

Recovery Meetings - USA

Claremont - CA

Venue: New Mind Meditation Buddhist Society

Days: Tuesday

Time: 7:30 pm - 8:30 pm

Type: Buddhist Recovery Meeting

Address: 586 West First Street, Claremont, CA 91711 - (Claremont Forum)

Other info: From Addiction to Awareness is a 12-step meditation program developed by our founder Johnathan Thomas. This is a meeting for anyone recovering from anything. Our focus is meditation in the Buddhist style, though you don't have to be a Buddhist to do it. We just work with our minds, and see what's what. This meeting is not affiliated with any major 12-step group, but some of our members are.

Our format is meditation, a dharma talk, and discussion. First there is a brief introduction, including a chance for participants to say their names and the addiction they are dealing with if they so choose. Then there is 20-30minute meditation period. There is no right or wrong way to meditate. People are free to meditate any way they choose. There is an opportunity to make a donation, but none is expected.

We aspire that this meeting be available to people in recovery whether they are Buddhists or not, as well as to anyone curious about meditation and how they might integrate it into their lives.

Contact: For more information visit: Website - newmindmeditation.com