



RECOVERY DHARMA

What is Recovery Dharma?

Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that recovery means **empowerment**, and we support each other as partners walking the path of recovery together.

Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. We believe that recovery is about finding our own inner wisdom and our own path.

We believe that the traditional Buddhist teachings, often referred to as the *Dharma*, offer a powerful approach to healing from addiction and living a life of true freedom. Our program is based on the idea that every one of us is our own guide in recovery from addiction, with the help and understanding of our wise friends and sangha (community). We believe that's what the Dharma teaches us. So it's with great joy and excitement that we come together to build this recovery community and support structure, informed by the spirit of democracy.

Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it's caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering. We've found that this Buddhist-inspired path can lead to liberation from the suffering of addiction, and we support you in finding your own path to recovery.

For more resources and a directory of our meetings, visit:
recoverydharma.org