

Statement from the Buddhist Recovery Summit 2017

Over a hundred people gathered at the Buddhist Recovery Summit in Lacey, Washington to share their knowledge and passion for the worldwide movements integrating Buddhism and Recovery. Dharma teachers, health care professionals, psychotherapists, counselors and people in recovery discussed the future of Buddhist Recovery.

Together they explored a range of recovery styles and practices, including Refuge Recovery, the Eight Step Recovery, Sit and Share, Heart of Recovery, Noble Steps, and Mindful Recovery. There was a keynote panel including Noah Levine and Kevin Griffin from the USA, Valerie (Vimalasara) Mason-John from Canada, and Vince Cullen from Ireland, which discussed “What is Buddhist Recovery?” The summit also explored the intersection of Buddhist recovery and the 12 step recovery model. The summit focused on ways to offer Buddhist recovery in all of its forms to people suffering from addiction regardless of their religion or spiritual traditions.

George Johns, President of the Buddhist Recovery Network (BRN) says: “Over the past 10 years we have seen a plethora of new Buddhist recovery programs contribute to the recovery world. Using mindfulness to reduce stress, depression, anxiety and pain has captured the world’s attention. It is inevitable that Buddhist Recovery would contribute to and deepen this movement. At the core of the Buddhist teachings is mindfulness and the way out of suffering. Buddhist recovery offers a host of teachings and practices to live a life free from the misery of addictions, and BRN is committed to nurturing and disseminating these ideas to help the still suffering addict.”

BRN initiatives include maintaining and expanding their website (buddhistrecovery.org) as a global resource for Buddhist recovery, offering facilitator and peer-led training and materials for Buddhist recovery meetings, nurturing regional BRN affiliates, and orchestrating annual Buddhist recovery summits and retreats.

The Summit was initiated, planned and co-sponsored by the Northwest Dharma Association, a non-sectarian umbrella for Buddhist organizations and individuals in Washington, Oregon, Idaho, Montana, and British Columbia.

Wishing all beings compassion, clarity, and freedom.

Buddhist Recovery Network

buddhistrecovery.org

Northwest Dharma Association

northwestdharma.org