

# *Meditation for Recovery*



*Mindfulness Based Practices for Recovery  
from Cravings, Aversions and Confusion*

*[www.5th-Precept.org](http://www.5th-Precept.org)*

## A Buddhist Oriented Approach : A Path to Recovery

There are many paths to and of recovery. Some are short term interventions, some are lifetime commitments. Here is a Buddhist approach to recovery based on the following multidimensional practices.

**Truth, Truthfulness and Commitment (*Sacca & Sajja*)** : pain is inevitable - suffering is optional. The truth of the way things really are and our personal commitment to change.

**Generosity (*Dana*)** : the antidote to the selfishness of the 'addict self'. A generosity of heart and mind expressed in our thoughts, in our words, and in our actions. Generosity gives rise to ethical living, to kindness, to the ability to forgive and to fellowship; it supports our meditation practice.

**Harmlessness (*Sila*)** : the aspiration to live fearlessly and skilfully through the Five Precepts using these great gifts to prevent relapse and to reduce the harm in our own life and within our communities.

**Loving-kindness (*Metta*)** : the regular practice of loving-kindness meditation to lift our self-esteem and promote our well-being, and the well-being of all those around us. We can in time expand our practice to include Compassion, Joy-Gladness and Equanimity.

**Forgiveness (*Khama*)** : the regular practice of forgiveness meditation to skilfully examine and let go of the past; healing our present and embracing our future - whatever it may hold.

**Meditation & Mindfulness (*Sati*)** : the practice of meditation of body, feelings and mind; the cultivation of mindfulness to support and protect our recovery.

**Admirable Friends & Fellowship (*Kalyāna-mittatā*)** : we may join a support group or start our own. "Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the spiritual life." (*Buddha SN 45:2*)

It is important to note that we do not have to be 'a Buddhist' to cultivate any of these qualities; nor to adapt or to adopt any of the principles discussed and meditation practices explored. Recovering people of all faiths or none are welcome to explore a Buddhist-oriented approach to recovery from addictions and compulsions.

## A Universal Intention to End Suffering : The Five Precepts

### [ 1<sup>st</sup> ] Not to cause harm by hurting ourselves or others.

*"I will train myself to refrain from killing or harming living beings including myself."*

This cultivates and promotes compassion.

### [ 2<sup>nd</sup> ] Not to cause harm by taking anything that has not been freely given.

*"I will train myself to refrain from stealing and taking that which is not mine."*

This cultivates and promotes generosity and contentment.

### [ 3<sup>rd</sup> ] Not to cause harm through sexual behaviour.

*"I will train myself to refrain from causing harm through sexual misconduct."*

This cultivates and promotes restraint, respect, fidelity and harmony in relationships.

### [ 4<sup>th</sup> ] Not to cause harm by what we say, or how we say it.

*"I will train myself to refrain from false speech, harmful speech, gossip, and slander."*

This cultivates and promotes truthfulness and honesty.

### [ 5<sup>th</sup> ] Not to cause harm by taking intoxicants.

*"I will train myself to refrain from intoxicants such as alcohol or drugs that cause carelessness or loss of awareness."*

This cultivates and promotes restraint and renunciation leading to clarity of mind.

Whoever destroys life,  
disregards truth,  
is sexually irresponsible,  
takes what is not rightfully theirs,  
and heedlessly indulges in drugs,  
destroys the very roots  
of their own life.

(246 – 247 Dhammapada)

Practising ‘**mindfulness**’ without practising the **harmlessness** of the Five Precepts is like trying to row your boat across the river without untying it first. For all of your efforts, you are not going to get very far!

We can choose to experience freedom from conflict, freedom from fear, freedom from blame, freedom from guilt, freedom from shame, freedom from remorse. Freedom from the struggle, the stress and the confusion of cravings and aversions.

This tangible liberation can be experienced here and now. Everyday Nibbana, every day!

# 'Sit & Share' Meditation Meeting

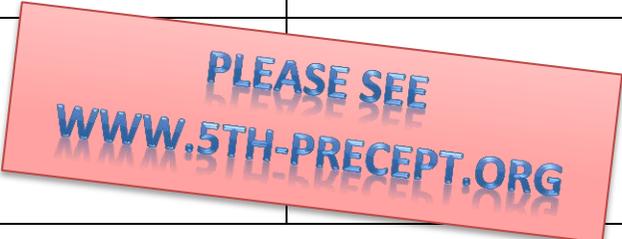
## Peer-led meditation for recovering people.

Each 'Sit-and-Share' meeting begins with 10-minutes of serenity meditation. This is a simple breathing meditation to calm the breath, relax the body and quiet the mind.

This is followed by a further 10-minute active contemplation of a topic chosen by the group. This meditation involves the examination of the chosen topic in all areas of our life. Individuals are then invited to share on the topic as it relates to their recovery or abstinence. There is no expectation or obligation on any individual to 'share'; they can simply 'pass' if they so wish.

The last meditation of the night may be a guided or a silent 30-minute 'sit'.

Lastly, there is the opportunity to have tea or coffee and a chat before the evening ends.

Where?	When?
 <p><b>PLEASE SEE WWW.5TH-PRECEPT.ORG</b></p>	

The 5th Precept group supports the use of Buddhist wisdom, meditation and mindfulness practices to help individuals recover from the suffering caused by addictive behaviours. Open to people of all backgrounds, and respectful of all recovery paths, the organisation promotes meditation and mindfulness, and is grounded in Buddhist principles of non-harming, compassion and interdependence.

**Fifth Precept Organisation** : A Buddhist-oriented approach to total-abstinence including Peer Led 'Sit-and-Share' recovery meetings - **[www.5th-precept.org](http://www.5th-precept.org)**

**Hungry Ghost Recovery Retreats** : Offer an opportunity to explore some of the principles and practices of the Fifth Precept approach to recovery from addictions and compulsions within a retreat setting - **[www.hungryghostretreats.org](http://www.hungryghostretreats.org)**

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