000**. For information about Sasha Loring go to www.sashaloring.com.

Stone House
Mebane, NC
January 28 & 29, 2012

Buddhism & Recovery Retreat **with Jeffrey Schneider**

Jeffrey Schneider will return to lead a Recovery Retreat on Saturday, January 7, 10:00 AM - 5:00 PM at the Chapel Hill Zen Center. This day long retreat will include meditation instruction for those new to the practice, several periods of sitting and walking meditation, a talk and discussion, a silent lunch, and it will end with a Twelve Step meeting. Suggested donation \$25, bring your own lunch. Tea and coffee provided.

In addition, Three Recovery Classes with Jeffrey Schneider will be held on Saturday, Sunday and Monday nights, January 7, 8, and 9, beginning at 7:30 p.m. During these three evenings he will explore the connections between Buddhism and recovery work: how they can mutually inform and support each other. He will offer mediation instruction, a short period of meditation, and a talk followed by discussion. Although he suggests attending all three evenings, as the subject matter will be sequential, you are welcome to attend just one or two.

Jeffrey Schneider has been practicing at the San Francisco Zen Center where he is a priest, since 1978. He began the Meditation and Recovery Group at the Zen Center in 2000 and has led retreats on Buddhism and Recovery in a variety of places since then. Jeffrey is currently co-leading the second year-long recovery intensive, Sangha in Recovery, at the San Francisco Zen Center, consisting of regular small groups, classes, retreats and workshops. Jeffrey is a Certified Addiction Treatment Counselor with the California Association for Alcohol/Drug Educators.

To register or more information, contact Ed at (919) 636-2889 or spaceferrets@yahoo.com.

Saturday, January 7, 2012
Chapel Hill Zen Center
10:00AM-5:00PM

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.

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

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

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.

Monday and Thursday Mornings

7:15-8:00AM

Yoga in the Hood

2205 Wilson St

Durham, NC 27705

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

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

Monday Nights
7:00 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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