

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

The Eightfold Path

- 1. Understanding**
- 2. Intention**
- 3. Communication and Community**
- 4. Action and Engagement**
- 5. Livelihood and Service**
- 6. Effort and energy**
- 7. Mindfulness meditation**
- 8. Concentration meditation**

These eight factors, or folds, are to be developed, experienced and penetrated. This is not a linear path. It does not have to be taken in order. In fact, all the factors need to be developed and applied simultaneously and to truly break free from addiction, the eight folds must be continuously maintained.