

Recovery Meetings - United States

Los Angeles - CA

Venue: Shambhala Meditation Center of Los Angeles

Suburb: Eagle Rock/Pasadena

Days: Wednesdays (Weekly)

Time: 7:30pm - 9:00pm

Type: The Heart of Recovery

Address: 963 Colorado Blvd., Eagle Rock/Pasadena, Los Angeles, CA 90041-1705

Other info: The Heart of Recovery is a weekly meditation and sharing support group bringing together Buddhist meditation practice and the Twelve Steps with the goal of integrating the basic goodness of meditation with our commitment to abstinence.

The format of the group is as follows:

- Welcome each other
- Practice Shamatha Viphasyana (peace of mind, awareness of mind) meditation
- Group's facilitator or guest speaker shares a reading or talk with the group
- Group discussion and sharing of our personal experience, strength and hope
- Close with Shamatha Viphasyana meditation practice and read the Dedication of Merit.

'Sobriety is finding a new way of living that involves engagement where there was withdrawal; generosity where there was self-centeredness; community where there was isolation; joy where there was bitterness; trust where there was cynicism.'

-- Kevin Griffin, [One Breath at a Time: Buddhism and the Twelve Steps](#)

Open to all Buddhist practitioners from all traditions and/or Twelve Step practitioners from all programs.

Contact: For more information email the group's coordinator and he will get back to you shortly: Email - heartofrecovery@gmail.com Website - la.shambhala.org