

## The Five Remembrances.

Reciting the Five Remembrances, a practice shared by all Buddhists worldwide, is taught by the historical Buddha to remind us of the truth of impermanence.

1. I am of the nature to grow old.
2. I am of the nature to have ill health. There is no way to escape having ill health.
3. I am of the nature to die. There is no way to escape death.
4. All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.
5. My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

## The Five Precepts

1. To abstain from taking life.
2. To abstain from taking what is not given.
3. To abstain from sensuous misconduct.
4. To abstain from false speech.
5. To abstain from intoxicants as tending to cloud the mind.

*May I attain the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

## 12 Steps of Buddhist Recovery

1. We admitted we were powerless over our cravings and addictions and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to wholeness.
3. Made a decision to take refuge in and entrust ourselves to the compassion and guidance of a Greater Power of our understanding.
4. Made a searching and fearless moral inventory of our thoughts, words, and deeds.
5. Admitted to ourselves, to our Greater Power, and to another human being the precise moral nature of our thought, words and deeds.
6. Were entirely ready to have our Greater Power transform our unwholesome characteristics in to wholesome ones.
7. Humbly turned our unwholesome and unskillful qualities over our Greater Power to be transformed into positive ones.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them, others or ourselves.
10. Continued to take personal inventory of our mental, verbal and physical actions, and when we acted unskillfully, promptly admitted it.
11. Engaged in meditation and prayer in order to improve our conscious contact with our Greater Power of our understanding and to gain the insight & strength to realize our Greater Power's compassionate aspirations for us.
12. Having realized a spiritual awakening as the result of these steps, we carry this message to others in need of recovery, and try to practice these principles in all our affairs

## Albuquerque Buddhist

### Recovery

### Sangha



Recovery Sangha Meetings  
is on

Sundays 9:30 am to 10:30 am  
Nahalot Shalom  
3606 Rio Grande Blvd NW,  
Albuquerque, NM 87107

Facebook:

"Albuquerque Recovery Sangha"

[www.recoverysangha.com](http://www.recoverysangha.com)

Buddhist Recovery Network:  
[www.buddhistrecovery.org](http://www.buddhistrecovery.org)

## Welcome to the Albuquerque Recovery Sangha

Our successful recovery in any 12-Step program deeply depends on our making a spiritual practice an intimate part of our daily lives. In the program molded from the principles developed by Bill W., it becomes clear as early as Steps 2 and 3 that spirituality is a critical component in our continued recovery from the disease of addiction.

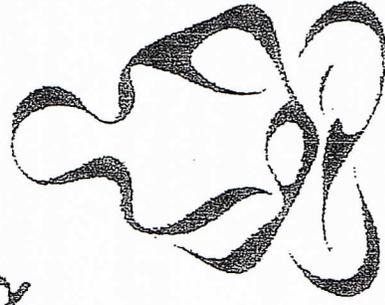
Many people in recovery discover and investigate Buddhism as a spiritual path because the 11th Step advises us to meditate. The various Buddhist traditions over the last 2,500 years have developed many comprehensive, and sophisticated systems of meditation.

Another reason Buddhism appeals to a broad range of people in recovery is because it is an existential spiritual practice that empowers members to improve each individual's conscious contact with a Greater Power, of their understanding. Rather than blind faith, Buddhist Recovery supports empowerment through rational investigation, contemplation and profound insight.

Both the 12 Steps and Buddhism are practices that deal with addiction and craving as the cause of our suffering and provide proven methods of recovery. 12 Step Buddhism is a complementary practice for the recovering addict that combines basic Buddhist practices with traditional 12 Step techniques and offers us a powerful double path to freedom.

The Albuquerque Buddhist Recovery Sangha is not a replacement for a traditional 12-Step program. It is a supplemental practice to help us experience our recovery on a deeper level by applying Buddhist principles and insights. We encourage newcomers to establish a working relationship with a home recovery group. We all diligently work our home Group's program while enriching and strengthening our recovery with our Buddhist practice.

**Don't  
Come  
Back**



**Don't just do something.  
Sit there!**

### The Four Noble Truths of Buddhism

1. Life is permeated with suffering.
2. Ignorance, delusion and craving are the causes of our suffering.
3. There is a way to transcend our cycle of craving and suffering.
4. The way to transcend our suffering is the Eightfold Path.

## The Noble Eightfold Path

1. **Complete and wholesome understanding** of the nature of reality and the path to recovery and transformation.
2. **Proper and wholesome aspiration;** intention that is motivated by love, compassion, and a desire to transform our lives.
3. **Skillful and wholesome speech;** truthful, beneficial, kind and non-harmful communication.
4. **Skillful and wholesome action;** a life based on the principle of non exploitation of oneself and others; living in harmony with the Five Precepts.
5. **Wholesome and proper livelihood;** a livelihood that is based on the ethical principle of non-exploitation, that is beneficial to others and self, and that is in harmony with the Five Precepts.
6. **Wholesome and complete effort;** consciously directing our efforts toward actions that benefit others and ourselves, and transforming our lives and our world into a land full of compassions and loving kindness,
7. **Complete and skillful mindfulness;** developing complete awareness of oneself, feelings, thoughts, people, surroundings, and reality.
8. **Holistic and wholesome meditation;** types of meditation that enhance and develop wholesome mindfulness and understanding.