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
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.