



## 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.