Out of the Mud Intersangha - EN

Type: Recovery Dharma: (90min) All Parts Are Welcome | RD meditative practice

Venue: Online

Days: Friday

Time: 8:00pm

Other info: (90min) All Parts Are Welcome | RD meditative practice
Similar to "Internal-ish Famly-ish Systems-ish" but with different words!
For example, "A part of me has a craving, a part of me wants to abstain, and another part feels guilty."
(Out of the Mud Intersangha) Parts Work

Meeting URL
Meeting Id: 883 7229 7809
Password: 1989

Contact: Email - RdAllParts@gmail.com
Website -
http://zoom.us/j/88372297809?pwd=b3Z0QkR2d3Y0RVJRbzllNkd1VVR3dz09
or https://recoverydharma.org