



Recovery Dharma is a peer-led, weekly group meeting gathered in the spirit of investigation of a Buddhist approach to recovery from addiction of all kinds. All are welcome. We invite you to join us to find out for yourself if a Buddhist perspective is valuable to your process of recovery. No experience with Buddhist practice required.

#### MEETING SCHEDULE

Sunday 6pm-7:30pm @ Urban Dharma  
77 W Walnut St. Asheville, NC 28801

Tuesday 7:30pm-9pm Dharma Talks & Discussion  
@ Asheville Insight Meditation  
175 Weaverville Rd., Suite H Asheville, NC 28804.

Wednesday 5:30-6:30pm @ Heartwood Refuge & Retreat Center  
159 Osceola Rd. Hendersonville, NC 28739

Thursday 7:30pm-9pm @ Oasis Recovery Center.  
191 Charlotte St, Asheville NC 28801

Friday 7pm-8:30pm @ Urban Dharma  
77 W Walnut Street, Asheville, NC 28801

[www.recoverydharmaavl.org](http://www.recoverydharmaavl.org)

# Recovery Dharma Asheville Word Game



# Meditations

All meditation involves a combination of both (Noun)\_\_\_\_\_ and (Noun)\_\_\_\_\_ – mindfulness being the more receptive state of observing the mind and (Verb ending in -ing)\_\_\_\_\_ thoughts and sensations; concentration being the more active energy of choosing what to focus on, whether it be a gentle returning to the (Noun)\_\_\_\_\_ or training the mind through repeating (Adjective)\_\_\_\_\_ phrases or mantras. The Buddha taught four different ways of meditation: sitting, standing, (Verb ending in -ing )\_\_\_\_\_, or walking. You can use any posture that (Adjective)\_\_\_\_\_ suits you, but be (Adjective)\_\_\_\_\_ when you are practicing in a group to try not to move in a way that might distract or disturb (Plural noun)\_\_\_\_\_. There are many (Adjective)\_\_\_\_\_ practices to explore outside the (Place)\_\_\_\_\_, including mindfulness meditation, concentration meditation, guided meditation, silent meditation, and moving meditations such as (Verb)\_\_\_\_\_, yoga, tai chi, or qi gong.

# First Meeting Jitters

When I walked into my first Recovery Dharma meeting I felt so (Adjective)\_\_\_\_\_. My hands were shaking as we went around the room and (Past tense verb)\_\_\_\_\_ ourselves to the group. My voice (Past tense verb)\_\_\_\_\_ as I announced my name and that it was my first meeting. The group response was so warm and welcoming that my nerves settled a bit before starting the meditation. (Noun)\_\_\_\_\_ was such a new and different experience, I was so (Adjective)\_\_\_\_\_ that I was doing it wrong. When the meeting was opened for sharing I (Adverb)\_\_\_\_\_ found out that none of the other people in the meeting were that (Adjective)\_\_\_\_\_ with meditation either. They said everyone struggles with (Noun)\_\_\_\_\_, especially when they are new, but to keep with the (Verb)\_\_\_\_\_ and it will benefit your recovery. I (Past tense verb)\_\_\_\_\_ out of that meeting feeling more confident that I found a good path for my recovery.