



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

As we continue to explore the seven sets of the **Wings to Awakening**, we now go into more depth with one of the more important sets, the Five Spiritual Faculties, which as we have noted previously, share the same factors with the Five Spiritual Strengths. Thanissaro Bhikkhu considers this the most comprehensive set in that all of the 37 factors listed in the Wings to Awakening can be subsumed under the five faculties, and of the five, he feels conviction covers the most ground. If you would like to review our previous discussions, just click **here**, and the link will take you to the archives on our website in which these topics were presented (May through July 2014).

Last month we suggested something to ponder, that being the level of your conviction for study and practice, and thus we want to address why conviction is so important. In doing this we'll begin by investigating the Pali word for this faculty, *saddha*, whose literal meaning is "to place the heart upon." Sharon Salzberg prefers to translate *saddha* as "faith," and others use "confidence" or "trust," and Thanissaro, "conviction." These various terms are indicative of how *saddha* has several different levels which include trust, clarity, confidence, conviction, and devotion, as well as to how this faculty changes as our study and practice evolve. This evolution is pivotal as *saddha* is the condition for the development of the remaining four faculties -- persistence, mindfulness, concentration, discernment -- engaging with them in a spiraling feedback loop leading toward Awakening. Again, this fact underscores the importance of *saddha*.

Thanissaro considers conviction to have three aspects -- social (whom to trust), intellectual (what to believe), and practical (how to act as a result). His in-depth exploration can be found in his [essay](#) where he outlines each of these individually and then articulates how there is a detailed interaction of all three. The salient aspect for those just starting on the path is the practical, which he describes as "practicing in accordance with the Dhamma," meaning that one doesn't just practice according to one's likes and dislikes, but rather puts the Dhamma, or teachings, ahead of one's preferences. He states that "this is the true test of one's conviction."

Sharon Salzberg, in her article on [Faith](#) characterizes this early stage as "bright faith" -- a beginning quality of trust in the Dhamma and being inspired by those teachers who have realized the fruits of practice and who are sharing their knowledge with others. She goes on to talk about how in practicing according to these teachings, we begin to taste some of these fruits for ourselves such that we grow into the experience of "verified faith." She then describes an "unshakable faith," where we have experienced something so deeply and strongly that from that point on there is no turning back. Others have referred to this stage as "abiding faith." And the coda to all of this, according to Thanissaro, is that upon the full realization of the Arahant, knowledge becomes so total that conviction is no longer needed.

This is the evolution of *saddha* as a result of our study and practice, and which, as it strengthens, supports the development of the remaining faculties within this set - persistence, mindfulness, concentration, discernment -- and they in turn facilitate greater conviction, and on it goes. As we mentioned last month, these faculties are not only to be developed skillfully but also used skillfully as they are developed, and we will explore this topic further next month. In the meantime, it may be helpful to reflect upon what factors have enabled you to persist in your study and practice thus far, and we trust Triangle Insight has been one of these.

May we all have persistence along our spiritual journey.

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



Sitting Opportunities

Wednesday
Meditation Group

Insight Dialogue at
Triangle Insight

Buddhist Families of
Durham

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. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

Schedule:

August 6: Ron Vereen
 August 13: Phyllis Hicks (Insight Dialogue)
 August 20: Jeanne van Gemert
 August 27: Cynthia Hughey

September 3: Ron Vereen
 September 10: Cynthia Hughey
 September 17: Phyllis Hicks (small & large group contemplation of what it means to be a sangha)
 September 24: Jeanne van Gemert

Wednesday Evenings

6:30 - 8:00 PM

(Insight Dialogue from 6:30 - 8:30 PM)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

[A Morning of Mindfulness in Duke Gardens](#)

[Book Study Group on *Awakening: A Paradigm Shift of the Heart*](#)

[Documentary Film: *A Joyful Mind*](#)

[The Heart of Self-Compassion Workshop](#)

[Koru Mindfulness and Meditation Classes](#)

Upcoming Retreats

Goings On in the Sangha

[Elder Sangha Community](#)

The

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

What Does It Mean to be a Sangha?

We can start our inquiry by investigating what the Buddha said to his good friend Ananda, "This is the entire holy life, Ananda, that is good friendship, good companionship, good comradeship. When a bhikkhu has a good friend, a good companion, a good comrade, it is to be expected that he will develop and cultivate the Noble Eightfold Path."

At Triangle Insight's July birthday party seeds were planted for the continued exploration of sangha and what it means to be on a path of awakening together. Already we have tasted the fruits of shared study, meditation, inquiry, and community service. On Wednesday, September 17th we will set aside time to listen deeply together for how to live more consciously in the Triangle Insight community. Please join us for this evening of small and large group contemplation of this important question of what it means to be in community with one another.

In addition to the gifts that all of us may contribute to this endeavor, we also have available to us a well of wisdom from our many teachers, plus that of the Community Dharma Leader Program and the Buddhist Insight Network (BIN). Ron will be attending the Inter-Sangha Meeting of BIN August 11-14, and their vision, among other things, is to "gather resources, facilitate wise action, and carry the shared meaning of the Insight Meditation tradition." In looking through the lens of the Buddha's teachings on this subject, as well as from seeking counsel from our contemporaries, we may be better able to appraise where we are as a community in this regard and to tap into the energy and rich potential that is emerging.

We look forward to discovering a collectively held vision of what it means to be a sangha here and now! Our deepest gratitude for joining us in this journey.

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

A Morning of Mindfulness in Duke Gardens

Shramadana Project

[A Volunteer Initiative of Triangle Insight](#)

Ongoing Classes and Events

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



with Jeanne van Gemert and Ron Vereen

This activity will be an opportunity to come together and practice mindfulness in the beautiful and natural setting of Duke Gardens, and to explore how mindful awareness in Nature can be used to facilitate a sense of spaciousness within which to experience the Dharma. A variety of mindfulness meditations will be used to awaken our sensitivity to the natural world so as to discover the insights that Nature can provide as teacher. Through this exploration we may discover a deeper connection with all of life, which as we bear witness to the ever-present effects of climate change, will hopefully lead to greater healing of ourselves and the Earth. Noble silence will be observed throughout the morning so as to facilitate entering into greater stillness.

The morning is being offered free of charge, with donations accepted for the Gardens and for the study and practice of the teachers. Registration is required so as to help us plan accordingly, and to register or to receive additional information, please contact Ron at rivereen@aol.com.

(Note: Early registration is encouraged as this activity often fills)

Sarah P. Duke Gardens
420 Anderson St., Durham, NC 27705
Saturday, August 9th, 2014
9:00AM-12:30PM

[Back to Top](#)

The Heart of Self-Compassion

A Workshop with Jen Johnson

Self-compassion is an attitude that anyone can learn to cultivate. Many of us struggle with negative self-talk, perfectionism, and a relentless cycle of beating up on ourselves for our struggles, which can lead to low self-esteem, increased anxiety, and even depression. Isn't it time you let go of the old ways of relating with yourself that aren't really working and embrace relating to yourself with kindness and compassion?

August 3rd
1-4pm \$40 in advance, \$45 Day of

Hillsborough Yoga and Healing Arts
1812 Becketts Ridge Dr
Hillsborough NC 27278
www.hillsboroughyoga.com

Jen Johnson, MS, MFA, CRC, LPC, RYT is a mindfulness psychotherapist, mindfulness & yoga teacher, and speaker.

[Back to Top](#)

Koru Mindfulness and Meditation Classes in Carrboro

From the Koru Center for Mindfulness

Koru is a brief, structured approach to teaching mindfulness and meditation to emerging adults, ages 18-29. Developed by Holly Rogers, M.D. and Margaret Maytan, M.D. of Duke's student counseling center, it is ideally suited for college students; other young adults have also benefited from it. Koru students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy. Participation in ALL 4 sessions is required, as well as 10 minutes of meditation and brief mindfulness exercises every day, plus weekly readings.

Classes at the Center

Mondays 12:15 to 1:30

Sept 22, 29; Oct 6, 13

or

Tuesday evenings 5:30-6:45

Sept 16, 23, 30; Oct 7

\$65 for all 4 classes

Register by Sept 8

For more information and to register:

www.thewellnessalliance.com/BreeKalb.html

or email bree@mindspring.com

[Back to Top](#)

Book Study Group

on *Awakening: A Paradigm Shift of the Heart*

Beginning in September 2014, Ron Vereen will be offering an integrated study and practice group using Rodney Smith's new book, ***Awakening: A Paradigm Shift of the Heart***. The group will meet monthly, including occasional Skype sessions with Rodney, and is open to those with any level of meditation experience. There is no charge for this activity, with donations accepted to help support Ron's study and practice and to cover the costs of the use of the facility. If you would like to register or need additional information, please contact Ron at rlvereen@aol.com. (Please note that both sessions have filled, but if you would like to be placed on a wait list then email Ron)

One Saturday Monthly

One Heart, Durham

Schedule determined by participants

10:00 AM - 12:00 noon or 1:00 PM - 3:00 PM

[Back to Top](#)

The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

(unless otherwise indicated)

Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM

[Back to Top](#)

The Shramadana Project at Triangle Insight

The Shramadana Project is a volunteer initiative of the Triangle Insight Meditation Community that has recently formed to address some of the needs within the sangha, and to provide outreach to the community-at-large as well. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share. Please consider being involved in some fashion, large or small, and to participate or for more information, contact us at:

info@triangleinsight.org.

[Back to Top](#)

Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to **info@triangleinsight.org**.

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Elder Sangha Intentional Community

Mature, committed practitioners interested in establishing an affordable, nurturing, and supportive aging-in-place community that is based in simplicity and sustainability are invited to participate in an opening conversation with Tom Howlett, a builder with background in cohousing and spiritual community (**thowlett11@gmail.com**).

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[Back to Top](#)

Mindfulness-Based Stress Reduction Classes & Events at Duke Integrative Medicine

Please click on any of the following links for a variety of programs related to the practice of mindfulness:

Mindfulness-Based Stress Reduction

Classes, Workshops & Events

or call **919-660-6826** for more information.

Back to Top

Mindfulness Programs at at UNC Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

UNC Program on Integrative Medicine

or call **919-966-8586** for more information.

Back to Top

Buddhist Families of Durham

Currently consisting of ~ 16 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 Sati School with our 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: admin@buddhistfamiliesofdurham.com



[Back to Top](#)

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

[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 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.

Monday and Thursday Mornings

7:15-8:00AM

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 contact Zensetter@gmail.com.

Tuesday Nights

7:00 - 8:15 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

[Back to Top](#)

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 whose 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

[Back to Top](#)

A Joyful Mind

A Documentary on the Life and Teachings of Mingyur Rinpoche

We have recently been contacted by Dharma friends about a film project in progress, with a request to spread the word and invite others to contribute if possible.

A Joyful Mind documents the life and teachings of Mingyur Rinpoche and provides a comprehensive look at the practice of meditation and its benefits. In addition to Rinpoche, the film will feature highly revered Buddhist monastics Mathieu Ricard and Jetsunma Tenzin Palmo, renowned neuroscientists Drs. Richie Davidson and Antoine Lutz, Psychologist and Buddhist teacher Dr. Rick Hanson, meditation master Tsoknyi Rinpoche, and many more. You can view promotional videos and find out more information on their website: www.ajoyfulmind.com.

[Back to Top](#)

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 May 2013 we received our designation as a 501(c)(3) religious organization by the IRS. All contributions received by the Triangle Insight Meditation Community are tax-exempt to the extent of the provisions of this designation. If you

would like to donate to our organization please contact us at info@triangleinsight.org.

[Forward email](#)



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