



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to All!

As you read these words, the aftermath of yet another highly visible, media-saturated tragedy is unfolding before us, leaving its mark. When terror happens closer to home we are less able to avoid the impact on our hearts and minds. But in any moment, if we pause and reflect on the state of the world, there seems no end to suffering, whether near or far away. The Buddha proclaimed this as the Noble Truth of Suffering, pointing out its magnitude by asking his disciples this question: "Which is greater, the tears you have shed while transmigrating and wandering this long time...or the water in the four great oceans?...This is the greater: the tears you have shed." (**Samyutta Nikaya, 15.3**)

Reactivity in the mind quite often overrules the responsiveness of the heart, and can rant and rage at the world to seek solutions to the obvious wrongs that have been inflicted. This is one aspect of the Buddha's Noble Truth of Craving as the Source of Suffering. As Rodney Smith points out in *Stepping Out of Self-Deception*, the wise view of peace that the Buddha taught can be paired with the unwise intention of revenge, and the ensuing hatred and aggression only serves to bring anything but peace. The Buddha said that "hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal." (**Dhammapada, v.5**)

So where is this peace and freedom to be found? Apparently the Buddha is suggesting it is not to be found in the world but rather in our own minds and hearts. Through his method of investigation of the workings of the mind, we see directly that any unwise intention, no matter how wise the view, only leads to our suffering and most likely that of other beings. Eventually our intentions become more aligned with wise view as the futility of being prey to our conditioning is exposed, and that long-sought-after letting go naturally arises out of the longing of the heart to be free. Within each moment of this occurrence we realize the Noble Truth of the Cessation of Suffering, leading to greater conviction and persistence for this practice, and ultimately to what Sharon Salzberg has called "unshakeable faith." At this point there is no turning back, no matter what happens.

This method of the Buddha is laid out for us in the Noble Truth of the Eightfold Path, the **Way to the End of Suffering**. Not only does the path encompass wise view and intention, but it serves as a foundation upon which to find wisdom in our actions, speech, livelihood, effort, mindfulness, and concentration. And it seems the Buddha, in his infinite wisdom, knowing how we may react to direction from a presumed authority, invites us not to take his word for it, but to find out for ourselves. As Bhikkhu Bodhi describes in **The Buddha and His Dhamma**, "He calls his Dhamma *ehipassiko*, which means 'Come and see for yourself.' He invites inquirers to investigate his teaching, to examine it in the light of their own reason and intelligence, and to gain confirmation of its truth for themselves. The Dhamma is said to be *paccattam vedītabbo viññuhi*, 'to be personally understood by the wise,' and this requires intelligence and sustained inquiry."

May each of us discover this intelligence and sustained inquiry so as to reveal the truth of the Buddha's teaching and realize this wisdom for ourselves.

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



## Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

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## 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:

May 1:	Sasha Loring (Guest Teacher - see below)
May 8:	Phyllis Hicks (Insight Dialogue)
May 15:	Jeanne van Gemert
May 22:	Cynthia Hughey
May 29:	Ron Vereen

June 5:	Ron Vereen
June 12:	Cynthia Hughey
June 19:	Jeanne van Gemert
June 26:	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**

***Important Note:*** Durham's Main St. will be closed between Buchanan and Broad St. beginning May 13 and anticipated to continue until Sept. 20, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route.

## The Mystery of Emptiness

## Classes and Events

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[Stepping Out of Self Deception](#)

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## Upcoming Retreats

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[Exploring the Magnitude of Mindfulness](#)

[Insight Dialogue & Therapeutic Presence](#)

[Mindfulness, Insight, Liberation](#)

## Goings On in the Sangha

[Dharma Housemate](#)

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## A Special Evening of Practice with Sasha Loring

Please join us on May 1st, when Triangle Insight is pleased to have Sasha Loring as our guest teacher. We will begin with our usual time of sitting and walking meditation. Then Sasha, the author of the new book, *Meditated Murder: A Dharma Mystery*, will give a reading from her book, talk briefly on the Buddhist concept of emptiness, and lead a discussion.

Ms. Loring wrote her book under the pen name Sachi Deleg, and it is available on [Amazon](#) and Kindle. It is a short and enjoyable read and embeds the wisdom of core Buddhist teachings in a story that is easily accessible, laced with good humor and mystery. If you have ever wondered what a year-long retreat in remote Nova Scotia might be like, here is a chance to learn firsthand.

**Sasha Loring, M.Ed., LCSW**, is a psychotherapist and meditation teacher who has been leading mindfulness programs nationwide for over 30 years. In addition to this most recent book, she is also the author of the book, *Eating with Fierce Kindness: A Compassionate Guide to Losing Weight*.

**Episcopal Center at Duke**  
**505 Alexander Ave., Durham, NC 27705**  
**Wednesday, May 1st, 2013**  
**6:30 - 8:00 PM**

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## In Conversation with the Mystic: An Experiential Symposium on Optimum Health and Well-being

You are invited to join Tracey Gaudet, M.D. (Director of the Veteran's Health Administration's Office of Patient-Centered Care and Cultural Transformation and former Executive Director of Duke Integrative Medicine), Sadhguru (yogi and mystic), and Mitch Krucoff, M.D. (Professor of Medicine/Cardiology at Duke University Medical Center) as they join in conversation on the topic of optimum health and well-being.

This symposium is open to the public and is being offered free of charge (suggested donation of \$25, \$10 for students). For more information or an e-flyer, contact



## The Alice Project

Sarnath, India

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

Follow the outstanding school for which our sangha has provided support



Jeanne van Gemert at [jeannevg@mindspring.com](mailto:jeannevg@mindspring.com)

### Duke Medical Center Seamans Hall

Great Hall, 201 Trent Dr., Durham, NC 27710

Sunday, May 5, 2013

11:30 AM - 4:00 PM

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## A Day of Mindfulness

with Cynthia Hughey,  
Jeanne van Gemert,  
and Ron Vereen

This Day of Mindfulness on May 18th is an opportunity for retreat and coming together for an extended period of contemplative practice. Deepening in this way can bring a more continuous access to presence and a strengthening of the five spiritual faculties/strengths of conviction, persistence, mindfulness, concentration, and discernment. Many find that it is a way to "recharge" their practice.

During the day there will be periods of sitting meditation, walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience, and there will be an opportunity for those new to the practice of insight meditation to receive guided instruction.

These teachings are being offered free of charge, with donations accepted to cover the costs of using the facility and to support the study and practice of the teachers. Please bring your own lunch, and refrigeration is available if needed (coffee, tea, and snacks will be provided).

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive guidelines on how to approach this day of practice, along with a proposed schedule. To register, or if you have further questions, please contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

### Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

Saturday, May 18th, 2013

9:00AM-4:00PM



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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. A recent [article](#) in the New York Times will take you on their 36 hour tour of the city and its surrounds.

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.

For more information or to register, please check out the [flyer](#) or write to Jeanne at [jeannevg@mindspring.com](mailto:jeannevg@mindspring.com).

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

**Free Public Talk on June 11, 2013, from 6 - 7:30 PM**

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

**Retreat fee \$200 (\$180 if registered by May 1st)  
and includes lunch on both days**

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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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## 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**  
**8:00AM-5:00PM**

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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

**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](mailto: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](mailto: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](mailto:beverly143@frontier.com), or call **Tamara** at **919-493-2674, x 114** for more information. The next meetings will be on 5/26, 6/23, and 7/28.

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## Book Study Group on *Stepping Out of Self-Deception*

Two study groups led by Ron Vereen are exploring Rodney Smith's book, *Stepping Out of Self-Deception*. Rodney also makes himself available to us on occasion through Skype, which is a valuable part of our investigation together of this fascinating aspect of the Buddha's teaching.

This activity is offered free of charge, with donations accepted toward use of the facility and to support the study and practice of the teacher. There are currently openings in both groups, so for more information or if interested in participating, please contact Ron at [rlvereen@aol.com](mailto: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 June 25, with classes beginning the week of July 8 and running through the week of August 26, with a Day of Mindfulness August 17. 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 <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

## Week of July 8 - Week of August 26, 2013

### Various class times and locations available

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## Opening the Heart to Difficulty

### Monthly class with Ron Vereen (ending soon)

Ron Vereen has been leading a monthly class on "Opening the Heart to Difficulty" at [Duke Integrative Medicine](#). Please note, however, that this class will no longer be held beginning in July. 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 through June '13  
10:30 AM - 11:45 AM

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## Experiencing Mindfulness

### Weekly class with Jeff Brantley (changes soon)

Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a weekly class on "Experiencing Mindfulness" at [Duke Integrative Medicine](#) over the past three years. The format for this class will be changing in July '13. In addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class, providing a rich opportunity to explore the themes that emerge from a variety of perspectives. 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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## ZenKids

### A Mindfulness-based Yoga Camp for Children

Patanjali's Place, a community yoga space in downtown Durham, will be offering this mindfulness-based yoga program for children between the ages of 5 and 15 years old this summer. They are now accepting applications and scholarships are available, so for more details go to [ZenKids](#).

**Patanjali's Place**  
**700 Foster St., Durham, NC 27701**  
**Summer 2013**

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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](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). *(Please note that the group will not meet on the following dates: May 13th & 20th, and June 10th & 13th)*

### 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 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\*\*](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 June 2012 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](mailto:info@triangleinsight.org) with any ideas or recommendations.

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