



## *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to all!

You have most likely heard on numerous occasions that the mission of the Triangle Insight Meditation Community is to support your meditation practice. Given the importance of this mission, it may be helpful to offer a few words as to what is meant by "practice."

We do not mean to imply "rehearsal," as in preparing for some performance, which may then be construed as practicing meditation to become better meditators. Clearly one develops greater proficiency in meditation the more time one spends on the cushion. However, that is not the end but rather the means to the end. Here we view practice as "skillful means" (upaya), the raft that takes us to the other shore, which is one metaphor the Buddha used for the path to awakening, to our freedom from suffering.

Seen in this way, practice now becomes a course of action and the Buddha's teachings on The Four Noble Truths become our challenge. Rather than simply a doctrine to be believed they are now a duty to be performed: to comprehend one's anguish, let go of its origins, realize its cessation, and develop the path of practice in which to do so. This path is none other than The Noble Eightfold Path, in which only three of the eight factors are specific to meditation practice. Here again the meditation practice becomes a skillful means to open up to the whole of the practice to include wise view, intention, speech, action, and livelihood, in addition to effort, mindfulness and concentration.

When practice is seen in this more inclusive way there may actually be an approach to the frequently asked question, "So, how am I doing?" In exploring this question through a deeper understanding of practice, the question is transformed into "How am I still suffering, what is its source, how is it relieved, and what is required to bring that about?"

A good place to start this inquiry and investigation is with meditation practice. If you would like to explore this particular division of the Eightfold Path in more depth, you may want to consider the course being offered through Triangle Insight, "Come and See for Yourself," which is described below. Although geared toward those new to meditation, any of us can benefit by re-examining our foundation of practice. And all of the many other offerings listed, the sitting opportunities, classes, events, and retreats, are ways to turn practice into a course of action. And *that* is what we wish to support.

May all our skillful actions move us toward greater freedom!

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



## 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.

**Schedule:**

- March 7: Cynthia Hughey
- March 14: Phyllis Hicks
- March 21: Jeanne van Gemert
- March 28: Phyllis Hicks (Insight Dialogue)

**Sitting Opportunities**

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Chapel at Duke Hospital](#)

[Recovery Group](#)

[People of Color](#)

**Wednesday Evenings 7:00-8:30PM**  
**Duke University Episcopal Center (EC)**  
**505 Alexander Avenue**  
**Durham, NC 27705**

**Insight Dialogue Retreat:  
 Cultivating a Joyful Heart  
 with Phyllis Hicks**

Come to the coast for this daylong Insight Dialogue Retreat! In difficult times, it can be a challenge to rest in awareness, allowing the clear knowing of stress and the mental and physical habits that sustain it. Shifting from unwholesome to wholesome states connects us with all of life, providing energy and spaciousness for clear seeing. This allows the release of suffering and the cultivation of wise action and a calm and joyful presence in the world. For more information and registration, please see the attached flier: [Cultivating a Joyful Heart Flier](#)

**Classes and Events**

[Introductory Meditation Course](#)

[MBSR Classes Forming Now!!](#)

[Opening the Heart to Difficulty](#)

[Positivity Workshop](#)

[Experiencing Mindfulness](#)

**Saturday, March 17**  
**Wilmington, NC**  
**9 AM - 4:30 PM**

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**Come and See for Yourself: An Introductory Course in Insight Meditation with Ron Vereen**

The path of insight is the path of self-exploration. Like a microscope, the practice of mindfulness meditation can be

**Japanese Tea Gatherings**

**Mindfulness Yoga Workshop**

**Gregory Kramer Talk**

**Sharon Salzberg at Duke**

an awareness extending tool to penetrate into the depths of experience so as to see things as they really are. With this deeper wisdom arises greater freedom, joy and compassion. What to do and where to start with meditation practice will be the focus of this course, presented within the context of the Noble Eightfold Path. As the Buddha encouraged, "come and see for yourself."

The course will run for 6 weeks beginning Monday, 3/26, and attendance at the Day of Mindfulness on 4/28 is encouraged. Instruction will be offered free of charge, with donations (dana) accepted for the teacher and to cover the costs of using the facility. Although geared toward the beginner, anyone is welcome who would like to refresh their practice with guided instruction. Pre-registration is required, along with a commitment to attend all sessions whenever possible. For more information or to register call 919-383-0179 or write to [ron@triangleinsight.org](mailto:ron@triangleinsight.org).

**Upcoming Retreats**

**Cultivating a Joyful Heart**

**Event Title**

**Event Title**

**Episcopal Center at Duke**

**505 Alexander Ave., Durham, NC 27705**

**Mondays, 3/26/12 - 4/30/12, 7:00 - 8:30 PM**

**Day of Mindfulness, Saturday, 4/28/12, 9 AM - 4 PM**

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**Suggestions from the Sangha**

**Spiritual Reading & Discussion Group**

**T'ai Chi Class**

**Social Gatherings**

**Triangle Insight's Third Birthday**

**Japanese Tea Gatherings**

**with Nancy Hamilton**

**Instructor, Urasenke Tradition 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.

Saturday, 3/17, 10:45 AM - 12:00 N and 1:00 - 2:15 PM,

St. Patrick's Day Tea

Friday, 4/13, 10:45 AM - 12:00 N and 1:00 - 2:15 PM,

Spring Blossoms Tea

Saturday, 5/5, 10:45 AM - 12:00 N and 1:00 - 2:25 PM,

Children's Day Tea

Participant Limit for all gatherings: 10

Fee: To register, and for pricing information, including

**The Alice Project**

**Sarnath, India**

**[www.aliceproject.org](http://www.aliceproject.org)**

Follow the outstanding school for which our sangha has provided support



Friends of the Gardens discount, please contact Duke Gardens Registrar Sara Smith at 668-1707 or [sjsmith@duke.edu](mailto:sjsmith@duke.edu).

**Sara P. Duke Gardens**  
**420 Anderson St., Durham, NC 27708**  
**Meet at the Doris Duke Center**

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## Mindfulness Yoga Workshop with Frank Jude Boccio

This Mindfulness Yoga workshop will provide the opportunity to explore the three principles of alignment, relaxation, and resiliency necessary for sitting meditation, hatha yoga, and for living a life of freedom and authenticity. Practicing asanas designed to open stiff hips, strengthen sore backs, and relax tense shoulders and necks, we can develop insight into our conditioning and cultivate equanimity. In this way, we enter into the stillness at the heart of movement and experience the energy that moves in the stillness of meditation.

Cost: \$180; \*\*\$150 if registered and paid by 1/31/11  
 More info and to register: [www.hillsboroughyoga.com](http://www.hillsboroughyoga.com)

Frank Jude Boccio is a certified Yoga Teacher, Interfaith Minister, member of Thich Nhat Hanh's Order of Interbeing, and Dharma Teacher ordained by Korean Zen Master, Samu Sunim. His critically acclaimed book, *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind* presents the only comprehensive application of the Buddha's Mindfulness Meditation teachings to yogasana practice. Based in Tucson, he travels throughout the world, leading workshops, retreats and trainings. Please contact him through [www.mindfulnessyoga.net](http://www.mindfulnessyoga.net).

**Hillsborough Yoga & Healing Arts**  
**1812 Becketts Ridge Rd., Hillsborough, NC**  
**Friday, March 23, 7 - 9 PM**  
**Saturday, March 24, 9 AM - 12 N, 2 - 5 PM**  
**Sunday, Marcy 25, 9 AM - 12 N**

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## Creating More Positivity in Your Life

with Jeanne van Gemert

We are highly addicted to our internal "chatter" and tend to believe what we think, even when those thoughts are of poor quality. Our self-talk is often filled with judgements which can cause us anxiety, depression, and feelings of low self-worth. As these negative thinking patterns begin to improve, we can reclaim our natural happiness, feelings of generosity, and zest for life. Not surprisingly, the latest research illustrates the health benefits of more positive thinking. In this workshop we will learn how to:

- Evaluate the quality of your thoughts
- Learn how to work with your negative self-talk
- Choose patterns of more positive thoughts
- Understand the health benefits of more positive thinking

Cost: \$35 (\$30 if registered before 3/15/12)

Call 919-660-6826 or go to [\*\*Duke Integrative Medicine\*\*](#)

**Tuesday, March 27**

**Duke Integrative Medicine**

**Durham, NC**

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

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## Compassionate Presence: for Psychotherapists and Healthcare Professionals

with Sharon Beckman-Brindley, PhD and  
Phyllis Hicks, DMin, LPC

In this Compassionate Presence retreat for mental health professionals, we will practice mindfulness meditation and its extension into Insight Dialogue meditation. Through this relational meditation practice, we will explore classical Buddhist teachings on mindfulness, suffering and healing and relate these experientially to western psychological understandings of suffering and the healing relationship. Continuing Education Credits (27.5 hours) are available.

This is the first retreat in the new Relational Insight Meditation (RIM) program. Following the retreat, participants may choose to enroll in RIM Online, an eight month distance learning program beginning in May 2012.

For more information or to register, go to:

[\*\*Compassionate Presence Flier\*\*](#)

**Tuesday, April 24 to Sunday, April 29**  
**Shalom House Retreat Center**  
**Montpelier, Virginia**

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## A Day of Mindfulness with Cynthia Hughey 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. For more information, or to receive specifics and guidelines about the day, please contact us at [\*\*info@triangleinsight.org\*\*](mailto:info@triangleinsight.org).

**Episcopal Center at Duke**  
**505 Alexander Ave., Durham, NC 27705**  
**April 28, 2012**  
**9:00AM-4:00PM**

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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 or our sangha. If you would like something included, please submit your request 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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### **Spiritual Reading & Discussion Group:**

What is it that connects us all as human beings? What do we value in the wisdom traditions that have been passed down

to us? How do we relate to the evolution of human spirituality? Do our individual lives reflect our hopes for the future? What has brought meaning to our lives? If these questions inspire you, maybe we could ask them together.

I'm looking for people who would be interested in forming a peer-led reading and discussion group. Part of this sharing would be to create a circle of mutual respect and trust that would help us to explore together freely as individuals in a way that enhances the experience of the group.

If you feel you could make a strong commitment to such a group, please email me and we can find a time to get started.

**Ben Spiller**  
[wbspiller@gmail.com](mailto:wbspiller@gmail.com)

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### **Building Vitality & Balance - Release Stress while Moving Mindfully**

Janice Marie Durand, LMBT, will be offering a new T'ai Chi series at Hillsborough Yoga and Healing Arts, beginning March 15 and going through May 3. The class will meet on Thursday evenings from 6:30 - 8:00 PM, and the cost is \$125 for the series (\$135 if after March 9). For more information and to register, go to [HillsboroughYoga.com](http://HillsboroughYoga.com)

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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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## **Save the Date!**

### **Triangle Insight's Third Birthday Party**

**Wednesday, July 18, 2012, 7 - 9 PM**

Please join us for the celebration of our third year as a sangha! We will gather at the Episcopal Center for a pot luck dinner with great food and fellowship, followed by a period of silent meditation, after which there will be a forum with the four founding and guiding teachers to discuss issues relevant to our mission of supporting the practice of insight meditation. This will be an opportunity for inquiry and investigation into our deepest intentions as a sangha, drawing on the collective wisdom of the group. We would hope that the newly forming social committee will be in place to help plan and coordinate this event. Let us know if you have any other suggestions for this meeting by emailing us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

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## **Gregory Kramer Talk**

### **at the Eno River Buddhist Community**

Gregory is Phyllis's primary teacher and the co-originator of Insight Dialogue. He will be giving a talk at the Eno River Buddhist Community Meeting, Monday night, April 30th at 7:30 PM and everyone is invited. This is a wonderful opportunity to taste the wisdom flowing from Gregory's engagement with deep relational practice. Insight Dialogue is a meditation form based on relational understandings of early Buddhist teachings. It supports a life that is balanced, wakeful and compassionate.

**Eno River Unitarian Universalist Fellowship**  
**Commons Room of the CARE Building**  
**Durham, N.C.**  
**Monday, April 30th**  
**7:30 - 9:00 PM**

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## **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)

## The Bryan Center at Duke University

**Durham, NC**

**Friday, September 7**

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

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

**Saturday, September 8**

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

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

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

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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 March 26th, with classes beginning the week of April 2nd, and running through the week of May 21st, with a Day of Mindfulness on May 19th. A variety of class times are offered, 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 March 26th - Week of May 21st, 2012**  
**Various class times 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 about ten 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 community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program.

Also forming is a group to support teenagers in the study and practice of Buddhist teachings and mindfulness meditation. First meeting is Sunday, January 22nd, and will meet regularly on Sunday evenings from 7 - 8:30pm. The group is facilitated by Nina Bryce and supported by Kevin Ryan and Sumi Kim. The program is an initiative of the Buddhist Families of Durham.

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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## Chapel at Duke Hospital

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.

#### Thursday Afternoons

**3:00-3:30 PM**

**The Chapel**

**6th Floor of Duke North**

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## Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00AM. For more info contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com). Please note that we will not meet on March 5th, 8th, 12th or 15th.

#### 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 919-265-7600, email [zensetter@gmail.com](mailto:zensetter@gmail.com) or 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

Venerable Pannavati, an African-American Buddhist nun and co-founder of a temple outside Asheville, NC, recently gave a marvelous talk to the Buddhist Community at Duke. She and Sumi Kim have been in conversation about creating greater support for people of color in the meditation community in Durham by potentially establishing a monthly or bimonthly meditation session of about 2 hours (sitting, dharma talk, and discussion). However, for this to move forward, they need to have the interest and commitment of at least ten people, student, staff, and local residents combined. The group is intended for people of color, only, in order to provide a relaxed and open space, in the same way that many have found support in men's groups, women's groups, and so on in which people can come together around a major aspect of identity. If this is something you think you'd participate in, please send an email to Sumi, at [sumi.kim@duke.edu](mailto:sumi.kim@duke.edu).

**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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## Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina. 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.

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