

## Triangle Insight Meditation Community Kalyana Mitta Group Guidelines

<https://triangleinsight.org/programs/kalyana-mitta-groups/>

(updated 04-08-24)

"Having admirable people as friends, companions, and colleagues is actually the whole of the holy life."  
—The Buddha

### Purpose of KM Groups

Kalyana Mitta is a Pali word that means “spiritual friend.” KM Groups are small peer groups of individuals who are committed to supporting one another in their practice and journey to spiritual awakening. Because these groups are small and meet regularly over an extended period of time, they allow the development of intimacy and trust. Members can begin sharing openly and deeply, and the heart of the dharma is enriched in their practice and their daily lives.

While KM groups can provide great support and inspiration for one’s practice, they can also elicit uncomfortable thoughts and feelings during both meditation and group discussion. A commitment to regular meditation practice and an ability to manage one’s own feelings, as well as one’s reactions to others, will help foster a positive group experience.

### Forming a KM Group

1. The Group Organizer (GO) communicates their wish to form a KM group around a specific intention that may be one of the following: focus area, level of experience, location, format, book study
2. GO sends a request to the TI KM Coordinator(KMC)/board designee to recruit members via announcement at Wednesday sangha, TI email, and/or website.
  - o Include any initial details as to focus, location, schedule, etc. which will be fleshed out by the group in their first meeting.
3. GO sets a date, time, format to convene the group.
4. During the first meeting, members determine and agree on details for the group, including:
  - o Focus of the group
  - o Location/Format of meetings(i.e. in person in Durham or via Zoom, 3rd Thursdays at 6 pm, etc.)
  - o Membership (experience level, open/closed, etc.)
  - o Commitment to group attendance
  - o Confidentiality agreement/adherence to [Mindful Sharing Guidelines](#)
  - o Other details as pertinent
5. GO communicates these details to the KMC/board via email.
6. KMC/board designee posts details to website

### Joining a KM Group

Those interested in joining a KM group should contact the KMC/board designee, who will let them know if there is an opening and how to contact the GO.

### Group Details

Each group will decide on its own schedule, format, focus, etc. and refine as needed as the group meets and evolves. Changes (including change in GO) should be communicated by the GO to the KMC/board designee to update the information posted on the TI website.

### **Mindful Sharing**

While the amount of personal sharing will vary from group to group, personal sharing in KM Groups is in the context of the dharma, and group members are encouraged to be sensitive to maintaining this balance.

Each member's mindful listening and speaking are essential for maintaining the optimum space for rich dharma discussion to take place. Please refer to our [Mindful Sharing Guidelines](#).

### **Participation in Triangle Insight**

In order to stay connected to the larger sangha, KM members are encouraged to maintain some regular attendance at Triangle Insight on Wednesday evenings or Monday/Thursday mornings. However, we realize that this might not be feasible for all KM members.

In order to be supported by Triangle Insight, we expect that KM groups adhere to the following tenets:

- GO (or other designated KM group member) attends Wednesday sangha at least once per month.
- GO ensures regular communication with KMC/board designee, especially regarding any change to the group needing updates on the website, and/or concerns raised within the group.
- Members support one another in upholding the focus of the group and group agreements.

All members are encouraged to connect with the KMC/board designee if they have any questions or concerns about their KM group or GO.