

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

WHAT IS REFUGE RECOVERY?

(“Preamble” Pg. 229)

Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness, and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. The path of practice that we follow is called the Four Truths and Actions of Refuge Recovery. This path has proven successful with addicts, alcoholics and those suffering from process addictions. The Four Truths practice requires commitment to meditation, generosity, kindness, and renunciation. This is an approach to recovery that understands “All beings have the power and potential to free themselves from suffering.”

(“Preamble” bottom of page 229)