



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

In the midst of all the troubles in the world and the challenges we face, it can be helpful to reflect on what we have to be grateful for. This reflection is more than just "the power of positive thinking," as it connects us with what is beyond the world and all the vicissitudes of life. It can remind us of our deepest intention - to be free of suffering. And as we said last month, the Triple Gem of the Buddha, the Dharma, and the Sangha can be our refuge.

Let's look at what the Buddha said about the human condition. He did say that life is inherently unsatisfactory, and he also said that we can be free, laying out a path to be developed to that end. In the **Chiggala Sutta** (The Hole) he points out that it is "a sheer coincidence that one obtains the human state," using as a simile that this birth is as likely as a blind sea turtle, coming up to the surface every hundred years, being able to poke its head through the single hole of a yoke floating there.

He was not only referring to his audience, but to his own arising in the world as the Tathagata, and also to the doctrine and discipline he realized and expounded - "sheer coincidence." One infers from this sutta to not only be grateful but to get busy, as it ends with his exhortation to contemplate our suffering, its origin, its cessation, and the path to its end. He was presenting us with his own humanity, his embodied wisdom, and his method. In Buddhism this is often referred to as "this precious human birth," meaning we experience just the right amount of pleasure and pain to motivate us to be free. And the Buddha, being human like us, said that we can be free if we follow his course of study and practice. Let us be grateful for that.

If you're still not convinced of your good fortune, then it may help to know that the Buddha, after his enlightenment, came very close to not sharing his insights with us. In the **Ariyapariyesana Sutta** (The Noble Search), after realizing how difficult it was for him to realize the truth, he states "Enough of teaching the Dhamma/That even I found hard to reach;/For it will never be perceived/By those who live in lust and hate." But then he recounts how Brahma Sahampati appeared before him with his own exhortation: "Let the Blessed One teach the Dhamma...There are beings with little dust in their eyes who are wasting through not hearing the Dhamma. There will be those who will understand the Dhamma." And "out of compassion for beings" he surveyed the world with his divine eye, and found the five ascetics with whom he had practiced austerities and self-mortification, and began "Setting the Wheel of Dhamma in Motion" in the

Dhammacakkapavattana Sutta, his first sermon, sharing with them his insights into the Four Noble Truths and how he came to be free. And "thus at that moment, at that instant, at that second, the cry spread as far as the brahma world," and he saw that one of the five, Kondanna, understood. And the Buddha knew in that moment not only what he *could* do, but what he *needed* to do out of his compassion for the world of suffering beings. As Bhikkhu Bodhi puts it in his remarks about this auspicious event: "In one split second, the Lamp of the Doctrine has passed from master to disciple, to begin its journey throughout India and across the world." And here these teachings are, right at the tip of our fingers, right at the click of a mouse. Now that's something to be grateful for!

May we all appreciate the precious nature of this human birth, and use this rare opportunity to break through our ignorance and see the truth.

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



Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

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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:

March 6:	Ron Vereen
March 13:	Cynthia Hughey
March 20:	Jeanne van Gemert
March 27:	Phyllis Hicks (Insight Dialogue)
April 3:	Ron Vereen
April 10:	Cynthia Hughey
April 17:	Jeanne van Gemert
April 24:	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

Buddhism: The American Experience

A talk for a general audience with Prof. Charles S. Prebish

Sponsored by the Department of Religion at Duke University and co-sponsored by the Buddhist Meditation Community

Events

[Buddhism: The American Experience](#)

[Living Realization: A Weekend with Scott Kiloby](#)

[Stepping Out of Self Deception](#)

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[Opening the Heart to Difficulty](#)

[Experiencing Mindfulness](#)

Following the change in immigration law in the United States in the mid-twentieth century, Buddhism exploded on the North American continent. Buddhism is now found everywhere: from the cover of TIME magazine to the Simpson's TV show; from Leonard Cohen practicing as a Zen priest to the Dalai Lama visiting the White House. Some estimates place the number of Buddhists on the continent as high as six million. This talk traces the development of the study of North American Buddhism as it developed as a legitimate sub-discipline in the larger discipline of Buddhist Studies, and my journey through it. It looks at the early pioneering works of the past half-century, examining the Buddhist communities in North America, the theories that have developed to understand their growth and development, the scholarly and popular studies that have appeared in the literature, the scholars and scholar-practitioners who have offered seminal studies, Buddhist teachers-Asian and Western-who have appeared on the scene, and the new emphases which have recently appeared which may shape Buddhism's development in North America in our new century. In broad perspective, this talk will hopefully provide a new insight into the current shape of the North American Buddhist landscape.

Upcoming Retreats

[Mindful Yoga Retreat](#)

[Living Our Practice](#)

[Tune In to Ease](#)

[Exploring the Magnitude of Mindfulness](#)

[Insight Dialogue & Therapeutic Presence](#)

Charles Prebish is Professor Emeritus at both the Pennsylvania State University and Utah State University (where he held the Charles Redd Endowed Chair in Religious Studies). His research focuses on early Indian Buddhism, with emphasis on the monastic tradition and sectarian movement, and on the development of Buddhism in the West, with numerous publications on this topic.

Monday, March 4, 7:00 PM

**Duke University Divinity School
Westbrook Bldg., Rm0014 ([Map](#))**

This event is free and open to the public

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Goings On in the Sangha

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Living Realization A Weekend with Scott Kiloby

Scott Kiloby is reaching out to all people who are suffering or seeking or cannot seem to find fulfillment in this life no matter where they go or what they do. He is communicating to them that freedom is available and that it is actually contained in their very presence, yet it is overlooked. The benefits of recognizing presence are living with a mind that is at peace, a heart full of love and compassion for

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



others, and the end of looking for happiness outside ourselves.

In this weekend event, every position and belief gets challenged, including every belief about the self, others, the world and all of our ideas about spirituality. This leaves those attending completely open to allow the present moment to unfold in a new way, free of identification with thought and secure in an unshakable peace, clarity, and freedom. The intention is to allow each person attending to go home and discover for themselves the freedom Scott's message is pointing to. The live meetings are spontaneous, open, and unpredictable. You never know what is going to pop up.

Come and find out what we're talking about!

Scott Kiloby is a noted author, teacher, and international speaker who gives talks and meetings around the U.S. and internationally. He is the creator of Living Relationship, a book and set of inquiries called "The Living Inquiries" (www.livingrelationship.org), as well as the author of several other books: ***Love's Quiet Revolution: The End of the Spiritual Search***; ***Reflections of the One Life: Daily Pointers to Enlightenment***; ***Living Realization: Your Present Experience As It Is***; and ***Doorway to Total Liberation: Conversations with What Is***. He is also the creator of an addiction/recovery method called **Natural Rest for Addiction** that is scheduled for release in 2013.

March 8 - 10, 2013

One Heart, 1617 Pinecrest Rd., Durham, NC 27705

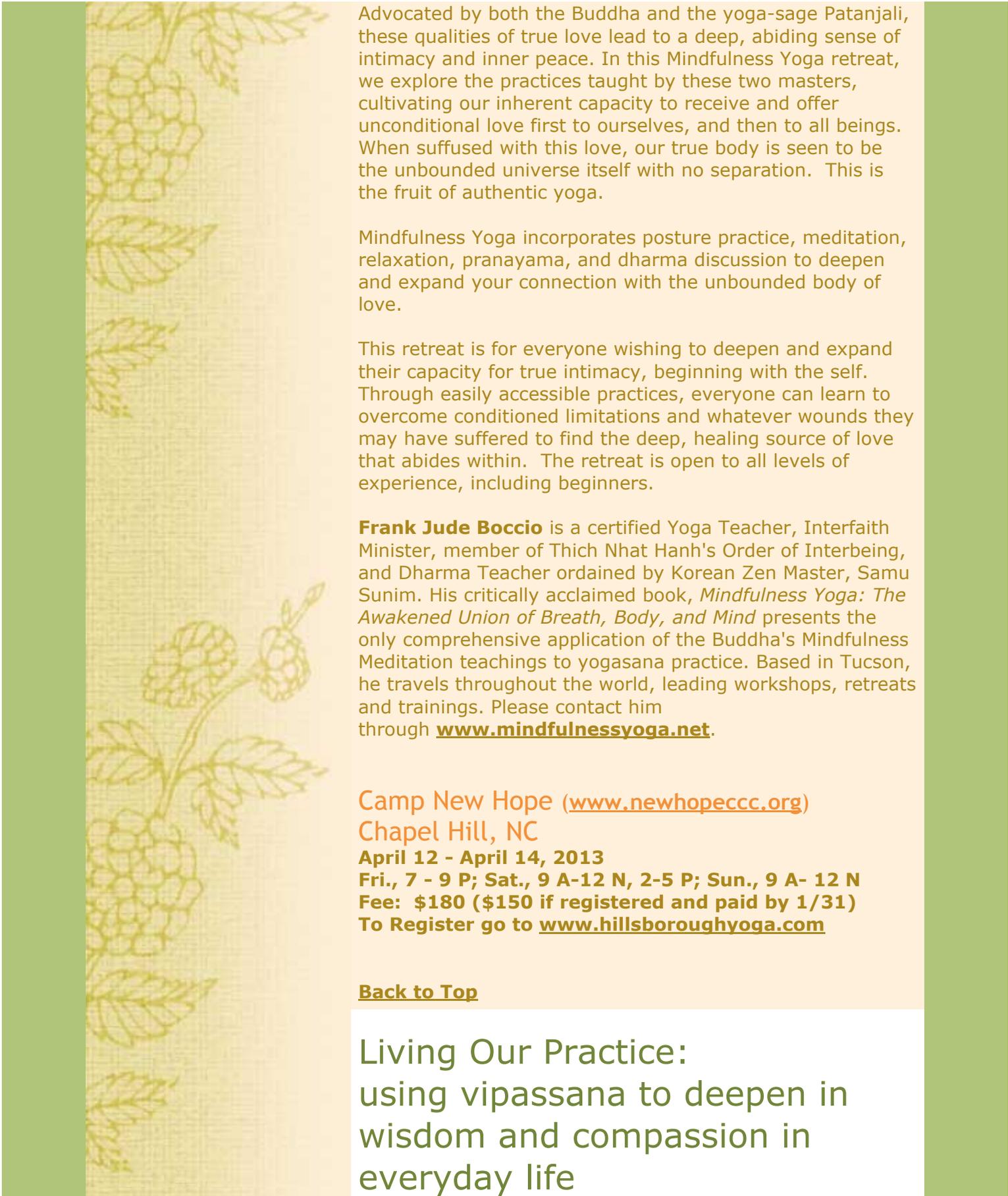
Details/Registration: www.scottkilobytalks.com

**Durham contact: Alice Hall
(tigrclause@mindspring.com)**

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Boundless Body, Immeasurable Heart: A Mindful Yoga Retreat with Frank Jude Boccio

The sublime states of friendliness, compassion, joy, and equanimity are collectively known as the Brahma Viharas, or the Four Immeasurables.



Advocated by both the Buddha and the yoga-sage Patanjali, these qualities of true love lead to a deep, abiding sense of intimacy and inner peace. In this Mindfulness Yoga retreat, we explore the practices taught by these two masters, cultivating our inherent capacity to receive and offer unconditional love first to ourselves, and then to all beings. When suffused with this love, our true body is seen to be the unbounded universe itself with no separation. This is the fruit of authentic yoga.

Mindfulness Yoga incorporates posture practice, meditation, relaxation, pranayama, and dharma discussion to deepen and expand your connection with the unbounded body of love.

This retreat is for everyone wishing to deepen and expand their capacity for true intimacy, beginning with the self. Through easily accessible practices, everyone can learn to overcome conditioned limitations and whatever wounds they may have suffered to find the deep, healing source of love that abides within. The retreat is open to all levels of experience, including beginners.

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.

Camp New Hope (www.newhopeccc.org)
Chapel Hill, NC

April 12 - April 14, 2013

Fri., 7 - 9 P; Sat., 9 A-12 N, 2-5 P; Sun., 9 A- 12 N

Fee: \$180 (\$150 if registered and paid by 1/31)

To Register go to www.hillsboroughyoga.com

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**Living Our Practice:
using vipassana to deepen in
wisdom and compassion in
everyday life**

New Hope Sangha's Spring Meditation Retreat

It is the natural impulse of our hearts to want to live in peace, kindness, and freedom from suffering. During this retreat we will work with two areas of Dharma practice which enable us to bring our practice fully into our lives. We will explore such questions as: How do we live with love? and, How do we live in this present moment and find the spaciousness and non-duality in it?

This weekend will include instruction in Insight Meditation, silent meditation practice, dharma talks, and chanting from various spiritual traditions. Visit [New Hope Sangha](http://www.newhopesangha.org) for more details and registration.

Stone House

www.stonecircles.org

Mebane, NC

Friday, April 12th - Sunday, April 14th, 2013

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Tune In to Ease: Cultivating a Healthy Mind with Phyllis Hicks and Jeanne van Gemert

Freeing the mind of unnecessary stress is something we all desire. Mindfulness practice develops an open and kind perspective that helps us accept the pleasant and unpleasant aspects of experience and meet the changing conditions of our lives with greater ease and flexibility.

In this day-and-a-half retreat we will investigate the mental qualities that the neuroscientist, Daniel Siegel, uses to describe well being: flexibility, adaptability, coherence, energy, and stability. This event is open to all levels of experience, and beginners are welcome.

Cost: \$260/ \$245 Early enrollment by April 12th. Fee includes lunch on Saturday. Call to register at 919-660-6826. For more information go to [Tune In to Ease](#).

Duke Integrative Medicine

3475 Erwin Rd., Durham, NC 27705

Friday, April 26, 1 - 5 PM

Saturday, April 27, 9 AM - 5 PM

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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 6 - 7:30 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. 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

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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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Dharma Housemate

May you fully realize the richness of the dhamma! I am looking for another practitioner who may have housing needs and renting an extra bedroom in my home may satisfy these needs. If you know of anyone, please send the attached [flyer](#) on. Thank you. Also, if you know anyone who may be interested in entering a conversation on "going forth", leading to the creation of nurturing, affordable, and sustainable housing for elder sangha in the Chapel Hill-Durham area, have them contact me as well.

Peace,
Tom Howlett (**thowlett11@gmail.com** or 919-730-2756)

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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: 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 March 18, with classes beginning the week of March 25 and running through the week of May 20, with a Day of Mindfulness on May 4. 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, 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 March 25 - May 20, 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 Thurs., 2/28 and Monday, 3/4.*

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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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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