



TIG weekly meetings:

Join us on Wednesday's, 7:30 to 9:00 pm, at the Fairmount Church, near Cameron Village. *"All that is happening in these contemplations is the clear seeing of the true nature of this current experience. The clear seeing of what is has a profound effect on the appearance of the mind, the body and the world, but that is not the object of this investigation. In most cases this exploration is a prelude to the revelation of Being."* Rupert Spira. For more information, contact Doran Fried @ dfried001@earthlink.net.

Upcoming Facilitators:

Mar - Kevin
Apr - Jenny

Announcements:

We are beginning to consider whether to do another annual retreat this year around beginning of October. Would you be so kind to respond to Jenny or Anita what your level of interest would be in attending this again? There is also a possibility of doing a one day intensive with Paul Hederman, sometime over the summer. Let one of us know if you would be interested in something like that as well.

TIG Retreat Videos:

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

https://www.youtube.com/channel/UCDRjnWj7U15ul8j9XM7qxfg/featured?view_as=public.

Reflections:

"Grace"

Grace is only an opening in the fabric of time
A bridge of light without substance
A point, about which a pattern whorls
The vortex of a new beginning – outside of time
The sword that cuts away the notions
Notions of limits
Notions of time and space
Notions of separateness
Notions of mortality
Notions of fear
And leaves behind the clarity
that makes all things whole.
by Kevin Shuey

"Noticing Peace"

It's not that you let go or lose control...
It's realizing there is no one, no you, there never has been, to hold on or let go, and no one to have or lose control, to fear or to dread, to fall or to sink.
Your belief that "you" are a "you" does not make "you" real, it just holds "you" hostage, in vicious circling around an imaginary you. This believing in a "you" is holding you separate from the incredible peace, wonder, and love you already are.
Letting go...all beliefs, concepts, and stories until there is nothing left to call a you...and there never was a you, and then noticing endless peace...
by Anita Avent

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Happenings in the Community:

“Celebrating Who We Are”: Richard Lang is returning to Raleigh to do a workshop on April 7 (eve) and April 8 (all day). This workshop is a refreshing way of discovering who you really are – the boundless, timeless awareness that is our True Self. Cost is \$100.00 which includes lunch on Saturday. Register at Unity’s website:

www.unitytriangle.org. The monthly meetings facilitated by Stacy Allen will continue on the second Tuesday of each month at 7:00 pm at the unity church. Next meeting is March 14. New people are welcome!

Upcoming Jan Frazier Retreat: Saturday, March 25 at Center for Mindfulness and Non-Duality has sold out. For more info about Jan, see:

www.janfrazier teachings.com.

Next Monthly Satsangs:

(2:00 – 4:00 pm)

March 11 – at Jenny’s house – (email Jenny @ jennylclarke@gmail.com if you need info).

April 1 – at Anita’s (email Anita @ anitaavent@gmail.com for further info).

May 13 - @ Jenny’s house

Additional Resources:

www.triangleinquirygroup.com

www.tatfoundation.org

www.spiritualteachers.org

www.mindfulnessandnonduality.org

www.unitytriangle.org

www.headless.org

(If you have suggestions, thoughts, or contributions to share in this newsletter, contact Jenny @ jennylclarke@gmail.com).