

Recovery Meetings - United States

Phoenix Tempe and Mesa - AZ

Type: Dharma of Recovery

Venue: Online

Days: Thursday

Time: 6:30pm - 7:30

Address: online, Phoenix Tempe and Mesa, AZ

Other info: **Zoom Meeting Number:**
211 213 2112

Pass Code:
1234

Dharma of Recovery Sangha's Preamble

Our sangha is a group of people who come together to meditate, study Buddhist literature, and share our thoughts as we apply Buddhist principles to our lives and our recovery. For some of us, Twelve Step programs are an integral part of our recovery, and we believe the 12 Steps and Buddhism are synergistic and mutually supportive.

Through group meditation, reading, and sharing, we are learning practices of mindfulness, compassion, forgiveness, and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of others. "The Buddha taught a systematic, integrated path that moves the heart out of isolating contraction into true connection." (from Loving Kindness by Sharon Salzberg)

We feel confident that the power of the Buddha's teachings, if applied, will relieve suffering of all kinds, including the suffering from addiction

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