



Remember to remember!

# The first Foundation of a Buddhist Path of Recovery

## Your Commitment : Your Truth : Your Sajja

A Sajja (Sacca) - is a commitment to abstinence. A commitment to truth and truthfulness. Sajja is the first foundation of this approach. It is the starting point of recovery and it can also be the end point of this approach.

However, the more layers of practice that you can include in your life, the more assured you can be of a relaxed, comfortable and happy recovery.

It is important to note that you do not have to be 'a Buddhist' to cultivate any of these qualities; or to adapt or adopt any of the principles discussed, and meditation practices explored.

There is a life without alcohol and other drugs – it is a happy life.

*Look after your Sajja and your Sajja will look after you.*

## Foundations for a Buddhist path of recovery

- Truth, Truthfulness and Commitment (Sajja or Sacca) :** pain is inevitable - suffering is optional. The truth of the way things really are; and an aspiration to change our lives.
- Generosity (Dana) :** the antidote to the selfishness of the 'addict'. A generosity of the heart and mind expressed in our thoughts, in our words and in our actions.
- Harmlessness (Sila) :** the aspiration to live skilfully and blamelessly in accordance with the self-help advice of the Five Precepts; using these five great gifts to prevent relapse and to reduce the harm in our life, and in the lives of others.
- Loving-kindness (Metta) :** the regular practice of loving-kindness meditation lifts our self-esteem and promotes our well-being, and the well-being of all of those around us.
- Forgiveness (Khama) :** the systematic practice of forgiveness meditation to skillfully examine and let go of the past; healing the heart-mind in this present moment.
- Meditation (Bhavana) and Mindfulness (Sati) :** the regular practice of meditation leading to mindfulness of breath, body, feelings and thoughts to support recovery.
- Admirable Friends & Spiritual Fellowship (Kalyāna-mittatī) :** joining a support group or starting your own.  
*"Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the spiritual life."*

[www.HungryGhostRetreats.org](http://www.HungryGhostRetreats.org)

## Hungry Ghost Recovery Retreats



# Wholehearted Recovery Retreats

## 2017 - 2018

[www.HungryGhostRetreats.org](http://www.HungryGhostRetreats.org)

## An original Mindfulness -Based Relapse Prevention & Harm Reduction Programme

Mindful recovery retreats are an opportunity to experience a wholly Buddhist approach to recovery from all forms of addiction.

The retreats are open to those new to recovery as well as to those who have been embracing abstinence for a longer time.

All are welcome to sit together, to walk together and to stand together; to discover and explore alternative and complementary approaches to recovery that support the aspiration of total-abstinence.

**Dana** : A central principle and practice of the Buddhist path - and the path of recovery - is Dana.

Dana is a Pali term meaning "giving" or "generosity". Dana is a generosity of heart and mind, as well as a means to support the teachings and the teachers financially.

The fee - *if any* - for each event simply covers the running costs of a retreat. The retreat teachings are offered freely in accordance with the Buddhist tradition.

At the end of each retreat, there will be the opportunity to offer a voluntary donation.

### Optional Sajja / Sacca (*Aspiration*)

(Abridged)

*I ask for forgiveness from others for whatever harmful things that I have done; the mistakes, failures and wrong-doings that I have intentionally or unintentionally done with body, word and heart.*

*I ask for - and extend - forgiveness to myself for whatever harmful things that I have done to myself; the mistakes, failures and wrong-doings that I have intentionally or unintentionally done with body, word and heart.*

*As far as I am able; I forgive others for whatever harmful things that they have done; the mistakes, failures and wrong-doings committed intentionally or unintentionally with body, word and heart.*

*In this place of mindfulness, with the natural Elements as my witnesses, I knowingly and openly commit to the following Sajja :*

*I will not take alcohol or other drugs that lead to carelessness for [ the rest of my life ].*

[ one year ] [ one week ] [ one day ] [ this retreat ]

## Mindful Recovery Retreats 2017

PLEASE ALWAYS CONFIRM  
YOUR BOOKING BEFORE MAKING  
TRAVEL ARRANGEMENTS  
[www.HungryGhostRetreats.org](http://www.HungryGhostRetreats.org)

**INDIA** : 12 June - 16 June, 2017  
Kunphen Org, Yongling School, Dharamsala  
Hungry Ghost Retreat – **Being Human**  
5 Day Residential Mindfulness Retreat

*Guest places  
are available*

*\*Dana*

**NEPAL** : 25 - 29 June, 2017  
Sulakshan Kirti Bihar, Kathmandu  
Hungry Ghost Retreat – **Being Human**  
5 Day Residential Mindfulness Retreat

*Guest places  
are available*

*\*Dana*

**THAILAND** : 7 - 11 August, 2017  
New Life Foundation, Chiang Rai  
Hungry Ghost Retreat – **Everyday Nirvana**  
5 Day Residential Mindfulness Retreat

*Guest places  
are available  
THB 7000*

*+ \*Dana*

**ENGLAND** : 7 October, 2017  
The Dharma Primary School, Brighton  
Hungry Ghost Retreat – **Waking Up**  
1 Day Mindfulness Retreat

*Sliding scale  
£0 - £30*

*+\*Dana*

**IRELAND** : 4-8 December, 2017  
Sunyata Buddhist Centre, County Clare  
Hungry Ghost Retreat – **Everyday Nirvana**  
5 Day Residential Mindfulness Retreat

*Free*

*\*Dana*

**USA** : 18-22 June, 2018  
Margaret Austin Center, Texas  
Hungry Ghost Retreat – **Being Human**  
5 Day Residential Mindfulness Retreat

*\$250*

*+ \*Dana*

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*As water falls from a lotus leaf  
so sorrow drops from those  
who are free of toxic craving.*

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