



TIG weekly meetings:

If your ‘head is already in the tiger’s mouth’, and you want to deepen your practice of self-inquiry and ‘seeing through the illusion’, join us on Wed evenings at 7:30 pm. Contact Doran Fried @ dfried001@earthlink.net.

Announcements:

We will not have a meeting this Wed, Nov 23, due to the Thanksgiving holiday.

Next Month’s Facilitator:

Nov – Doug
Dec - Jenny

Memorable Quote:

“Why do you offer
Such resistance to life? ...
There is a secret word
Which, when used
With sincerity,
Aligns you with all of life.
That word is
Yes.” Wu Hsin

Member Prose:

“Stillness in the Autumn light
Silence, but for falling leaves
Grateful, for this perfect moment
Here among the sleeping trees.

Gifts that fill each endless moment
Knowing what must be will be
Grateful when our hearts are open
Then our eyes can truly see.” Kevin Shuey

Happenings in the Community:

Headless.org follow-up hangout at Unity Church of the Triangle: Tuesday, Nov 29 at 7:00 pm. This will be a monthly get together for anyone interested in continuing with the headless experiments and hanging out with headless (non)-persons. New people are welcome – it will be light and fun.

Upcoming Jan Frazier Retreat: Saturday, March 25 at Center for Mindfulness and Non-Duality. This will be a rare one day retreat from 9:00 to 4:30 pm. For more info: www.mindfulnessandnonduality.org and www.janfrazier teachings.com .

Upcoming Satsangs: 2:00 – 3:30 pm

December 3 – at Center for Mindfulness and non-duality
January 7 – at Jenny’s house
February 4 – at Center for Mindfulness and Non-duality

Related Resources:

TAT (Truth and Transmission):
www.tatfoundation.org
Spiritual Teachers Reviews:
www.spiritualteachers.org
Center for Mindfulness and Non-duality
Anita’s website @
www.mindfulnessandnonduality.org
Jenny’s website @
www.thismomentisperfect.com

(If you have further suggestions, thoughts, happenings to include in this newsletter, contact Jenny @ jennylclarke@gmail.com).



Triangle Inquiry Group

Newsletter

Nov/Dec 2016
