



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

You may have noticed that this is an election year, and that the political rhetoric is heated and freely flowing on the airwaves and in the print media. Unless you are like Rachael Maddow, Sean Hannity, or any of the many other "political junkies" that thrive on such discourse, you may easily tire of the backbiting and fact stretching. At the worst, you may find yourself in some unwholesome mindstate that could easily result in an unskillful action of thought, word, or deed. At times like these it may be helpful to turn to the Buddhist teachings for guidance and support.

Shortly after his enlightenment, the Buddha returned to his home and gave a straightforward instruction to his seven-year old son, Rahula (**Majjhima Nikaya 61**). In an article on the importance of intention (**The Road to Nirvana is Paved with Skillful Intentions**), Thanissaro Bhikkhu summarizes this teaching as follows:

In essence, the Buddha told Rahula to use his actions as a mirror for reflecting the quality of his mind. Each time before he acted - and here "acting" covers any action in thought, word, or deed - he was to reflect on the result he expected from the action and ask himself: "Is this going to lead to harm for myself and others, or not?" If it was going to be harmful, he shouldn't do it. If it looked harmless, he could go ahead and act. However, the Buddha cautioned Rahula, he shouldn't blindly trust his expectations. While he was in the process of acting, he should ask himself if there were any unexpected bad consequences arising. If there were, he should stop. If there weren't, he could continue his action to the end. Even then, though, the job of reflection wasn't finished. He should also notice the actual short- and long-term consequences of the action. If an action in word or deed ended up causing harm, then he should inform a fellow-practitioner on the path and listen to that person's advice. If the mistaken action was purely an act of the mind, then he should develop a sense of shame and disgust toward that kind of thought. In both cases, he should resolve never to make the same mistake again. If, however, the long-term consequences of the original action were harmless, he should take joy in being on the right path and continue his training.

The important point here is that all of our actions are preceded by an intention, and it behooves us to examine these intentions, to reflect in the way the Buddha was suggesting to Rahula. Fortunately for us we have a practice that helps us stay on the right path to shape and mold our intentions so as to gradually and progressively become free of the influence of greed, hatred, and delusion. Then we see not only the futility but also the destructiveness of engaging in such rancor as is circling about these days. Imagine a world in which our politicians and elected officials undertook such a practice! Unfortunately for the politician, this approach may not win an election; for us, it will win us our freedom.

May we all be open to reflecting on our intentions; may we all be free.

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](#)

[People of Color](#)

Classes and Events

[MBSR Classes Forming Now!!](#)

[Opening the Heart to Difficulty](#)

[Experiencing Mindfulness](#)

[Japanese Tea Gatherings](#)

[Gregory Kramer Talk](#)

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 2: Ron Vereen
 May 9: Cynthia Hughey
 May 16: Phyllis Hicks (Insight Dialogue)
 May 23: Jeanne van Gemert
 May 30: Dave Hughey

Wednesday Evenings

7:00-8:30PM

**Episcopal Center (EC) at Duke
 505 Alexander Avenue
 Durham, NC 27705**

Gregory Kramer Talk at the Eno River Buddhist Community

The Eno River Buddhist community is sponsoring this evening with Gregory Kramer. His talk, "The Truth of Spiritual Isolation, Its Origin, Its Cessation, and the Path to Cessation," will consider notions we hold as participants in Buddhist practice groups that may be limiting our fullness of engagement in this path of awakening. We'll explore new possibilities revealed when deep meditation is experienced in relationship for the role of spiritual community and friendships in fostering investigation, energy, and genuine insight.

About the teacher: Gregory Kramer has been teaching Vipassana and Loving-kindness meditation since 1980. He is director of the Metta Foundation and a visiting faculty member at the Barre Center for Buddhist Studies. Gregory is co-creator of Insight Dialogue, a relational meditation form based on a relational understanding of early Buddhist teachings. Gregory teaches Insight Dialogue worldwide.

Registration for this event is not required. If you have questions or would like more information, please contact Lori Ebert at lebert@nc.rr.com.

[Leigh Brasington
Talk](#)

[Sharon Salzberg at
Duke](#)

Upcoming Retreats

[The Heart of Healing](#)

[Insight Dialogue &
Metta](#)

Suggestions from the Sangha

[Spiritual Reading &
Discussion Group](#)

[Mindful Yoga Teacher
Training](#)

[Social Gatherings](#)

[Triangle Insight's
Third Birthday](#)

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support

In keeping with the Buddhist tradition, Gregory Kramer is offering this program on a dana basis as a gift of the dhamma. Participants will be given the opportunity to practice dana (generosity) by making a donation to support Gregory's work as a teacher.

Eno River Unitarian Universalist Fellowship Fellowship Hall

4907 Garrett Rd., Durham, N.C. 27707

Monday, April 30th

7:30 - 9:30 PM

[Back to Top](#)

The Power of Meditation: The Heart of Healing with Mary Brantley & Sasha Loring

This three-day meditation retreat is being led by these two very experienced meditation teachers, and will explore the power of healing that arises with the integration of mindfulness and compassion practices. All levels of meditation experience are welcome, and a variety of practices will be offered over the weekend, including sitting and walking meditation, mindful movement, compassion practices, talks by the teachers, and an opportunity for the participants to dialogue with the teachers and each other in large and small groups. Lunch is being provided each day.

Form more information please check out the [flyer](#), or go to [Duke Integrative Medicine](#). You may also call them at 919-660-6826.

Duke Integrative Medicine
Center for Living Campus, Durham, NC
Friday - Sunday, May 18 - 20

[Back to Top](#)

An Evening with Leigh Brasington at Triangle Insight

Don't make your Memorial Day vacation plans without



considering this unique opportunity to hear a very gifted meditation teacher. We are pleased to announce that Leigh Brasington has accepted our invitation to join us at Triangle Insight for a talk on "The Fruits of the Spiritual Life" (Digha Nikaya, 2). He will be arriving following his retreat at Southern Dharma, so this will be a special gathering on Friday night that you will not want to miss. Jeanne, Phyllis and Ron have studied with Leigh and can confirm his reputation as a sincere practitioner and skillful meditation teacher with extensive knowledge of the suttas and the meditative absorptions (jhanas).

Our schedule will be to open with a 30 min. meditation period, followed by Leigh's talk, with Q&A and closing Metta, and then a social/meet-and-greet to end the evening. Leigh offers his teachings on a dana basis, and appreciates your generosity.

Leigh Brasington has been practicing meditation since 1985 and is the senior American student of the late Ven. Ayya Khema. She confirmed his practice and requested that he begin teaching. Leigh began assisting Ven. Ayya Khema in 1994 and has been leading retreats on his own in both Europe and North America since 1997.

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Friday, May 25, 2012
7:00 - 9:00 PM

[Back to Top](#)

Insight Dialogue and Metta: Opening to Life as It Is with Sharon Beckman-Brindley & Phyllis Hicks

Insight Dialogue is an interpersonal meditation form, based in Vipassana. It expands solitary meditation by extending the mindfulness, wisdom, and compassion of silent practice into speaking and listening in contemplation with others. To learn more about the practice of Insight Dialogue go to www.metta.org and look under the "Practices" menu.

This retreat focuses on learning and practicing Insight Dialogue. There will be times of silent practice, walking meditation, and mindful movement interwoven with periods of structured Insight Dialogue. Through practice, we will see directly and clearly how confusion and ignorance sustain both personal and interpersonal suffering. We will practice

metta, allowing our hearts and minds to open unconditionally to life and experience just as they actually are. As awareness deepens, we can experience for ourselves the profound Buddhist teachings on suffering and its cessation. An ongoing meditation practice or previous retreat experience would be useful as background for this retreat. Registration is available at www.southerndharma.org

Southern Dharma Retreat Center
Hot Springs, NC
July 6 - 11, 2012

[Back to Top](#)

Sharon Salzberg at Duke Public Talk and Day-long Workshop

Sharon Salzberg, the well-known and beloved meditation teacher and author, will be coming to Duke this Fall for a public talk on Friday evening, Sept. 7, followed by a day-long workshop on Saturday, Sept. 8. On Friday evening she will explore "Real Happiness: The Power of Meditation," followed on Saturday with the workshop on "Equanimity." This event is being sponsored by Jon Seskevich, RN, and for more information or to purchase tickets, go to sharonatduke.com

The Bryan Center at Duke University
Durham, NC
Friday, September 7
7:30 - 9:30 PM
(\$15 advance/\$20 day of)
Saturday, September 8
9:30 AM - 4:00 PM
(\$75 advance/\$80 day of)
(both events together, \$80)

[Back to Top](#)

Suggestions from the Sangha Goings-on in the Community

In response to suggestions that have been submitted from sangha members, we decided to add this section in the newsletter where we would list a variety these activities for everyone to view. These events could be study groups, social gatherings, and any classes or other events that you

consider relevant to the mission or our sangha. If you would like something included, please submit your request to info@triangleinsight.org. Also, please feel free to give us feedback about this addition to the newsletter.

< >

Spiritual Reading & Discussion Group:

What is it that connects us all as human beings? What do we value in the wisdom traditions that have been passed down to us? How do we relate to the evolution of human spirituality? Do our individual lives reflect our hopes for the future? What has brought meaning to our lives? If these questions inspire you, maybe we could ask them together.

I'm looking for people who would be interested in forming a peer-led reading and discussion group. Part of this sharing would be to create a circle of mutual respect and trust that would help us to explore together freely as individuals in a way that enhances the experience of the group.

If you feel you could make a strong commitment to such a group, please email me and we can find a time to get started.

Ben Spiller
wbspiller@gmail.com

< >

Mindful Yoga Teacher Training with Frank Jude Boccio

The Mindfulness Yoga Training provides instruction and guidance to yoga teachers (from any tradition, lineage, or style) wishing to integrate mindfulness practice into their yoga teaching, as well as to cultivate a deeper, broader approach to yoga practice, and for the cultivation of sangha (a network of communities of practice). The training is open to all yoga teachers, certified at least at the 200-hour level, as well as for all yoga practitioners who have been practicing a minimum of two years. This training assumes knowledge of the basic traditional yoga postures, and competency in body awareness, including proper alignment. This is NOT a training program in how to teach postures.

Hillsborough Yoga and Healing Arts
Friday - Tuesday, August 10-15
Cost: \$500 (\$435 by 5/1, \$450 by 6/10, \$475 by 7/10)

HillsboroughYoga.com

< >

Social Gatherings, Pot Lucks, etc:

Several of you have expressed a desire for more events within which sangha members might have the opportunity for socializing, commenting on how the holiday and Triangle Insight birthday parties have thus far facilitated more of this type of interaction. We welcome this idea and would invite any of you who are interested to consider forming a social committee for the sangha as a way to plan and coordinate these events. If you are interested, email us at info@triangleinsight.org and we will connect you with one another. On a more informal basis, some members are already gathering together before or after the meetings. If you would like to invite others using this forum, we can include your announcement as well.

< >

Save the Date! Triangle Insight's Third Birthday Party Wednesday, July 18, 2012, 7 - 9 PM

Please join us for the celebration of our third year as a sangha! We will gather at the Episcopal Center for a pot luck dinner with great food and fellowship, followed by a period of silent meditation, after which there will be a forum with the four founding and guiding teachers to discuss issues relevant to our mission of supporting the practice of insight meditation. This will be an opportunity for inquiry and investigation into our deepest intentions as a sangha, drawing on the collective wisdom of the group. We would hope that the newly forming social committee will be in place to help plan and coordinate this event. Let us know if you have any other suggestions for this meeting by emailing us at info@triangleinsight.org.

[**Back to Top**](#)

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 9, and running through the week of August 27, with a Day of Mindfulness on August 25. 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 June 25 - Week of August 27, 2012
Various class times and locations available

[**Back to Top**](#)

Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at **Duke Integrative Medicine**. There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

First Thursdays
10:30 AM - 11:45 AM

[**Back to Top**](#)

Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine**. There is no charge for the class, with donations accepted and will go toward support for the fund for financial

assistance. The class is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

[Back to Top](#)

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-12:00PM
please contact Sumi Loundon Kim for details
email: simplysumi@gmail.com
phone: 617-501-3877(c) or 919-613-0160(h)

[Back to Top](#)

Japanese Tea Gatherings with Nancy Hamilton Instructor, Urasenke Tradition of Tea

Join us for a moment of respite in the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings. On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

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

Fee: To register, and for pricing information, including Friends of the Gardens discount, please contact Duke Gardens Registrar Sara Smith at 668-1707

or sjsmith@duke.edu.

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

[Back to Top](#)

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

[Back to Top](#)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM. 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

[Back to Top](#)

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.

Monday Nights
7:00 PM
[Chapel Hill Zen Center](#)

**5322 NC Hwy 86
Chapel Hill, NC 27516**

[Back to Top](#)

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.

[Back to Top](#)

Triangle Insight is a Non-Profit!

In December 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.

[Forward email](#)

 **SafeUnsubscribe**



This email was sent to rlveeren@aol.com by **info@triangleinsight.org** |

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27516