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## *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

We suspect that many of us are greeting this November in anticipation of the election results of November 6th. Once the millions have been spent to sway the electorate, and the political spin finally settles with the dust, one side or the other will declare itself the victor. If recent history is predictive, the continual divisiveness of both parties will only perpetuate the divide that holds our nation hostage. We may ask "but what has been won?" Or another way to frame the question is "what has been lost?"

Both questions have complex answers depending on where you look for them, and a thorough exploration requires more space than we have available. But we invite

you to sit with these questions in your own practice, and to explore them through the lens of the Buddha's teachings. This is Wise View, and thus *everything* is practice because we are always practicing to be the person we will become. This is the teaching on karma, whose result is determined by our view and intention. Our investigation will require, as the Buddha says, "being ardent, alert, and mindful, putting aside greed and distress with reference to the world." Simple instructions, but not an easy task.

In the *Satipatthana Sutta* ([MN 10](#)), the above words are the Buddha's instructions for approaching each of the four foundations of mindfulness (body, feelings, mind-states, mental phenomena). Each moment, as the world presents itself to our sense gates, the content of experience is just the data of a perceptual apparatus (form, feeling, perception, mental formations, consciousness). He invited us to be mindful of whatever is arising, excluding nothing. And he also said that it matters how we respond to our experience because all karma is made and passed on by formations (intentions). How we relate to experience is crucial because the quality of our intentions, wholesome or unwholesome, will shape whether our response is skillful or unskillful. How we are in each moment will determine who we will become in the next moment. If we continue to divide our inner experience and seal off the parts of ourselves we don't want to see, then we will only bring that division into our actions in the outer world. Only through integration of the whole will we begin to move toward a direct understanding of our interconnection with all things, even those on "the other side of the aisle."

So, in that moment on November 6th, when the political world presents your perceptual apparatus with the results of the election and all that follows, how will you engage the data? No matter what the result, the experience offers each of us an opportunity for practice, and then a choice as to whether we respond skillfully or unskillfully. This will determine who *really* wins or loses. And remember, the Buddha said we are owners of only one thing in this world - our actions. We invite you to observe what you win or lose in response to how you shape your intentions.

No matter what the world reports on November 6th, may we all discover the wisdom that brings the freedom of release.

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

Addendum: These opening remarks for the newsletter were written prior to the events of this past weekend -- the massive destruction and disruption that has ensued in the aftermath of Hurricane Sandy. We invite you to continue to use all that unfolds in our lives as opportunities for practice, and to turn the warmth of your heart toward those who are suffering, letting that warmth quite naturally take the shape of compassion. May all beings be free of suffering; may they all have the strength and courage to face what lies ahead; and as a result of moving through this difficulty, may they have greater wisdom and compassion.



## Sitting Opportunities

Wednesday  
Meditation Group

Changes to Insight  
Dialogue

Buddhist Families of  
Durham

Neighborhood Sitting  
Group

Duke Cancer Center

## 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. **Also note the time change for our meetings back to 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM.**

### Schedule:

November 7: Ron Vereen  
November 14: Cynthia Hughey  
November 21: No Meeting (Thanksgiving holiday)  
November 28: Phyllis Hicks (Insight Dialogue)

December 5: Ron Vereen  
December 12: Cynthia Hughey  
December 19: Jeanne van Gemert  
December 26: No Meeting (Holiday)

### 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**

[Recovery Group](#)[People of Color](#)[Other Resources](#)

## Classes and Events

[Stepping Out of Self Deception](#)[MBSR Classes Forming Now](#)[Opening the Heart to Difficulty](#)[Experiencing Mindfulness](#)[Japanese Tea Gatherings](#)

## Upcoming Retreats

[Opening to Life](#)

## Suggestions from the Sangha

[Dharma Contemplation Group](#)[Social Gatherings](#)

## The Alice Project

Sarnath, India  
[www.aliceproject.org](http://www.aliceproject.org)

## Opening to Life:

### A New Year's Insight Dialogue Retreat with Phyllis Hicks and Florence Meleo-Meyer

"All experience is preceded by mind." Buddha

We go through much of life living out of habit. Coasting along on autopilot, we are unaware of the underlying views that shape our perceptions and create the very lives we lead. A simple pause into mindfulness and wisdom can shift our thoughts and perceptions yielding insight and release from stress.

Join us for a **3 day residential retreat** to contemplate the experience of releasing habitual views, trusting emergence, and opening to life's wisdom. We will cultivate the qualities of mind that blossom naturally into open, wise and compassionate presence in our daily lives.

The practice of **Insight Dialogue** draws together the stillness of concentration, the brightness of mindfulness, and the deep wisdom of Buddhist teachings. We explore our moment-to-moment experience while meditating in dialogue with others.

For more information and to register please go to this link: [Opening to Life](#)

The Stone House  
Mebane, NC  
January 3 - 6, 2013

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## Changes to Insight Dialogue at Triangle Insight

Thank you all for your generous feedback on the July survey about your experiences at Triangle Insight. Many expressed interest and concerns about Insight Dialogue. The new website for Insight Dialogue is an excellent resource for learning more about the practice: <http://www.metta.org>.

There are two changes we will add to the format for our

Follow the outstanding school for which our sangha has provided support



local Insight Dialogue practice. The first is an invitation for anyone who chooses, to remain in silent practice, rather than shifting into dyad practice, when a contemplation is offered. One can investigate the guidance internally, noticing the moment by moment unfolding of internal experience. The second is, with the shift back to meeting at 6:30 this month, the ID practice will go from 6:30 to 8:30 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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## 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 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). Also, please feel free to give us feedback about this addition to the newsletter.

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### **Dharma, A Beautiful Vessel For Our Lives: The Cultivation of Skillful Living, Meditation and Wisdom**

New Hope Sangha's Fall Meditation Retreat  
 Friday, November 16 through Sunday, November 18  
 Stone House, Mebane, NC

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

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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. Upcoming meetings in 2012: 11/25, and 12/30.

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## 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](mailto: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.

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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](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 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 now a \$10 charge for the class, which is open to the public, with all levels of meditation experience welcome.

### First Thursdays

**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 now a \$10 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](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. For more info contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com). Please note that there will be no meetings on Monday, 11/5, Monday 12/24, Thursday, 12/27, and Monday 12/31.

### Monday and Thursday Mornings

**7:15-8:00AM**

**Yoga in the Hood  
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](mailto:spaceferrets@yahoo.com).

### Monday Nights

**7:00 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](mailto: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](mailto:nancy.hamilton@duke.edu).

Fri. 11/2, Dancing Leaves Tea, 10:45 AM & 1:45 PM  
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](mailto: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](mailto: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](mailto:info@triangleinsight.org)** with any ideas or recommendations.

**Triangle Insight in the News!**  
**Raleigh News & Observer**



If you missed the article on meditation in the August 28th "Life, etc." section of the N&O, you can check out the article here: **Just Breathe**. Great pictures!

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