



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Happy New Year to All!

It seems fitting to bring in the New Year by addressing the mental factor of wisdom (*panna*), as this is considered the penultimate fruit of the path of Buddhist practice and a crucial step leading to the ultimate breakthrough to Awakening. This discernment is the fifth of the factors in the list of the Five Spiritual Faculties /Strengths, each of which have been examined thus far in our exploration of the **Wings to Awakening**. The Abhidamma also places wisdom as last in its list of 52 mental factors, and this placement points to the experience of insight as a culmination of the path of practice. (To find previous discussions on this topic in the May-December Newsletters, please see the archived versions on our **website**).

As you may have noticed, a couple of synonyms for wisdom, both discernment and insight, have already shown up in this discussion. Scholars differ as to their

translation of the Pali word *panna*, and this nuanced approach suggests there are several facets to the gem of wisdom. Perhaps the angle from which one interprets wisdom has to do with whether the Buddhist path is seen as a process of cultivation or as an experience of realization, which can at times be a source of some debate.

For the experienced practitioner, however, there is no debate, but rather the direct knowledge that cultivation leads to realization that supports further development producing deeper, penetrative insight -- a causal chain of "transcendental dependent arising" spiraling toward freedom (see Bhikkhu Bodhi's translation of and essay on the Upanisa Sutta, **A Transcendental Dependent Arising**). As one undertakes the practice of the Noble Eightfold Path, there is a nascent awareness that discernment, supported by conviction, energy, mindfulness, and concentration, is a faculty of mind that sees with clear distinction what is wholesome and unwholesome, a skillful means that is crucial and which catalyzes this positive feedback loop in the evolution of wisdom. Discernment in the form of this mundane wise view and intention eventually transmutes into "knowledge and vision of the way things really are" as one gains insight into the characteristics of all conditioned phenomena, the three marks of existence -- impermanence (*annica*), unsatisfactoriness (*dukkha*), and selflessness (*anatta*).

With an ever-increasing phenomenological intelligence, "this mundane contemplation of the conditioned," as Bhikkhu Bodhi writes in **The Noble Eightfold Path**, "serves as the vehicle for reaching the unconditioned, for attaining the supramundane. When insight meditation reaches its climax, when it fully comprehends the impermanence, unsatisfactoriness, and selflessness of everything formed, the mind breaks through the conditioned and realizes the unconditioned, *Nibbana*." Or as Rodney Smith might describe it, when the practice of form surrenders into formless awareness there is simply abiding in unformed presence. And in the words of the Buddha, " 'There is this.' And so this, his entry into emptiness, accords with actuality, is undistorted in meaning, pure - superior & unsurpassed... Therefore, Ananda, you should train yourselves: 'We will enter & remain in the emptiness that is pure, superior, & unsurpassed.'" (**Cula-sunnata Sutta: MN 121**, The Lesser Discourse on Emptiness).

So, wherever you may be along this path, we would like to continue to support your training so as to realize the unconditioned, to abide in unformed presence, to enter

and remain in the emptiness that is pure, superior, and unsurpassed. Since "the path" has come up numerous times in these discussions, it behooves us over the next several months to take up an exploration of this Noble Eightfold Path -- the fourth of the Four Noble Truths, one of the seven sets of the Wings to Awakening, and the way to deliverance from suffering taught by the Buddha.

And we'll leave you with these words of encouragement from Bhikkhu Bodhi:  
"Liberation is the inevitable fruit of the path and is bound to blossom forth when there is steady and persistent practice. The only requirements for reaching the final goal are two: to start and to continue. If these requirements are met there is no doubt that the goal will be attained. This is the Dhamma, the undeviating law." And it is available to us in this lifetime -- perhaps in this New Year!

May we all reach the final goal. May we all be liberated. May it be so.

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



## Sitting Opportunities

**TI Wednesday Meditation Group**

**TI Morning Meditation Group**

**Insight Dialogue at Triangle Insight**

**Buddhist Families of**

## Triangle Insight Meditation Groups

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:

Wednesday Evenings:

**6:30 - 8:00 PM**

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

January 7: Ron Vereen

January 14: Cynthia Hughey

January 21: Jeanne van Gemert

January 28: Phyllis Hicks (Insight Dialogue)

February 4: Ron Vereen

February 11: Cynthia Hughey

## Durham

### Duke Cancer Center

### Recovery Group

### Other Resources

February 18: Jeanne van Gemert  
February 25: Phyllis Hicks (Insight Dialogue)

**Monday and Thursday Mornings:  
7:00 - 7:45 AM**

Triangle Insight is now offering a **Morning Meditation Group** which will be led by Ron Vereen beginning on Monday, January 5th. For more information, click on the link above.

## Upcoming Classes and Events

### Basics of Buddhist Practice Class

### Mindful Parenting

### Awakening Joy, 2015 An online course with James Baraz

### Buddhist Meditation & the Modern World: A Coursera MOOC

### Documentary Film: *A Joyful Mind*

Episcopal Center at Duke  
**505 Alexander Ave.  
Durham, NC 27705**

## A Full Day of Mindfulness with Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

Triangle Insight offers a Day of Mindfulness on Saturday, **February 14th, 2015**, 9am-4:30pm. This an opportunity for retreat and coming together for an extended period of contemplative practice. Deepening in this way can bring a more continuous access to presence and a strengthening of the five spiritual faculties of conviction, persistence, mindfulness, concentration, and discernment. Many find that it is a way to "recharge" their practice.

During the day there will be periods of sitting meditation, walking meditation, mindful movement, and investigation of the Dharma. We welcome people at all levels of meditation experience. There will be an opportunity for those new to the practice of insight meditation to receive guided instruction.

These teachings are being offered free of charge, with donations accepted to cover the cost of using the facility and to support the study and practice of the teachers.

Please bring your own lunch. Refrigeration is available if needed (coffee, tea, and snacks will be provided). In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive guidelines on 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  
**505 Alexander Ave., Durham 27705**

## Upcoming Retreats

### A Day of Mindfulness in February

### A Mind at Peace

## Goings On in the Sangha

### Kalyana Mitta Groups

Request 2-month  
Housesitter/Renter

## The Shramadana Project

A Volunteer Initiative  
of Triangle Insight

## Ongoing Classes and Events

Mindfulness  
Programs at Duke  
Integrative Medicine

Mindfulness  
Programs at UNC  
Integrative Medicine

Stop Smoking Online!  
Craving to Quit



**February 14, 2015  
9:00AM - 4:00PM**

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## Basics of Buddhist Practice Five Evenings with Jeanne van Gemert

**The first class is now filled, but please NOTE:** Jeanne is keeping a **Wait List**. Should seats open up, you will be contacted in first come, first served order. **If you are interested in getting on the Wait List for this class, and want first crack at registering when the class is repeated, contact Jeanne by e-mail at [jeannevg@mindspring.com](mailto:jeannevg@mindspring.com).**

"For sure we'll offer it again, and we will let you know when that is scheduled. Many thanks for your interest!" - Jeanne van Gemert

**Episcopal Center at Duke  
505 Alexander Ave., Durham 27705  
Tuesdays, January 6th through February 3rd, 2015  
6:30 - 8:00 PM**

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## Kalyana Mitta Groups

On December 17th Jeanne van Gemert's dharma talk focused on Kalyana Mitta Groups. As explored in the talk, the intention of forming KM groups is to deepen our sangha by creating space for rich dharma interaction through mindful listening and speaking in small group settings, and to offer on-going support for study and bringing the dharma into our lives.

Following the talk, members of the sangha shared their interest, ideas, and questions about starting this exciting new phase of our journey. Several people proposed ideas they already had been thinking about for KM groups. The community's creativity, energy, and commitment was heartwarming, and our first KM groups will be forming in the new year.

Please visit the new [Kalyana Mitta](#) webpage on the [TI website](#). There you will find links to the KM handouts distributed at the last Sangha meeting, with links to a few more resources for KM groups. A listing of new KM groups will be posted in the near future.

Many thanks to Leah Rutchick for her dedication and work on the web page.



The Kalyana Mitta Organizing Team includes  
Jeanne van Gemert - Liaison to the Teachers Group  
**Sarah Tillis** - KM Coordinator & Advisor  
**Tom Howlett** and **Tamara Share** - KM Advisors

Please contact **Sarah Tillis**, KM Coordinator  
with ideas for starting a KM group, questions about joining a  
KM group, or any other suggestions or questions about the  
KM program.

**The program is new and evolving, and your input is  
invaluable as we make this journey together.**

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**A Mind at Peace:  
*Working with Difficult Emotions*  
An Insight Dialogue Retreat for Therapists  
and Healthcare Professionals  
with Sharon Beckman-Brindley & Phyllis Hicks**

Cultivate the stillness of concentration and the  
brightness of mindfulness directly in  
contemplation with others, allowing the heart  
and mind to become clear and radically  
present.

Learn to integrate the relational aspects of  
mindfulness and wisdom into your personal  
experience and professional work with difficult  
emotions. (Continuing education  
credit available.)

"Absolutely every aspect of my learning is  
directly transferrable into my professional life."  
- JC, Sydney, AU

**March 27th - April 1st, 2015  
Shalom House and Retreat Center  
Hanover County, VA  
Details & Registration: **Metta Program**  
***Early Registration by February 27th*****

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# Awakening JOY, 2015

## A 5-month online course

This online course is led by James Baraz, a founding teacher of Spirit Rock Meditation Center in Woodacre, California. He has offered the Awakening Joy course since 2003. It consists of different themes and materials every two weeks for five months. The intention is to create a supportive structure for awakening joy and our natural capacity for well-being. Visit the website [overview here](#). There are in-person meetings in Berkeley, CA, and those who participate online will have access to recordings of the live classes with a remarkable [line-up of guest speakers](#), practice letters and live video conference calls, and additional resources.

James Baraz says, "In these times with so much suffering in the world and people often so busy they forget how to nourish themselves, I believe awakening our joy is more important than ever. Remembering to connect with all the goodness inside and around you and then sharing it with others takes practice and support. This course is designed to offer you a structure to do just that. The world needs your aliveness and good heart."

Registration is now open for this course, offered online to all participants with in person meetings also available in Berkeley, Ca. **Register by December 20th and there is an Early Bird Bonus** to join James for a live conference call on Dec. 20th: "Enjoying the Holiday Season".

For more information and to register for the course, click on this logo!



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## Mindful Parenting

### A New Class with Caroline Hexdall, Ph.D.

This introductory class in mindful parenting will explore themes such as parenting on "automatic pilot," beginner's mind parenting, responding vs. reacting to parenting stress, conflict and parenting and love and limits. Participants in the

program will practice new ways of being present during joyful as well as stressful parenting moments.

In collaboration with Hillsborough Yoga and Healing Arts, Caroline Hexdall, Ph.D., licensed psychologist of the **Center for Mindful Development, PLLC**, will teach an 8 week class in mindful parenting at Hillsborough Yoga Downtown.

To Register: <http://www.hillsboroughyoga.com>  
(please scroll down)

### **EARLY BIRD REGISTRATION**

Extended Through January 5th for TI Sangha Members

## Hillsborough Yoga and Healing Arts

**Hillsborough Yoga Downtown**

**January 13 - March 10th -- Tuesday evenings  
6:00PM - 8:00PM**

For more information, contact Caroline Hexdall at  
[caroline.hexdall@gmail.com](mailto:caroline.hexdall@gmail.com)

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## Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen will meet Mondays and Thursdays from 7:00 - 7:45 AM, beginning January 5th. The group begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at [ron@triangleinsight.org](mailto:ron@triangleinsight.org).

### **Monday and Thursday Mornings**

**Episcopal Center at Duke, 505 Alexander Ave.  
Durham, NC 27705  
7:00 - 7:45 AM**

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## 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](http://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**

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## The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab.

Ron Vereen recently completed a pilot Mindful Awareness Training at the Durham Crisis Response Center, and this will likely be offered on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma.

If you have some experience in teaching mindfulness to others and would like to be involved, please contact Ron at [ron@triangleinsight.org](mailto:ron@triangleinsight.org)

Please consider being involved in the SP in some fashion, large or small. If interested, you may contact Mary Mudd at [mary@triangleinsight.org](mailto:mary@triangleinsight.org).

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## Goings-on in the Sangha

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This space is where sangha members may announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha.

**If you would like to include something, please submit your request *by the 20th of each month* to [info@triangleinsight.org](mailto:info@triangleinsight.org).**

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### Kaliyana Mitta News

Please [see the report](#) in this newsletter on the latest developments for KM Groups. KM Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

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### Sangha Member Going on Retreat Requests Housesitter/Renter for January-February

Tom Howlett is looking for a housesitter/renter, sliding scale, for January and February while he's on retreat in Myanmar (Burma). Tom's home is in a quiet, meditative, rural setting about 8 min. just west of Carrboro. This is ideal for an individual, couple, or family transitioning.

Caring for and sharing metta with the kitty is part of the deal. For anyone interested, please call Tom at 9

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

Please click on the following link 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.

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## Mindfulness Programs 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.

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## 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](mailto:admin@buddhistfamiliesofdurham.com)**

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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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## 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](mailto:Zensetter@gmail.com)**.

**Tuesday Nights  
7:00 - 8:15 PM  
Chapel Hill Zen Center  
5322 NC Hwy 86  
Chapel Hill, NC 27516**

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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 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](mailto:info@triangleinsight.org)**

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## Buddhist Meditation and the Modern World

A MOOC (Massive Open On-Line Course) with Kurtis R. Schaeffer and David Francis Germano (University of Virginia)

This online course is offered free-of-charge through Coursera. It runs for 13 weeks beginning Jan. 19, 2015 with extensive contributions from scientists, people involved with

meditation practice, and Tibetan Buddhist teachers.

Outline of Topics:

1. The history of Buddhist contemplative traditions in India and Tibet
2. Innovations in scientific research on understanding such contemplative practices
3. Recent adaptations of such practices in multiple professional and personal areas
4. The practices themselves through brief secular contemplative exercises.

**Dates: Jan 19th, 2015 -- Apr 20, 2015**

**To participate, visit [Coursera](#) and click on "join for free."**

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## 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](http://www.ajoyfulmind.com).

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## How to stop smoking online . . .

### Craving to Quit:

### A Mindfulness-Based Wellness Program for Smoking Cessation on the Web

If you or anyone you know has been attempting to quit

smoking but has yet to succeed, this program may be for you. Modeled after **Mindfulness-Based Relapse Prevention** at the University of Washington, **Craving to Quit** is a 21-day web-based program from Yale University that offers a mindfully-oriented way to deal with cravings and other addictive patterns. Compared to **Freedom from Smoking** -- an on-line cessation program sponsored by the American Lung Association -- the Yale study had demonstrated twice the quit rates, and the cost is only \$1/day!

Anytime & Anywhere via Web App  
Go to **Craving to Quit** to sign up

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## 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**.

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