

# Recovery Meetings - United States

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## **Birmingham - AL**

**Venue:** Birmingham Shambhala Center

**Days:** Fridays

**Time:** 5:30pm

**Type:** Refuge Recovery Meeting

**Address:** 714 37th Street South, Birmingham, AL 35222

**Other info:** Refuge Recovery is a practice, a process, a set of tools, a treatment, and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddhartha Gautama, a man who lived in India twenty-five hundred years ago. He was a radical psychologist and a spiritual revolutionary. through his own efforts and practices, he came to understand why human beings experience and cause so much suffering. He referred to the root cause of suffering as “uncontrollable thirst or repetitive craving.” This “thirst” tends to arise in relation to pleasure, but it may also arise as a craving for unpleasant experiences to go away, or as an addiction to people, places, things, or experiences. This is the same thirst of the alcoholic, the same craving as the addict, and the same attachment as the codependent.

Eventually, Siddhartha came to understand and experience a way of living that ended all forms of suffering. He did this through a practice and process that includes meditation, wise actions, and compassion. After freeing himself from the suffering caused by craving, he spent the rest of his life teaching others how to live a life of well-being and freedom, a life free from suffering. He became known as the Buddha, and his teachings became known as Buddhism. the Refuge Recovery program has adapted the core teachings of the Buddha as a treatment of addiction.

Buddhism recognizes a nontheistic approach to spiritual practice. The Refuge Recovery program of recovery does not ask anyone to believe anything, only to trust the process and do the hard work of recovery.

These meetings are appropriate for anyone in recovery from any type of compulsive behavior, or interested in recovery. No meditation experience is necessary.

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Website - [www.refugerecovery.org](http://www.refugerecovery.org)