
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 evening begins with silent meditation practice, followed by gentle mindful movement. It then shifts into dyad practice in which 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.

Schedule: Please note that the Insight Dialogue practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions.

The Insight Dialogue website is an excellent resource for learning more about the practice: metta.org

Other Opportunities for Study and Practice

In addition to the programs described in this brochure, Triangle Insight offers additional opportunities for study and practice. These include:

- Teacher-led study groups
- Book groups
- Retreats
- Days of Mindfulness
- Dharma talks by guest teachers
- Workshops by guest teachers

Details are in our newsletter and on our website.

triangleinsight.org

About Triangle Insight Meditation Community

The information in this brochure is a brief overview of our meditation community. We encourage you to visit our website for details and additional information.

triangleinsight.org

We also have a monthly newsletter, which includes our schedule, details about our offerings, and information about retreats and other meditation resources. You can sign up for the newsletter at our Welcome Table or by sending an email to info@triangleinsight.org.

In keeping with the Buddha's emphasis on "noble friends and noble conversations," we come together in community to practice and learn about the Dharma and the relevance these ancient teachings have for us in our contemporary lives. While we draw from many traditions, our primary practice is Vipassana, or Insight Meditation.

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations (dana) accepted to cover costs of using the facility and to support the study of the teachers.

Lending Library

We now have a small library in the hallway of the Episcopal Center, where we meet. To check out a book, just bring it back when you're finished. To donate a book, simply add it to the collection.

Meeting Time

Wednesdays from 6:30 – 8:00 PM - for meditation, dharma talk, and brief discussion.

Insight Dialogue is from 6:30 – 8:30 PM and usually meets on 4th Wednesdays.

Any schedule changes will be in our newsletter and on our website.

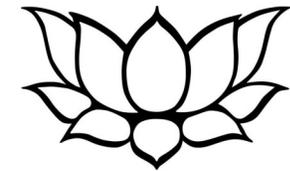
Meeting Place

The Episcopal Center at Duke
505 Alexander Avenue
Durham, NC 27705

Updated: 11-30-18

Welcome To

Triangle
Insight
Meditation
Community



triangleinsight.org

Email:

welcome@triangleinsight.org

Triangle Insight Welcoming Committee

“Sangha means spiritual community, and it is treasured because without it awakening cannot be sustained.”

Jack Kornfield, *After the Ecstasy, the Laundry*

Sangha is one of the precious jewels of Buddhist practice, yet when new to a sangha, it can be difficult to meet others, learn what programs are offered, and feel a sense of belonging. The Welcoming Committee was formed in June 2018 to make this process easier, help newcomers feel welcome, and foster the experience of connection and community.

Our intentions include having a diverse committee that will support a rich, inclusive sangha where all feel welcome and safe.

As a new committee, our plans are a work in progress, and we're interested in your suggestions, feedback, and questions. Please talk with one of us or email us at welcome@triangleinsight.org.

Some current initiatives:

- Have committee members available to talk with newcomers and any other interested members of the sangha.
- Share information through brochures, the Triangle Insight (TI) newsletter, and the TI website.
- Make available name tags, which those attending sangha have the option of wearing.
- Have a newsletter sign-up sheet at our table.
- Plan small group gatherings where newcomers can meet and get to know others in the sangha.
- Deepen our understanding of any barriers newcomers experience and find ways to reduce those and encourage more inclusiveness.

Committee Members

Bree Kalb	Terri Porter
Jack Narayan	Donna Rabiner
Glaeshia O'Rourke	Robert Seyler
Marian Place	Sarah Tillis

Spiritual Friends Groups

Triangle Insight offers a number of Kalyana Mitta Groups and Racial Affinity Groups, which are small peer groups of spiritual friends. Essential to both Kalyana Mitta and Racial Affinity groups is the development of safety, trust, and intimacy. This allows members to share openly and deeply, and the heart of the dharma is enriched in our practice, our daily lives, and the collective experience of the greater society.

As Jack Kornfield writes in *After the Ecstasy, the Laundry*, “This is how we express the heart’s realization, by bringing it to maturity with others. To sustain spiritual life, we need one another’s eyes and hearts.”

Kalyana Mitta Groups

Kalyana Mitta is a Pali phrase that means “spiritual friend.” Members of Kalyana Mitta (KM) Groups are committed to supporting one another in their practice and spiritual journey. While each group develops in its own way, all share the intention of awakening together. There is deep wisdom in this relational practice, and as others contribute to our spiritual development, we are contributing to theirs.

Racial Affinity Groups

Members of our Racial Affinity (RA) groups come together to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. Waking up to white privilege and the ways we have internalized it is a challenging process. The acceptance we bring to each other and our shared understanding of the dharma help us heal and discover ways to act more skillfully in the world.

KM Coordinator: Sarah Tillis, sarah@triangleinsight.org
RA Coordinator: Karen Ziegler, ziegl001@gmail.com

For more information, please visit the Triangle Insight website, which gives additional details, lists available groups, and contains helpful resources.

Shramadana Project— Volunteer Opportunities

The Shramadana Project (SP) is a volunteer initiative that was organized to address some of the needs within our sangha, as well as to provide outreach to the community at large.

Below is information about two of our programs. Additional information, details about other volunteer activities, and helpful links are on the Triangle Insight website and in the monthly newsletter.

If you are interested in being a part of this project, please contact the SP Coordinator:
Mary Mudd, mary@triangleinsight.org

Caring Circles — Volunteer Assistance within the Sangha

Caring Circles is a Triangle Insight program whose purpose is to connect community members needing temporary assistance with volunteers willing to provide help. Assistance can take as many forms as there is need, such as meals, rides, housework, lawn care or childcare.

If you'd like be notified when another member needs and requests support, please email us at caringcircles@triangleinsight.org. There is no obligation on your part by signing up to receive these notifications. When you get a notification, you decide if you can and want to respond to any request.

For more information and details on how to request help, please visit the [Shramadana page](#) on the Triangle Insight website, or speak with Gordy Livermore, Mary Mudd, or Howard Staab.

Media Night

Join us to relax, have fun with sangha members, and enjoy films, music, improv, dance, art making--you name it! If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire: gmcguire04@gmail.com
