



## *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

(and note the change in the start time for our Wednesday meetings to 6:30 PM!)

This newsletter is arriving to you sandwiched between two highly choreographed events of two well-oiled political machines: the Republican and Democratic parties' national conventions. Whether or not we choose to view all or parts of them via some media outlet, these spectacles and all that follows will in some way have their impact on us all. To deny this would be to deny the Buddha's teaching on causality and risk becoming like the proverbial ostrich with its head in the sand.

Perhaps you are one of many who, for good reason, have become averse to politics and wish to remove yourself from the fray. But if we believe what Buddhism teaches us, then any attempt arising from contempt to compartmentalize and separate us from any experience only creates more suffering. Division from derision is not the solution; it's simply another form of craving for something not to

exist.

Buddhism offers a different approach, and invites us to consider that our resistance to reality, not reality itself, creates suffering. We could get 100 people to agree with us that politicians *should be* more civil (or truthful, or compassionate, or any other wholesome expression), and it doesn't change what *is*. But if we want the freedom the Buddha promised, we must then move from outward projection toward our inner reality in the moment, and in this case, the reality of what *is* is that we are resisting reality. Now what?

At this point we learn the value of investigating any tension or resistance in body, speech, or mind. We become curious, not critical, of whatever thoughts and emotions are feeding into the resistance. As the meditation teacher Rodney Smith points out, "an emotion is not caused by an external event; the mind *assigns* an emotion to an external event. The confusion is resolved when we focus on the emotion and let it be what it is, while at the same time releasing the need to think our way out of the emotion." This is what is meant by surrender or letting go; not trying to stop or explain away the experience, but seeing all emotions, as Rodney goes on to say, "as experiences only, pointing nowhere, implicating no one, and signifying nothing." This moment of realization brings release, and is a moment of non-self, or *anatta*. Insight may follow, e.g., seeing that we are all more alike than different, all clinging to our views, compounding our collective suffering. This realization comes about only through practice, from a continual willingness to confront our conditioned reactivity, not knowing how this process will unfold, and not being attached to the outcome.

This is a practice of what Rodney calls "radical accountability" that can then lead to what Tara Brach describes as "radical acceptance." Since the political sphere will keep spinning past election day, as will the world itself, there will be plenty of opportunities to practice. So, may the mindfulness and equanimity we access on the cushion be available for practice in daily life, enabling wisdom, compassion, and freedom to spring forth in each transformative moment.

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



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## Classes and Events

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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. **Also note that there will be a time change for our meetings beginning in September 2012, back to 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM.**

### Schedule:

September 5: Ron Vereen  
 September 12: Cynthia Hughey  
 September 19: Jeanne van Gemert  
 September 26: Mary Burns (Insight Dialogue)

October 3: Ron Vereen  
 October 10: Cynthia Hughey  
 October 17: Dave Hughey  
 October 24: Jeanne van Gemert (Insight Dialogue)  
 October 31: Jeanne van Gemert

### Wednesday Evenings

**Beginning September 2012, 6:30 - 8:00 PM, with Insight Dialogue from 6:30 - 8:30 PM**  
**Episcopal Center (EC) at Duke**  
**505 Alexander Avenue**  
**Durham, NC 27705**

## 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](http://sharonatduke.com).

Ushers are needed for the Friday evening event, so if you're

## Experiencing Mindfulness

Sharon Salzberg at Duke

Mindfulness for the Next Generation

## Upcoming Retreats

Coming to Your Senses

A Day of Mindfulness

Therese Fitzgerald Retreat

Opening to Life

## Suggestions from the Sangha

Dharma Contemplation Group

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Forum Summary

## The Alice Project

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

Follow the outstanding school for which our sangha has provided support

interested in volunteering, please contact: **Jon Seskevich**.

Also, some things to know about ushering:

- Ushers must arrive no later than 6:30pm, 1 hour prior to the show start time ready to work, and they must stay through the entire event until the audience has exited and any items left behind have been cleaned up.
- Ushers are required to wear black bottoms and white tops.
- Ushers must be able to stand for much of their shift and must be at least 15 years old.
- Ushers might not be able to view the entire event and should not expect to be audience members. We will make every effort to allow ushers to see as much of the event as possible, but their duties as ushers must take priority.

## The Bryan Center at Duke University

**Durham, NC**

**Friday, September 7 (Reynolds Theater)**

**7:30 - 9:30 PM**

**(\$15 advance/\$20 day of)**

**Saturday, September 8 (von Cannon Hall)**

**9:30 AM - 4:00 PM**

**(\$75 advance/\$80 day of)**

**(both events together, \$80)**

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## An Evening with Holly Rogers & Margaret Maytan

### *Mindfulness for the Next Generation*

College students and other young adults today are experiencing high levels of stress as they pursue personal, educational, and career goals. In recent years, there has been increased awareness of the seriousness of these struggles. Scientific research has shown that practicing mindfulness can help manage stress and enhance quality of life, but traditional methods of teaching mindfulness and meditation are not always effective for this developmental stage. ***Mindfulness for the Next Generation*** is an easy-to-use guide that details a four-session mindfulness-based program, called 'Koru,' aimed at helping young adults cope with anxiety, navigate the tasks they face, and achieve



meaningful personal growth.

Holly Rogers is a psychiatrist at Counseling & Psychological Services at Duke University. Margaret Maytan is a Clinical Associate in the Department of Psychiatry at Duke University Medical Center. Both Rogers and Maytan will be in the store to speak and sign books.

### Regulator Bookshop

**720 Ninth St., Durham, NC 27705 (919-286-2700)**  
**Thursday, September 13, 2012**  
**7:00 PM**

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## Coming to Your Senses Practicing mindfulness for greater care in your body and more joy and peace in your life

You are invited to join **Jeff Brantley** and **Riita Rutanen Whaley** for this **3-day non-residential mindfulness meditation retreat** to explore the power and new possibilities that can arise from growing awareness of the moment-by-moment experience of being "embodied". As the practice of mindfulness deepens, you will also be exploring through meditation the qualities of kindness and compassion, and the strength of equanimity. In practicing mindfulness of sense experience intensively while nurturing the qualities of kindness, compassion, and equanimity over the course of the retreat, it is hoped you may discover for yourself the possibilities for greater wisdom and feelings of peace within, and a stronger sense of joy and ease in living.

This retreat will take place in the beautiful setting of Duke Integrative Medicine, and is open to meditators of all levels of experience. The retreat will be held mostly in silence, including meal times (lunch included with registration). Instructions for meditation will be offered daily, and there will be opportunities for questions and comments in both the large group and in smaller groups. All levels of experience and practice traditions are welcome. Basic mindfulness instructions, walking instructions, guided meditations, along with mindful movement will be offered to help us discover joy and ease in our practice.

Each of the instructors has an extensive personal mindfulness practice and many years of teaching in healthcare settings and retreat experience. For more information go to [\*\*Coming to Your Senses\*\*](#), and to register

call 919-660-6826. Register early as these retreats often fill.

Duke Integrative Medicine  
Friday, Sept. 21 through Sunday, Sept. 23  
3745 Erwin Rd.  
Durham, NC 27705

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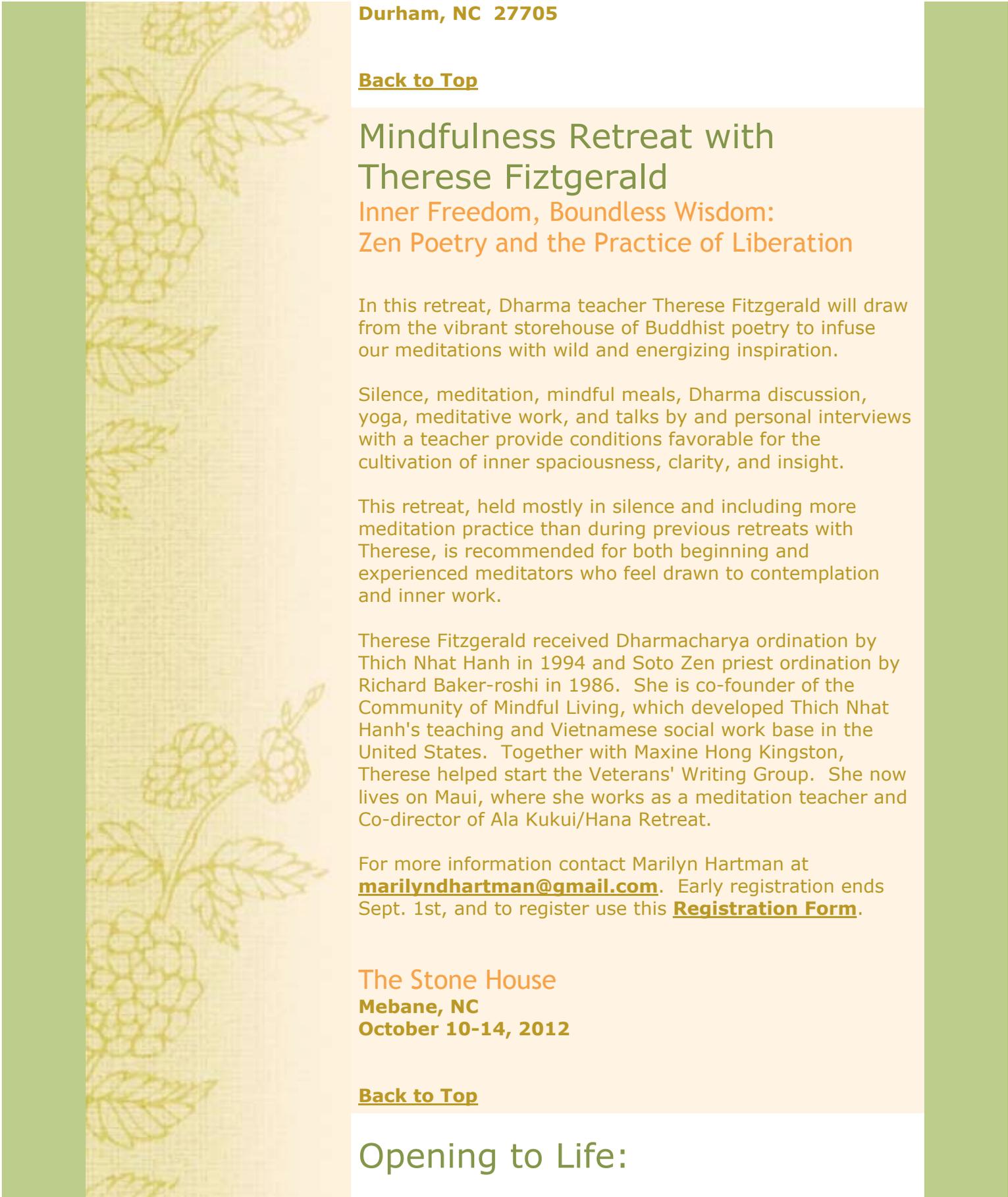
## A Day of Mindfulness

with Cynthia Hughey,  
Jeanne van Gemert,  
and Ron Vereen

The Day of Mindfulness is an opportunity for retreat and coming together for contemplative Buddhist practice. There will be periods of sitting and walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience in any tradition, with an opportunity for those new to the practice of insight meditation to receive instruction. These teachings are being offered free of charge, with donations accepted for the teachers and to cover the costs of using the facility. Please bring your own lunch, and refrigeration is available if needed.

In order to plan accordingly, **we are asking you to register for this event if you plan to attend.** You will then receive guidelines as to 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  
Saturday, October 6, 9:00 AM - 4:00 PM  
505 Alexander Ave.



**Durham, NC 27705**

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## Mindfulness Retreat with Therese Fitzgerald

### Inner Freedom, Boundless Wisdom: Zen Poetry and the Practice of Liberation

In this retreat, Dharma teacher Therese Fitzgerald will draw from the vibrant storehouse of Buddhist poetry to infuse our meditations with wild and energizing inspiration.

Silence, meditation, mindful meals, Dharma discussion, yoga, meditative work, and talks by and personal interviews with a teacher provide conditions favorable for the cultivation of inner spaciousness, clarity, and insight.

This retreat, held mostly in silence and including more meditation practice than during previous retreats with Therese, is recommended for both beginning and experienced meditators who feel drawn to contemplation and inner work.

Therese Fitzgerald received Dharmacharya ordination by Thich Nhat Hanh in 1994 and Soto Zen priest ordination by Richard Baker-roshi in 1986. She is co-founder of the Community of Mindful Living, which developed Thich Nhat Hanh's teaching and Vietnamese social work base in the United States. Together with Maxine Hong Kingston, Therese helped start the Veterans' Writing Group. She now lives on Maui, where she works as a meditation teacher and Co-director of Ala Kukui/Hana Retreat.

For more information contact Marilyn Hartman at [\*\*marilyndhartman@gmail.com\*\*](mailto:marilyndhartman@gmail.com). Early registration ends Sept. 1st, and to register use this [\*\*Registration Form\*\*](#).

**The Stone House**  
**Mebane, NC**  
**October 10-14, 2012**

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## 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 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. Phyllis will be traveling during September. We are very happy Mary Burns, a Senior ID teacher will lead the evening on the 26th.

### 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 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. Meetings in 2012: 9/30, 10/28, 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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### Triangle Insight Forum Summary

In addition to celebrating Triangle Insight's third birthday on July 18, we also gathered for an opportunity to review the recent survey of the sangha, and to discuss our future direction. Click here to see the [Survey Response Ratios](#), here for the [Survey Comments Summary](#), and here for the [Forum Summary](#). Many thanks to all who participated, for the wonderful food, great fellowship, a meaningful discussion, and the many hands for set-up and clean-up. Special thanks to Beverly Brooks, Carolyn Lekovich, and Mary Mudd for assisting with the planning and organization for the meeting.

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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 September 17, with classes beginning the week of September 24, and running through the week of November 12, with a Day of Mindfulness on November 10. 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 Sept. 17 - Week of Nov. 12, 2012**

**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 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**

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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 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**

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

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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 681-3989 or Annette Olsen at 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 9/10 or 9/13.

### 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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## 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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