

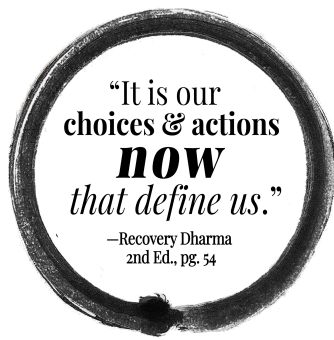
It's a Game-Changer

Newcomers, old-timers, and health professionals are all talking about Recovery Dharma (RD).






But what is it? Is it really so groundbreaking in the recovery world? Let's highlight the biggest differences from most of the traditional recovery programs.

1. *All addictions, one program*
2. *Trauma-informed*
3. *Meditation* in every meeting
4. Buddhist-inspired, *not required*
5. Higher Power *not required*
6. *You're empowered*—not powerless
7. Compatible with other programs
8. Our spiritual principles include:
Compassion, Kindness, Generosity
9. We strive for *Inclusion, Diversity, Equity, Accessibility*

If you're curious to find out more, read on...



Looking For More?

-  Begin here
recoverydharma.org/beginners
-  Get our book
Free PDF or \$10 paperback
recoverydharma.org/book
-  Meditate to guided recordings
recoverydharma.org/meditation
-  Join us for a meeting
recoverydharma.org/find-a-meeting
-  Affinity (Shared-Interest) meetings
recoverydharma.org/affinity

Print Copies of This Trifold:



recoverydharma.org/trifolds

Questions? Please Contact Us:

recovery dharma *global*

info@recoverydharma.org
recoverydharma.org



**Meeting in Tacoma at
Center for Spiritual Living
Tacoma
206 N J St, Tacoma
Tuesdays at 6 pm
in the basement**

What is Recovery Dharma?

recovery dharma



Information for:

- Newcomers
- Health Professionals
- Treatment Centers, Corrections, Hospitals

Everyone Struggles

Who here has suffered? If anyone knows about suffering, it's people affected by addictive habits. We've *tried* to quit repeatedly, yet the cycle persists.

But there's hope. The Buddha saw a clear way out of the cycle of suffering and developed the Four Noble Truths, which are the foundation of our program. They summarize the causes of suffering but also a way of ending suffering. Yet despite being called "Truths," the Buddha famously told his followers not to blindly believe him! He said test them. *Verify* them. Only believe them once you directly experience them to be true. See if his teachings apply to you:

The Four Noble Truths

1st **There is suffering**

We experience suffering in this life. ✓

2nd **There's a cause of suffering**

We experience that craving, aversion, and ignorance lead to suffering. ✓

3rd **There's a way of ending suffering**

We experience that less craving, aversion, and ignorance leads to less suffering. ✓

4th **There's a path that leads to ending suffering**

We cultivate and experience the path of recovery and awakening. ✓

How did that check out for you? Because we'd love to share with you the path we practice in our program. It's led many of us to freedom from our addictions.

So, How Does it Work?

This is a summary of what we practice, so you can get a feel for our entire program.

1. **Renunciation** (Honesty & Integrity):

We commit to abstinence from addictive substances. For our process addictions, we identify needs, set boundaries, and practice self-care.

2. **Meditation** (Spirituality & Humility):

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

3. **Meetings** (Willingness & Service):

We attend meetings, actively participate, and become of service when possible.

4. **The Path** (Open-Mindedness & Discipline):

We deepen our understanding and practice of the Four Noble Truths and cultivate the Path to the ending of suffering.

5. **Inventory** (Courage & Awareness):

We transcend our addictive habits and heal the root causes of our suffering by writing & sharing in-depth detailed inquiries.

6. **Community** (Love & Connection):

We cultivate healthy relationships in our recovery community and we check-in with admirable friends to stay on the path.

7. **Growth** (Progress is Perfection):

We undertake a lifelong journey of growth & awakening.



Trauma-Informed Recovery

At Recovery Dharma, we learn to gently investigate the underlying causes of our substance and process addictions, which we've often found rooted in *pain and trauma*.

Our trauma-informed practice emphasizes compassion, non-judgment, and spaciousness to tenderly understand why we turned to our addictive habits for relief or survival.

We don't rely on motivators of shame and fear. This is a program of empowerment and we don't rely on anything other than our own potential to change and heal. We believe in our inner wisdom; that there's a pure seed of good in each of us that can always be nourished. This is the same seed that brought you to pick up and read this brochure.

In recovery, everyone deserves a chance and a choice. But regardless of the path or program chosen, we want every person suffering from addiction to be able to find the recovery program that meets their needs.

May all beings be free from suffering.

