



# 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 and principles of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. 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.

**Our meetings are open to anyone interested in recovery from addiction of all kinds. No meditation experience is necessary.**

The path of practice that we follow is based on the.

## FOUR NOBLE TRUTHS OF THE BUDDHA:

There is suffering	There is a cause of suffering	There is an end to suffering	There is a path that leads to the end of suffering
--------------------	----------------------------------	---------------------------------	--

This is an approach to recovery that understands:

**“All beings have the power and potential to free themselves from suffering.”**

For more information, visit: [RecoveryDharma.Org](http://RecoveryDharma.Org)

---

**The Solitude Room at Curran Seeley  
The Centennial Building - 610 W Broadway, Suite L-1**

**Every Tuesday @ 6:00PM**

**Contact Paulie for more info: 808-281-6048**

**[recoverydharmajh@gmail.com](mailto:recoverydharmajh@gmail.com)**

**\*Must be SOBER for atleast 24 hours\***