



TIG weekly meetings:

Join us on Wednesday's (7:30 to 9:00 pm), as we continue our exploration into 'what we are not' - so that we may see who we truly are. *"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..." Rupert Spira.* For more information about the meetings and the location, contact Doran Fried @ dfried001@earthlink.net.

Announcements:

There will be no Satsang in July due to the holiday. Have a Happy 4th!

Paul Hederman is coming for a one day intensive retreat in the gardens on September 23! There are still a few seats left. Register at www.mindfulnessandnonduality.org/events.

Inspiration:

Searching for the Dharma:

*You've traveled up ten thousand steps in search of the Dharma.
So many long days in the archives, copying, copying.
The gravity of the Tang and the profundity of the Sung make heavy baggage.
Here! I've picked you a bunch of wildflowers.
Their meaning is the same
but they're much easier to carry.*

Xu Yun

Reflections from TIG members:

I sat alone once, for a few minutes, with a true embodiment of light.
His message for me was, "Don't worry about anything."
Having received that commandment, what am I to do?
All is well, all is well, and all is well.
My pain, is as it will be. As also is my joy.
The road seems long at times, but only because I am looking beyond the next step.
I can only take one step at a time. And each step is perfection,
flowing from emptiness into form. Observe: all things conspire to bring this moment.
Infinite interconnectivity is union, and in that oneness there is no room for anything other than Truth.
The why's run together like rain in the ocean, and we either drift or sink until we dissolve - it's all just ocean.

Kevin Shuey

Stillness:

Perfect, Brilliant, Fresh
Simple, Clear, Open,
Expansive, Innocent,
Pure, Allowing, Alert.
This instant - and none other.
THIS.
This Isness, Suchness, Aliveness.
from whence everything else springs forth
and of what everything else is.
I am that.

Jenny



Happenings in the Community:

Upcoming TAT meeting - June 23 - 25:

Becoming the Truth

A Weekend with Mr. Rose

"There is a path to Truth. From ignorance to relative knowledge. From relative knowledge to an awareness of the limitation of such knowledge. And finally, we pass from intelligence to a reality of Being." ~ Richard Rose

Next Monthly Satsangs: (2:00 - 3:30 pm)

July - No Satsang in July.

August 5 - at Anita's (email Anita @ anitaavent@gmail.com for further info).

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

The Awakening Experience:

Join Nancy Burns and Jenny Clarke the 2nd, 3rd, and 4th Sundays at Unity Church of the Triangle, 10:15 - 10:50 am to deepen your process of awakening. We will be doing both experiential processing and discussion/sharing.

Additional Resources:

www.triangleinquirygroup.com

www.tatfoundation.org

www.spiritualteachers.org

www.mindfulnessandnonduality.org

www.unitytriangle.org

www.headless.org