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A BUDDHIST PATH TO RECOVERING  
FROM ADDICTION

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# At A Glance

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- About Me
- Definitions
- Guiding Principles
- What is  REFUGE RECOVERY
- Foundations of Refuge Recovery



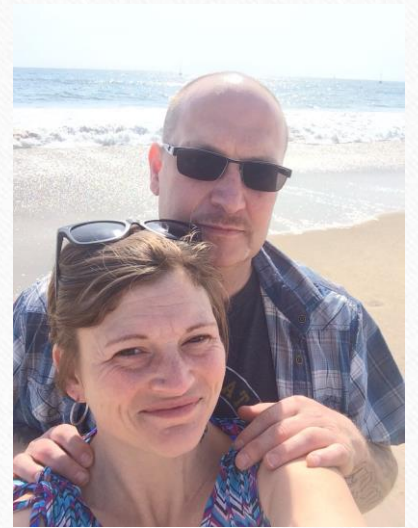


# At A Glance

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- Practice
- The Process
- Four Noble Truths
- The Eightfold Path
- Heart Practice Meditations

# Charnay



**What is**



**REFUGE RECOVERY ?**

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- Non-profit addiction recovery organization
- Mission is to help people lead lives free from the effects of addiction
- Book published in 2014

# Definitions

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- ADDICTION: the repetitive process of habitually satisfying cravings to avoid, change, or control the seemingly unbearable conditions of the present moment
- RECOVERY: a process of healing the underlying conditions that lead to addiction
- RENUNCIATION: the practice of abstaining from harmful behaviors
- REFUGE: a safe place, a place of protection, a place that we go to in times of need, a shelter





# Guiding Principles



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1. The group's health and well-being is of utmost importance. Personal recovery depends on connection with a healthy, safe, confidential and stable community.
  2. Each group's core intention is to welcome and support those who are seeking recovery.
  3. Groups are to be peer-led. For our groups to be healthy and successful, there must be a rotating leadership and democratic decision-making process. Group leaders do not act in the capacity of recognized Buddhist teachers but are trusted volunteers who serve the group for a designated period of time.
  4. Refuge Recovery is an abstinence-based program. Trusted volunteers are expected to maintain abstinence from all recreational drugs, alcohol and process addictions.
  5. Each group operates independently, except in matters affecting other groups or Refuge Recovery as a whole. Just as individuals endeavor to live in accordance with the Eightfold Path, so should each group adhere to these Guiding Principles to maintain group integrity.
  6. There are no fees for Refuge Recovery membership. Each group is responsible for its own finances, relying on the generosity of its members.
  7. Ethical conduct can and should be practiced on a group level. As a group, we refrain from violence, dishonesty, sexual misconduct and intoxication.
  8. Our core principles are mindfulness, compassion, forgiveness and generosity. We commit to being open and accessible to all who seek refuge.

# Foundations of Refuge Recovery

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- Siddhartha Gautama or Buddha: realized from his own experiences that through the practice of meditation, wise actions and compassion could free a person from the suffering of pain
- Training heart and mind to perceive and understand life through a non-harming, non-judgmental viewpoint
- Karma can impact the choices we make





# The Practice

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- Four Noble Truths
- Four Foundations of Mindfulness
- Heart Practice Meditations
- The Eightfold Path

# Four Noble Truths

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1. Addiction creates suffering
2. The cause of addiction is repetitive craving
3. Recovery is possible
4. The path to recovery is available





# Four Foundations of Mindfulness

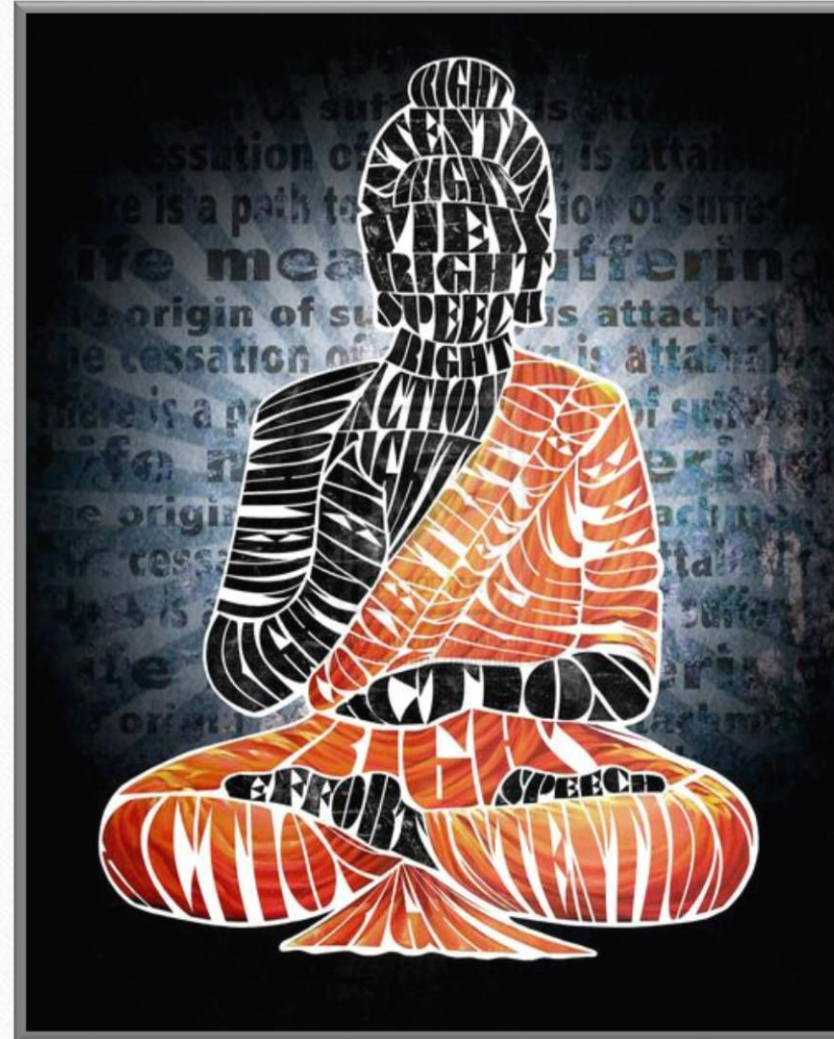
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1. Mindfulness of body/breath
2. Mindfulness of feelings
3. Mindfulness of mind states
4. Mindfulness of mind objects

# The Eightfold Path

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1. Understanding
2. Intention
3. Communications/Community
4. Action
5. Livelihood/Service
6. Effort
7. Mindfulness/Meditations
8. Concentration/Meditations





# Heart Practice Meditations

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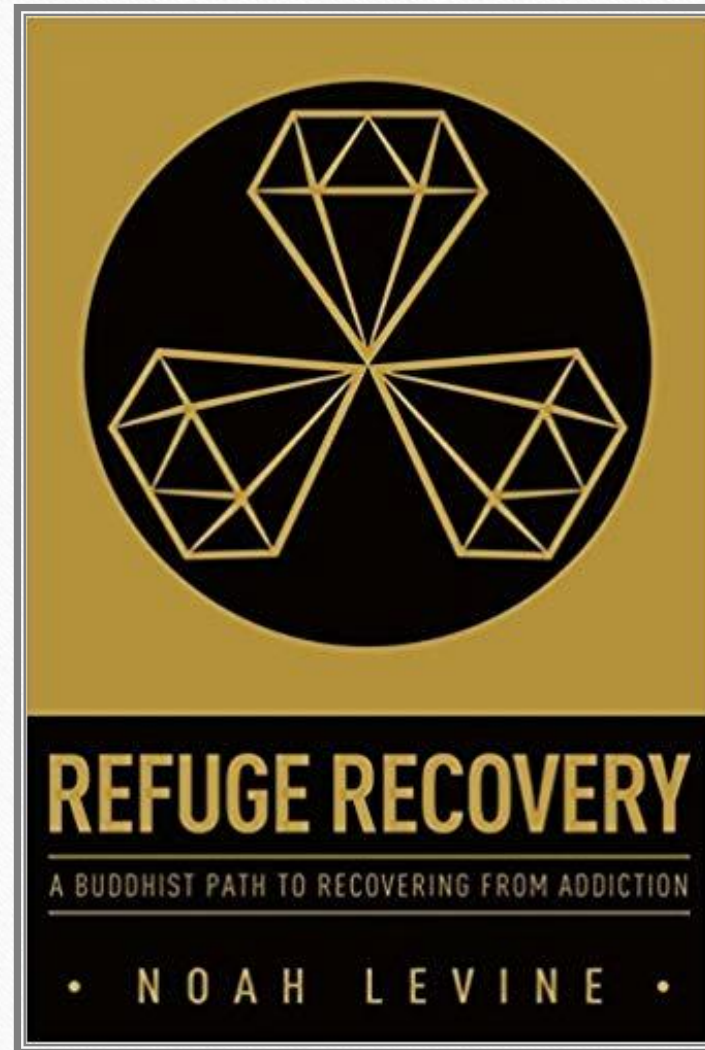
1. Kindness: towards all experience
2. Compassion/Forgiveness: towards all the suffering we experience and we have caused
3. Appreciation: towards pleasure
4. Equanimity: understanding the reality of ongoing change

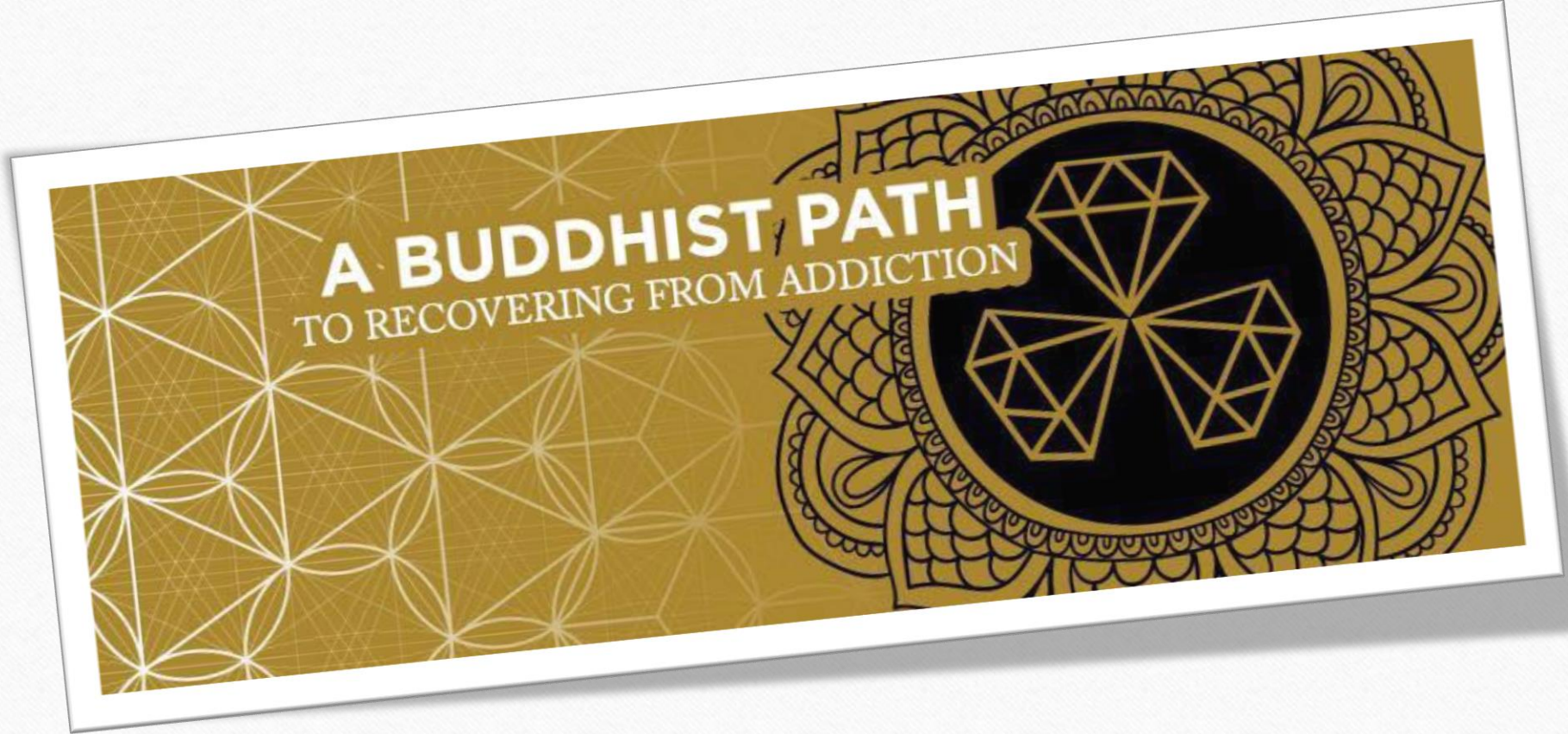


# The Process

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- Meetings begin with reading of Preamble, Guiding Principles and of the Four Noble Truths and 8 Fold path.
  - 20 minute meditation.
- Speaker picks topic (most often out of text shown at right) and shares personal experience related to topic. This includes discussing how in their recovery and then sharing is tag, pass.
- Reminders about anonymity and confidentiality, pass the basket and close with the Dedication of Merit.





The End

Thank  
you!

Questions?





# Resources

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Tuller, J. (n.d.). Refuge Recovery. Retrieved March 5, 2019, from  
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