

Resources

Meeting Materials

Meditation

Material & Docs

A Recovery Dharma online meeting script [\(PDF\)](#)

Meditation-Basic+Options [\(PDF\)](#)

What is Recovery Dharma [\(PDF\)](#)

Meeting Format [\(PDF\)](#)

Meditation-Equanimity [\(PDF\)](#)

Zoom Hosting Guide for RD [\(PDF\)](#)

The Practice [\(Long Form\)](#)

Forgiveness Meditation [\(PDF\)](#)

The 37 practices for Recovery Dharma [\(PDF\)](#)

The Practice [\(Short Form\)](#)

Metta Meditation [\(PDF\)](#)

Recovery Dharma Book [\(PDF\)](#)

The Four Noble Truths and Eightfold Path [\(PDF\)](#)

Appreciative Joy Meditation [\(PDF\)](#)

Inquiry Questions Reordered [\(PDF\)](#) Written by Sangha Member Kit O'Sullivan

Dedication of Merit [\(PDF\)](#)

Compassion Meditation [\(PDF\)](#)

Recovery Dharma Tri-fold Pamphlet-1 [\(DOCX\)](#)

Meditation for Sitting with Difficult Emotions [\(PDF\)](#)

How to Start an Intersangha Group [\(PDF\)](#)

Impermanence Meditation [\(PDF\)](#)

Inquiry question deck-1 [\(PDF\)](#)

First Foundation of Mindfulness Meditation: Breath and Body [\(PDF\)](#)

rda-games [\(PDF\)](#)

Second Foundation of Mindfulness Meditation: Feeling Tone
[\(PDF\)](#)

trifold-3 [\(PDF\)](#)

Third Foundation of Mindfulness Meditation: Mindfulness of
Mind [\(PDF\)](#)

RD Friends Act [\(Site\)](#)

Fourth Foundation of Mindfulness Meditation: Mindfulness of
Mind [\(PDF\)](#)

Meeting Safety Statements – Recovery Dharma [\(Site\)](#)