



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

Buddhist pedagogy is known for its numerical lists: the one's of this, the two's of that, the three's and four's, and so on. Those of you who have been attending Triangle Insight, or have spent any time investigating the teachings of the Buddha, are probably familiar with at least a few of these, e.g., the threefold training, the four noble truths, the four establishments of mindfulness, and the noble eightfold path.

Some may find this doctrinal system a bit pedantic, while others understand its heuristic value, appreciating its emergence from an oral tradition of teaching in India during the fifth century B.C.E. Much like the repetitious pattern of the

suttas, the lists promote a greater capacity for retention and recall of the wisdom being imparted by the Buddha, and can serve as an entry point through which one might investigate one's own experience. We would thus like to encourage that some attention be paid to not only the study of some of these lists, but also to their application to one's practice of mindfulness. And in so doing, try to suspend any preconceived notion about the outcome, and follow the Buddha's suggestion of "ehipassiko", which means "come and see for yourself."

A useful collection of these numerical sets is explored in detail in Thanissaro Bhikkhu's anthology entitled *"The Wings to Awakening."* Thanissaro lays out "the seven sets" and explores their relationship to one another, especially with respect to their role in bringing the path of practice to its culmination --awakening. The seven sets, or "wings to awakening," include the four frames of reference (aka, the four foundations or establishments of mindfulness), the four right exertions, the four bases of power, the five faculties, the five strengths, the seven factors for awakening, and the noble eightfold path.

Over the next several months we will use this forum to highlight certain aspects of each of these sets and their role in meditation practice. For those who would like a more in-depth investigation, you may want to consider joining Jeanne and Ron as they approach the first set in the list in their upcoming retreat, "Evolving Toward Freedom: Exploring the Four Establishments of Mindfulness" (see announcement below). This retreat will be an opportunity to integrate study and practice within a community of "admirable people as friends, companions, and colleagues...the first prerequisite for the development of the wings to self-awakening." (Anguttara Nikaya.III.16).

May we all come and see for ourselves what the Buddha said about his teachings, that they are "the direct path for the purification of beings, for the overcoming of sorrow and lamentation, for the disappearance of pain and distress, for the attainment of the right method, and for the realization of Unbinding."

May it be so. May it be so.

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



Sitting Opportunities

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

Schedule:

May 7: Ron Vereen
 May 14: Cynthia Hughey
 May 21: Jeanne van Gemert
 May 28: Phyllis Hicks (Insight Dialogue)

June 4: Ron Vereen
 June 11: Cynthia Hughey
 June 18: Jeanne van Gemert
 June 25: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

6:30 - 8:00 PM

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

Episcopal Center (EC) at Duke

505 Alexander Avenue

Durham, NC 27705

Evolving Toward Freedom: Exploring the Four Establishments of Mindfulness

**A Memorial Day Weekend Residential Retreat
with Jeanne van Gemert and Ron Vereen**

This retreat is for the curious who are motivated to explore an evolution of liberation -- one moving away from suffering, evolving toward the freedom promised by the Buddha. We will investigate the Buddha's method as taught in his discourse on *Satipatthana*, or the Four Establishments of Mindfulness (body, feelings, mind, and categories of experience). All levels of experience with meditation are

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The Shramadana Project

**[A Volunteer Initiative
of Triangle Insight](#)**

Ongoing Classes and

welcome, and for more information and to access the registration form [please click here](#). Some scholarship funds are available.

The Stone House

Mebane, N.C.

Thursday, May 22 - Sunday, May 25

Dorm: \$315 (early registration, \$285 before 4/30)

Camp: \$270 (early registration, \$240 before 4/30)

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Opening the Heart to Joy

**A Half-Day Mindfulness Retreat
with Jen Johnson**

Joy is an innate capacity that is accessible to all of us if we learn how to cultivate it. We live in a culture in which it has become the norm to feel busy, stressed, emotionally flat, and disconnected from ourselves and others. True joy involves feeling a sense of aliveness, connection, and well being and a capacity for meeting whatever arises in our lives with authenticity. During this half-day retreat, we will explore practices for working with the body, breath, and mind to open the heart and cultivate joy. These practices originate from yoga, Insight meditation, and modern neuroscience.

For more information about the instructor go [here](#), and to register go [here](#).

Hillsborough Yoga and Healing Arts

1812 Becketts Ridge Dr., Hillsborough NC 27278

Sunday, May 18th, 1-4 PM

\$35 in Advance \$40 at the Door

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Awakening Together: An Insight Dialogue Retreat With Phyllis K. Hicks and Janet Surrey

While meditating with others, the heart and mind relax and open in recognition of this shared human experience. In this auspicious time of summer solstice and beautiful seaside surroundings, we will gather to learn and deepen our Insight Dialogue practice. We will inquire together into the nature of

Events

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suffering in relationships, and to touch the possibility of awakening together. Comeditating in engaged relational practice, we will investigate the hindrances and cultivate the factors of awakening: mindfulness, investigation, energy, joy, tranquility, concentration and equanimity. We can witness the power of relationship to accelerate insight, wisdom and compassion.

There will be alternating periods of silent meditation, Insight Dialogue, and yoga geared towards accessibility for every body. For more information and registration please go to <http://metta.org/program/awakening-together-insight-dialogue-retreat/>

Rockport, MA
June 18 - 22, 2014

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Insight Dialogue and the Path of Peace

With Sharon Beckman-Brindley and Phyllis K. Hicks

In Insight Dialogue we extend our solitary meditation into a meditation of speaking and listening in contemplation with others. In this retreat, we will practice both silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to life just as it is. We will inquire into the constructing nature of the mind and the tendencies that prevent us from resting in natural ease. Please visit the [Southern Dharma website](#) to register and for further information.

Southern Dharma Retreat Center
July 11 - 16, 2014

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A Morning of Mindfulness in Duke Gardens

with Cynthia Hughey 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. 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 rlvereen@aol.com.

Sara P. Duke Gardens
420 Anderson St., Durham, NC 27705
Saturday, June 28th
9:00AM-12:30 PM

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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.

One Saturday Monthly
One Heart, Durham
Schedule determined by participants
10:00 AM - 12:00 noon or 1:00 PM - 3:00 PM

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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.

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 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.

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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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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.

The next meeting will be Sunday, May 4 at 5:15 PM. Please email **Beverly** at beverly143@frontier.com, or call **Tamara** at tshare@hrc-pa.com for location and additional information.

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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.

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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.

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Buddhist Families of Durham

Currently consisting of 74 beings in 24 + 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-12:00 noon

please contact Sumi Loundon Kim for details

email: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

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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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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

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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.

Tuesday Nights

7:00 - 8:15 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

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Buddhism and Modern Psychology an On-line Course with Robert Wright

We just became aware of this on-line, 6-week course in Buddhism by Robert Wright, a visiting professor in the religion department at Princeton University. The course is offered free of charge through **Coursera**, and although the class just ended, it is still being held open for the first three weeks in May such that the lectures and materials can be downloaded and saved for later viewing. One sangha member has been participating throughout, and has found it very worthwhile, so we wanted to pass along this resource.

Looking ahead, Coursera will be offering another course, "Buddhist Meditation and the Modern World" with Kurtis R. Schaeffer and David Francis German (Univ. of Virginia), which will run for 13 weeks beginning Jan. 19, 2015.

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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**

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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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