

Triangle Insight Meditation Community, Durham, NC
References for Dharma Talks in June, 2020

June 17, Francesca Morfesis (Guest Teacher)

1. Rashid Hughes talk, <https://soundcloud.com/rashid-hughes/talk-what-it-means-to-be-free>
2. Junauda Petrus-Nasah poem, <https://www.kindredmedia.org/2020/06/give-the-police-departments-to-the-grandmothers-a-poem/>
3. **Sebene Selassie and Brian Lesage Online Course**, "What Gets Left Out: Cultural Spiritual Bypassing," Brian and Sebene at Barre Center For Buddhist Studies. Planned as a 4-5 day, in-person retreat, the course is now shorter and online: <https://www.buddhistinquiry.org/course/what-gets-left-out-expanding-practice-community-and-freedom>
4. **Sebene Selassie Book**, "You Belong: A Call for Connection". Forthcoming; can pre-order on the website now. <https://www.sebeneselassie.com/youbelong?fbclid=IwAR27OzugRmzjc8MT6H0a4f7VLW4vjibckBkGLgsfhNsm0h1rPC3hsR-XG7U>

June 10, Scott Bryce

1. **Black Lives Matter protest signs, observed:**

- Treat Racism Like Covid-19:
 1. Assume you have it
 2. Listen to experts about it
 3. Don't spread it
 4. Be willing to change your life to end it
- We said: Black Lives Matter
Never said: Only Black Lives Matter
We know: All Lives Matter
We just need YOUR HELP
With #BLACKLIVESMATTER
For Black Lives are IN DANGER!

2. "How Sad Is Your Love?," Mu Soeng, Lion's Roar, March 18, 2018

3. **Resources on "Conscientious Compassion"**

- Bhikkhu Bodhi, **Helping Hands** [Buddhist Global Relief Newsletter], Vol. 7 No. 4, Winter 2015
- Bhikkhu Bodhi, **Inquiring Mind**, Vol. 26 No. 1, Fall 2009
- Raymond Lam, **Tricycle**, 8/20/2015
- *Rev. angel Kyodo williams interviews Bhikkhu Bodhi*, https://www.youtube.com/watch?time_continue=14&v=nYEQ5oCm5Bs&feature=emb_logo

4. Gil Fronsdal's talks on Anukampā, available at audiodharma.org:

- "Dharmette: Anukampā (1 of 5): Gil's Story with Compassion and Care" 2020-04-27
- "Dharmette: Anukampā (2 of 5): Caring for the Happiness of Others" 2020-04-28
- "Dharmette: Anukampā (3 of 5): Care as Resonance with Others" 2020-04-29
- "Dharmette: Anukampā (4 of 5): The Continual Act of Care" 2020-04-30
- "Dharmette: Anukampā (5 of 5): The Ethics of Care" 2020-05-01

June 03, Ron Vereen

1. Ruth King, [Mindful of Race](#)
2. Racial Equity Institute's Groundwater Presentation
www.racialequityinstitute.org
3. Upajjhatthana Sutta: Subjects for Contemplation, AN.5.57
accesstoinsight.org
4. David Loy, "A Healing Ecology"
www.theamericanbuddhist.com
5. Insight Dialogue Guidelines
www.insightdialogue.org
6. Rachel Naomi Remen on Listening

"When we listen, we offer with our attention an opportunity for wholeness. Our listening creates sanctuary for the homeless parts within the other person, that which has been denied, unloved, devalued by themselves and by others, that which is hidden . . . Listening creates a holy silence. When you listen generously to people they can hear truth in themselves often for the first time, and in the silence of listening you can know yourself in everyone. Eventually you may be able to hear in everyone and beyond everyone, the unseen singing softly to itself and to you."