



## WHAT ARE THE FOUR NOBLE TRUTHS?

### 1 • SUFFERING IS A FACT OF LIFE

We endeavor to recognize the many ways suffering presents in our lives.

### 2 • THE CAUSE OF SUFFERING IS CRAVING AND AVERSION

We find that the cause of our suffering is repetitive craving for pleasurable experiences and extreme aversion to unpleasurable experiences.

### 3 • ENDING SUFFERING IS POSSIBLE

We discover that we can lessen suffering if we can lessen our craving and aversion.

### 4 • THERE IS A PATH TO THE END OF SUFFERING

We practice the principles of **The Eightfold Path** in order to reduce the craving and aversion that leads to suffering.

## WHAT IS THE EIGHTFOLD PATH?

### 1 • WISE UNDERSTANDING

### 2 • WISE INTENTION

### 3 • WISE SPEECH

### 4 • WISE ACTION

### 5 • WISE LIVELIHOOD

### 6 • WISE EFFORT

### 7 • WISE MINDFULNESS

### 8 • WISE CONCENTRATION

## WHAT ARE THE FIVE PRECEPTS?

We observe the precepts of abstaining from:

1. Killing
2. Stealing
3. Sexual Misconduct
4. Falsehood (Lying)
5. Intoxicants

## WELCOMING TO ALL

Though we utilize a Buddhist approach to recovery, one need not be Buddhist in order to benefit from Buddhist inspired practices and techniques. Many of our members do not identify as “Buddhist”.

Similarly, though many of our members have found healthy recovery through Buddhist practice alone, many also use our program in conjunction with other programs of recovery.

We are committed to providing a safe place for **ALL** who suffer with addiction to practice Buddhist principles in an effort to recover. This includes, but is not limited to:

- Substance Abuse
- Process Addictions (such as gambling, sex addiction, overeating, etc)
- Codependency
- Anger Management
- Family and friends of those in recovery

We are also committed to providing a safe space to seekers of all genders, races, sexualities, religions, non-believers, political affiliation and economic or cultural backgrounds.

We only ask that those choosing to sit with us treat all others with kindness, compassion and respect.