

### **TIG weekly meetings:**

If your 'head is already in the tiger's mouth', and you want to deepen your practice of self-inquiry, join us on Wed evenings at 7:30 pm. Contact Doran Fried for more info @ [dfried001@earthlink.net](mailto:dfried001@earthlink.net).

### **Next Month's Facilitator:**

Jan - Doron/Larry  
Feb - Doron

### **Announcements:**

We will be meeting on Wed., Dec 28.

**Free CD's** from Non-Dual teachers and previous TAT, SIG retreats are available from a dedicated friend who wants to 'Pay it Forward' and donate these. Some of the teachers are Eckhart Tolle, Bart Marshall, Adyashanti, Jan Frazier, Linda Clair, Francis Bennett, and others. If you or anyone you know might be interested, please contact Anita @ [anitaavent@gmail.com](mailto:anitaavent@gmail.com).

### **TIG Retreat Videos:**

The retreat videos are up on the Mindfulness and NonDuality YouTube Channel - here is the link:

[https://www.youtube.com/channel/UCDRjnWj7Ul5ul8j9XM7qxfg/featured?view\\_as=public](https://www.youtube.com/channel/UCDRjnWj7Ul5ul8j9XM7qxfg/featured?view_as=public)

(Anita and Katie are still working on the Q & A sessions for each speaker and hope to have those up by the end of Dec).

### **Member Contribution:**



### **A Jar Of Nothing:**

"This is one of my favorite Christmas gifts I got this year. My first reaction after the unwrapping was the thought "Just what I wanted - the gift that keeps on giving." Over the holidays, I've had a few setbacks and things haven't been going quite the way I would have wanted, and I felt in a way I was left with nothing. I later realized that was, strangely enough, what I've been praying for some time to receive. I again find that in the words of Paul Hedderman, "I'm not managerial quality", that this life is probably not going to 'work out', and that's actually wonderful. I've been given the courage to once again hand over this life to the higher power that is running the show, is always in plain view, and which certainly isn't the little human personality. I wish everyone in TIG their own little dose of nothingness in 2017." Submitted by Doug White

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## **Happenings in the Community:**

**Headless at Unity – “Seeing Who You Really Are”**: monthly meetings at Unity Church of the Triangle on the 2<sup>nd</sup> Tuesdays of each month. Next meeting January 10, 2017 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!

**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 about Jan, see: [www.janfrazier teachings.com](http://www.janfrazier teachings.com). Register by calling 919-772-4794 M-F between 8am and 5 pm and here is the link: <http://mindfulnessandnonduality.org/jan-frazier-retreat-march-2017/>.

## **Upcoming Monthly Satsangs:**

(2:00 – 4:00 pm)

January 7 – at Jenny’s house – (email Jenny if you need her address:  
[jennylclarke@gmail.com](mailto:jennylclarke@gmail.com))

February 4 – at Anita’s (email Anita @ [anitaavent@gmail.com](mailto:anitaavent@gmail.com) for further info).

March 11 – @ Jenny’s house

## **Additional Resources:**

[www.tatfoundation.org](http://www.tatfoundation.org)  
[www.spiritualteachers.org](http://www.spiritualteachers.org)  
[www.mindfulnessandnonduality.org](http://www.mindfulnessandnonduality.org)  
[www.unitytriangle.org](http://www.unitytriangle.org)  
[www.thismomentisperfect.com](http://www.thismomentisperfect.com)  
[www.wuhsinquotes.org](http://www.wuhsinquotes.org)  
[www.headless.org](http://www.headless.org)

Here is a link to a post on Anita’s website about adapting:

<http://mindfulnessandnonduality.org/adapting/>

(If you have further suggestions, thoughts, contributions to include in this newsletter, contact Jenny @ [jennylclarke@gmail.com](mailto:jennylclarke@gmail.com)).