

# The Four Truths and Actions

For our individual recovery program, Refuge Recovery follows the traditional Buddhist system of the Four Noble Truths, which consists of four actions.

1. We take stock of all the suffering we have experienced and caused as addicts.
2. We investigate the causes and conditions that lead to addiction and begin the process of letting go.
3. We come to understand that recovery is possible and take refuge in the path that leads to the end of addiction.
4. We engage in the process of the eightfold path that leads to recovery.

The eightfold path consists of these eight factors:

1. Understanding
2. Intention
3. Communication/Community
4. Action/Engagement
5. Livelihood/Service
6. Effort/energy
7. Mindfulness/meditations
8. Concentration/meditations

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.