

## **FINDING REFUGE**

### **QUESTIONS FOR INQUIRY, INVESTIGATION AND REFLECTION**

These questions are intended to be used with newcomers and others who want to explore the basics of Recovery Dharma and what taking refuge means to them. These questions are to be explored with a mentor or in a group or inquiry circle that includes members with some experience in Recovery Dharma

#### **Finding Refuge in Recovery Dharma**

What brought you to Recovery Dharma?

What are you looking for right now?

How was the experience of your first Recovery Dharma meeting for you?

What do you think you might find here?

What has been your spiritual background?

What other recovery support groups have you been a part of before?

#### **Finding Refuge in the Buddha, the awakened one**

When you hear the word “Buddha” what comes to mind for you?

Have you had any experience with Buddhism before and what was that experience like?

If someone says to you, “Taking refuge in the Buddha is taking refuge in the potential of your own recovery”, what comes to mind? What feelings come up?

If someone says to you, “You already have an awakened mind or Buddha Nature within you that is just waiting to be uncovered”, what comes to mind? What feelings come up?

If someone says to you, “You already have a good, compassionate, loving heart within you that wants to blossom”, what comes to mind? What feelings come up?

#### **Finding Refuge in the Dharma, the truth and the path**

When someone says to you, “The truth will set you free”, what comes to mind? What feeling comes up?

What is it like for you be honest with yourself about what’s going on with this addiction that is happening to you?

What is it like for you be honest with others about what’s going on with this addiction that is happening to you?

What kind of path has this addiction taken you on?

How much of that path has felt right to you? Has that path taken you away from some of the things you value or things that, in the past, felt right to you?

If someone says to you “Meditation is a central part of this path.” What comes to mind, what feelings come up? What has been your experience with meditation?

What kind of path might feel right to you at this time?

### **Finding Refuge in the Sangha, the community of wise friends**

Who are your friends right now?

What is the community of the company you keep like?

Who has your back right now?

How well are your “peeps” supporting you in what you want to do?

If you could imagine, in your wildest dreams, a community of people that would have your back better than anyone else before, what would that look like?

If someone told you that people who seek refuge in the Buddhist principles of recovery would be able to share some wisdom about this addiction experience, we all have in common, what comes to mind? What feelings come up?

### **Taking Refuge in the Three Jewels; the Buddha, the awakened one, the Dharma, the truth and the path, the Sangha, the community of wise friends**

So, now that you have raised and explored within yourself some questions about what Refuge in Recovery Dharma might look like, what comes to mind? What feelings come up?

How does getting engaged with these three jewels sound to you?

What questions do you have about this path of recovery?

What answers would you need to have before moving forward in this path?

On reflection, what do you see as your next steps in taking refuge?

What fears, doubts or worries to you have about taking some of these next steps; in taking Refuge in this awakening, in this path, in this community?

What kind of support or help do you feel you would like in taking these steps?

How might meditation fit in finding refuge in the awakened one inside of you, in finding your way on the path, in connecting with Wise Friends?