

# recovery dharma

*Outreach*



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**RECOVERY  
DHARMA** 

**Outreach**

# Agenda

- Introduction to speaker
- Covering:
  - What is Recovery Dharma
  - The speaker's Why
  - A mini meeting

# Introduction

- Speaker introduction
- How long have they been involved with Recovery Dharma
- Other things of note

# What is Recovery Dharma

- Buddhist inspired, NOT required
- Program of empowerment using Buddhist practices and principles
  - Four Noble Truths
  - Eightfold Path

# What is RD (cont.)

- Peer-led
- Non-profit run by a volunteer working board of directors (all peers)
- Accessible:
  - All meeting materials and the text are offered freely on the website.

# Your Personal Why

(\*\*these are just examples)

- Trauma informed text / meeting language
- Commitment to I.D.E.A (Inclusion, Diversity, Equity, Accessibility)
- Fully compatible with other pathways to recovery
- All addictions, one fellowship

# Mini Meeting

- Meeting format from v2 of the text: pg 147
  - The Practice pg 148
  - Four Noble Truths and Eightfold Path pg: 149
  - Introductions (only if it is feasible to do so)
  - Meditation instructions pg: 150

# Abridged Meeting (cont.)

- 5 Minute basic meditation pg: 123
  - Use very short pauses (15 to 30 seconds)
- Reading: (Suggested, pick one)
  - *What is Recovery Dharma* pg: X
  - *Recovery is Possible* pg: 54



Questions?

# Closing: Dedication of Merit

## Pg: 152

The dedication aims to share intentions of goodness with others and to cultivate a sense of inter-connectedness and well-being.