

# **REFUGE RECOVERY**

## **A Buddhist Path to Recovering from Addiction**

### **DEDICATIONS OF MERIT**

**“May each of us do what needs to be done to free ourselves from the suffering of addiction and may our recovery benefit this world.”**

**Or**

**“May any goodness that comes from our meeting be shared with all of the suffering addicts in this world. May each of us do what needs to be done to free ourselves from the suffering of addiction and may our recovery be an offering to all beings everywhere.”**