



Remember to remember!

The first Foundation Of a Life After Alcohol, Drugs and other Compulsive Behaviours

Your Commitment : Your Truth : Your Sajja

A Sajja (Sacca) - as an embodied intentionality. A commitment to truth and truthfulness. Sajja is the first foundation of this approach. It is the starting point of waking-up 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 awakening.

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 Life after Alcohol & other Drugs

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.

Boundless Friendliness (*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 (*Kalyāṇamittatā*) : 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

Hungry Ghost Retreats



Wholehearted "Recovery" Retreats 2019

www.HungryGhostRetreats.org

An original Mindfulness -Based Relapse Prevention & Harm Reduction Programme

Hungry Ghost retreats are an opportunity to experience a wholly Buddhist approach to Life after all forms of addictions and compulsions.

The retreats are open to those new to the Five Precepts as well as to those who have been embracing Dhamma 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 this Life that support the intentional aspiration of total-abstinence.

Dana : A central principle and practice of the Buddhist path - and the path of waking-up - 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]

Mindfulness Based Workshops 2019

PLEASE ALWAYS CONFIRM
YOUR BOOKING BEFORE MAKING
TRAVEL ARRANGEMENTS
www.HungryGhostRetreats.org

ENGLAND : Saturday, 13 July, 2019 *Sliding scale*
Bodhi Tree Brighton (Community Base Brighton)
Hungry Ghost Retreat — **Waking Up to This Life** £0 – £40
1 Day Mindfulness Retreat + *Dana

ENGLAND : Sunday, 14 July, 2019 *Sliding scale*
London Insight
Hungry Ghost Retreat — **Waking Up to This Life** £20 – £45
1 Day Mindfulness Retreat + *Dana

ENGLAND : 15 - 19 July, 2019
High Heathercombe Centre, Dartmoor, Devon Free
Hungry Ghost Retreat — **Everyday Nirvana** *Dana
5 Day Residential Recovery Retreat

ENGLAND : Saturday, 27 July, 2019 Free
LGBT Foundation, Manchester *Dana
Hungry Ghost Retreat — **Waking Up to This Life**
1 Day Mindfulness Retreat

IRELAND : Saturday, 24 August, 2019 *Sliding scale*
Margaret Aylward Centre, Cork
Hungry Ghost Retreat — **Waking Up to This Life** €25 – €45
1 Day Mindfulness Retreat + *Dana

IRELAND : Sunday, 25 August, 2019 *Sliding scale*
Ennismore Retreat Centre, Cork
Hungry Ghost Retreat — **Waking Up to This Life** €25 – €45
1 Day Mindfulness Retreat + *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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