



RECOVERY DHARMA

THE PRACTICE

Renunciation: We commit to the intention of abstinence from alcohol and other addictive substances and behaviors.

Meditation: We commit to the intention of developing a daily meditation practice.

Meetings: We attend recovery meetings and commit to becoming an active part of the community, offering our own experiences and service wherever possible.

The Path: We commit to deepening our understanding of the Four Noble Truths and to practicing the Eightfold Path in our daily lives.

Inquiry and Investigation: We explore the Four Noble Truths as they relate to our addictive behavior through writing and sharing in-depth, detailed Inquiries.

Sangha, Wise Friends, Mentors: We cultivate relationships within a recovery community, to both support our own recovery and support the recovery of others.

Growth: We continue our study of these Buddhist principles and undertake a lifelong journey of growth and awakening.