

WHAT IS BUDDHIST RECOVERY?

The terms *Buddhist Recovery*, or *Mindful Recovery* describe a path to living more happily without our harmful, compulsive behaviors. There are an increasing number of support groups around the world for people who are integrating meditation and mindfulness practices with programs of recovery from a variety of addictions. While there are many types of meetings to choose from, these support groups, or *Sanghas* all share the same basic elements:

- They meditate together, and encourage the development of a regular sitting practice.
- They study and discuss material based on Buddhist teachings of mindfulness and ethical behavior.
- They encourage the development of *Sangha*, creating a safe environment for people to support each other in sobriety, health and happiness.

WHAT IS A BUDDHIST RECOVERY MEETING?

In recent years, many meetings have been created by practitioners who have experienced for themselves the benefits of integrating their Buddhist or Secular mindfulness practices into their program of recovery. Some are from AA 12-Step programs, but we are seeing more people who have had success with more traditional Buddhist programs. Buddhist-oriented recovery meetings help people from these programs who have (up until now) had limited resources for support groups. Most of the Buddhist-oriented recovery meetings you will attend will likely fall into one of the following types of meeting categories:

TYPES OF MEETINGS

ALL BUDDHIST-ORIENTED RECOVERY MEETINGS WELCOME ANYONE FROM ANY RECOVERY PROGRAM AND LEVEL OF MEDITATION PRACTICE

Meditation & Recovery – Emphasis on integrating a regular meditation practice into your addiction recovery program.

Buddhist-Oriented Recovery – Emphasis on meditation practice to develop mindfulness, and the study and practice of Buddhist principals from many traditions, using those principles as a path of recovery from harmful addictive behaviors.

Refuge Recovery – A program of recovery based on the book “*Refuge Recovery*” by Noah Levine. The book is used as study material for peer facilitators to use, as outlined in the *Refuge Recovery* program guidelines in formatting and running their meetings.

Eight Step Recovery - A path of recovery based on the book “*Eight Step Recovery-Using the Buddhas’ Teachings to Overcome Addiction*” by Dr. Valerie Mason-John & Dr. Paramabandu Groves. Group members use the book as well as on-line support in working these steps, and peer facilitators use *Eight Step Recovery* guidelines to format their meetings.

Heart of Recovery – A Buddhist-oriented recovery support group developed using teachings from the Shambhala tradition.

Buddhist 12-Step – Emphasis on the integration of meditation *and* Buddhist practice into your 12-Step program. *These meetings are not supported or endorsed by AA or any 12- Step programs.*

DO I NEED TO BE A BUDDHIST?

You need *not* be a Buddhist to benefit from a Buddhist-oriented recovery meeting. Whether you are a practicing Buddhist, are curious about Buddhist teachings, or have been through a Mindfulness-based workshop or program, there is a meeting that will suit your level of interest in Buddhism and mindfulness practice.

DO I NEED TO KNOW HOW TO MEDITATE?

At all Buddhist-oriented recovery meetings, beginner as well as seasoned meditators practice sitting together using audio or written meditations by actual teachers. Some meetings are led by qualified instructors, or they may invite a guest teacher to do the instruction. If you want to go further with your meditation study, there are many resources for classes and meditation instruction online. Check your local online resource regularly for information about events and meetings in your area.

FINDING A MEETING

Just go to www.nwbuddhistrecovery.org for a current list of meetings in the Pacific Northwest, or go to www.buddhistrecovery.org for U.S. and International listings. The list of support groups to choose from is growing every day, along with online meetings and Dharma talks to support your Buddhist or Mindfulness-based recovery program. **If you are interested in starting a Buddhist recovery meeting, please go to our website on the “meetings” tab for new meeting facilitator resources and information.**

WHO IS NWBR ?

Northwest Buddhist Recovery (NWBR) was founded in 2012 as a local resource for people interested in using Buddhist meditation and mindfulness practices to enhance their personal recovery programs. The website www.nwbuddhistrecovery.org is full of information, articles, audio and video meditations, as well as support for new meeting facilitators.

NWBR supports over 20 community meetings from Olympia up to Bellingham. We are currently partnering with the Buddhist Recovery Network www.buddhistrecovery.org to develop more resources for Buddhist recovery practitioners worldwide, and are members of the Northwest Dharma Association www.nwdharma.org. We also sponsor Dharma talks and workshops in the Northwest with teachers, authors and practitioners who share their own path of recovery using Buddhist practice.

All donations made on the **NWBR** website finance the administrative costs of running our website, as well as local events, facilitator training and meeting development. We are an affiliate of **the Buddhist Recovery Network (BRN)**, an international non-profit organization, and any donations made on our website are tax deductible under BRN's 501(3)c non-profit status.

NWBR MISSION STATEMENT

"To provide resources and education for those seeking support with their recovery from addictive behaviors using traditional Buddhist meditation techniques and study of Buddhist teachings"

HOW YOU CAN SUPPORT US!

Northwest Buddhist Recovery (NWBR) is a Seattle based, non-profit charitable organization. Any donations received will be used for administrative and website expenses.

There are many ways you can help us to continue to support the facilitators, events and speakers we help bring to the community. Here are a few:

- Make a one time and recurring tax deductible donations, which can be made through our secure on-line "Donate" button on www.nwbuddhistrecovery.org.
- Volunteer your time and talents for events and special projects.
- Share Buddhist-oriented recovery resources on your social media, at a local recovery meeting and with your friends in recovery.

We would love to work with other Northwest mindfulness or recovery organizations to support events with teachers and recovery professionals for the community.

Please contact us if you would like us to co-sponsor your next event at:
nwbuddhistrecovery@gmail.com



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