



## **[inquiry circle] "Inquiry Startup Kit" • with Inner Child RD Inquiries** inner-child work. process-addiction friendly. self-compassionate.

**(+SampleGuidelines +SampleMeetingScript) (v.2021-03n)**

Feel free to reuse/remix/re-release. This lives @ <http://inquirykit.rd.rocks>  
Not official RD literature. For original questions from book @ <http://og-inquiries.rd.rocks/>

**What if you chased the inquiries like you chased your addiction--how long would it take to finish...**

**Wanna start an inquiry circle?** Round up a small group by asking around in meetings, and mention the weekly commitment should last ~6 months. After self-organizing a best time to meet weekly, you're good to go. Many members of Inquiry Circles have said that their group **quickly developed a sense of safety, deep intimacy, trust, and vulnerability (all are generally hard to find in normal meetings, esp. if different people keep showing up.)** This startup kit is just an example template--you can use it as is or edit/add/rerelease to make it fit your own needs, so if an inquiry question doesn't speak to you, rewrite it so it does speak to you. This exists **to empower you:** To inquire and examine the roots of your symptoms, to deepen not just your own recovery but the collective recovery of your sangha as we share insights.

**WHY REWRITE?:** In this gentler path, some RD members reworked the Inquiries to address concerns that the inquiries didn't make sense when it came to all process addictions (e.g codependency, or addictive thinking). And by adding Inner Child work to investigate our formative years, we asked questions that help make sense of childhood experiences that directly impacted our addictions as adults. Furthermore, some conditions were beyond our control, not our fault as children. What results is a set of questions for inquiry that are hopefully more self-compassionate.

**WEEKLY PACING:** These inquiries are divided into 20 sections for weekly pacing, as an example schedule.

**INTENTION:** May the work we do ease not only our suffering, but the suffering of all beings. 🙏

<http://guidelines.rd.rocks>



### **[inquiry circle] core guidelines** encouraging supportive group recovery practices.



1. **Admirable Peers:** We mutually support one another as equals on the Eightfold Path and we share insights from inquiry.
2. **Wise Speech:** We listen with compassion and non-judgement, and we don't gossip.
3. **Detachment:** We don't give advice unless asked.
4. **Nonviolent Communication:** While sharing, we practice avoiding using "You" to focus on self-responsible "I" statements.
5. **Connection:** We tell on our addictions—we honor vulnerability and bravery.
6. **Transparency:** We practice honesty to nurture healthy trust in recovery.
7. **Assume Goodwill:** We assume that harm comes from a place of fear, pain or confusion—all of us are unskillful at times.
8. **Meditate 365:** Even with a minute sit, *all areas of our lives benefit.*
9. **Dana:** We offer our own experience with inquiry circles when ready.
10. **Freedom:** We review these guidelines anytime and we modify guidelines as appropriate.

(slideshare: <http://guidelines.rd.rocks>)



## [INQUIRY CIRCLE] A MEETING SCRIPT (EXAMPLE)

FEEL FREE TO REUSE/REMIX/RERELEASE | SUGGESTED: 90MIN (MORE SHARE TIME)

SLIDESHARE E.G.: [INQUIRYSCRIPT.RD.ROCKS](https://www.slideshare.net/inquiryscript)

### OPENING (~10 min)

6 min • Voice & text chat.

[Optional:] Post facilitator sign-up sheet (encourages peer leadership)

0 min • Facilitator: eg. "**Let's start with a 3-min sit, to fully disengage and fully arrive.**" <BELL>

3 min • Facilitator: eg. "...**May the work we do ease the suffering of all beings.**" <BELL>

1 min • Facilitator: eg. "**Who can offer to read our guidelines?**" (share screen: [guidelines.rd.rock](https://www.slideshare.net/inquiryscript)s)

### SHARING (~60-75 min)

Facilitator: Ask for a timekeeper. Calculate share lengths & warnings. eg. "**Who can share first?**"

Timekeeper: If 8min shares, perhaps a warning at "**4 minutes left, TY :)**" then "**Time to wrap, TY :)**"

~2 min • Sharer: **Check-in** (recommended)

~4 min • Sharer: **Share Inquiries**. If time is leftover, then...

~? min • Timekeeper: "**Thank you. We've got ? min leftover—would you like supportive reflections?**"

### CLOSING (~5 min)

- 3 min: "Let's each **check-out** with 1-3 **feelings words**, or a sentence."
- 1 min: Share closing intentions for reading. Volunteer to read kind inquiry intentions, eg.
  - <BELL>
  - **May we support one another & follow through with completing the inquiries, thru hard times & good.**
  - **May we reach out & reach back in goodwill and trust.**
  - **May we act with compassion without expecting gratitude.**
  - **May we show kindness to one another & offer such kindness to ourselves.**
  - <BELL> "**Thanks all for holding space, see you next week when we cover section [ ].**"

### EXTRA MEETING NOTES. SOME GROUPS ALSO:

- **HAD PRE-ORIENTATION MEETING:** DETERMINE WEEKLY MEETING TIME (PERHAPS AFTER THE MAIN MEETING)
- **HAD A CASUAL 1ST MEETING:** CASUAL MEETING. JUST TO GET TO KNOW ONE ANOTHER:
  - **How'd YOU GET TO RD? WHAT DO YOU LIKE MOST ABOUT RD?**
  - **DO YOU HAVE PRIOR EXPERIENCES WITH RECOVERY? THERAPY? OTHER PROGRAMS?**
  - **WHAT DO YOU WANT FROM AN INQUIRY CIRCLE? (HINT: <http://whyinquire.rd.rock>s)**
- **CHAT:** CREATED A CLOSED **SIGNAL/WHATSAPP/SMS** GROUP FOR 24/7 MUTUAL SUPPORT
- **EMAIL:** CREATED A **GOOGLE GROUP** TO SEND WEEKLY **ANNOUNCEMENTS** (EG. **HOMEWORK**)
- **GOOGLE SHEET:** CREATED **SHARED SHEET** FOR (A) WEEKLY QUESTIONS; (B) **FACILITATOR SIGN-UP**



## ASSIGNMENT SECTIONS (SUGGESTED)

[\[Inquiry Circle\] A Meeting Script \(Example\)](#)

[1A ❖ 1st nt | There's Suffering](#)

[1B ❖ 1st nt | Patterns, Trauma, Healing](#)

[2A ❖ 2nd nt | A Cause of Suffering](#)

[2B ❖ 2nd nt | Craving, Aversion, Confusion](#)

[3A ❖ 3rd nt | Overcome Craving, Aversion, Confusion](#)

[3B ❖ 3rd nt | Hope](#)

[4A ❖ 4th nt | Eightfold Path → End of Suffering](#)

[4B ❖ There's a Selfcare Garden | A Map to Your Personal Recovery \(v.0.21e\)](#)

[5A ❖ Understanding | Cause and effect](#)

[5B ❖ Understanding | Trauma, Karma, Consequence](#)

[6A ❖ Intention | Heart Practices \(Lace GF\)](#)

[6B ❖ Intention | Restoring Balance With Oneself](#)

[6C ❖ Intention | Restoring Balance With Others](#)

[7 ❖ Speech | Loving Speech and Deep Listening](#)

[8A ❖ Action | Cultivating Skillfulness + Precept 1 \(Harm\)](#)

[8B ❖ Action | Precept 2 \(Theft\) • Precept 3 \(Lust\)](#)

[8C ❖ Action | Precept 4 \(Lies\) • Precept 5 \(Toxicity\)](#)

[9 ❖ Lifework | Work & Service](#)

[10 ❖ Effort | Balanced Energy to Recovery and Awakening](#)

[11 ❖ Mindfulness | Meditate 365](#)

[12 ❖ Concentration | Notice, Refocus](#)

[13 ❖ Celebration | A Chip for your Follow-through and Dedication](#)



I. 1ST NOBLE TRUTH INQUIRIES • READ (12MIN): [HTTP://READ1NT.RD.ROCKS](http://read1nt.rd.rocks)

1A ❖ 1ST NT | THERE'S SUFFERING

**Intro Grounding:** Take 3 deep breaths to arrive.

- *Let's begin by thinking back to your childhood (<18 y/o). What harmful behaviors did you witness or experience in your environment? (You can list behaviors by caretakers, family members, friends, community members, or others. Note: the definition of "harmful" is up to your interpretation. If the behavior caused you to feel bad or uncomfortable, write it down.)*
- *Now think about your adult life (>18 y/o). Make a list of your own behaviors that you consider harmful. Without exaggerating or minimizing, (a) write how you have suffered because of that behavior, and (b) write how others have suffered because of that behavior.*
- *For your list of behaviors above, rate each behavior by writing 1-10, depending on how harmful you feel the behavior is to you (with 10 being most harmful).*
- *How have your harmful behaviors been a response to the behaviors you witnessed or experienced during childhood or adulthood? (Trauma, pain, or conditionings?)*

1B ❖ 1ST NT | PATTERNS, TRAUMA, HEALING

- *Do you notice any patterns emerging over your life? What are they?*
- *If you changed these patterns, what are some ways that you might reduce suffering for yourself and others?*
- *What are some ways you can respond to the trauma, pain, and conditionings of childhood that nurture healing rather than avoiding?*

**Outro Grounding:** Return to the present by engaging our senses.



## II. 2ND NOBLE TRUTH INQUIRIES • READ (4MIN): [HTTP://READ2NT.RD.ROCKS](http://read2nt.rd.rocks)

### 2A ❖ 2ND NT | A CAUSE OF SUFFERING

**Intro Grounding:** Take 3 deep breaths, to arrive.

- *When you were a child (<18 y/o), how did others in your environment respond to difficult situations, circumstances, and feelings? In looking back at their behaviors, do you see any patterns of craving or avoidance?*
- *Now think about your adult life (>18 y/o). How have you responded to difficult situations, circumstances, and feelings? Have you experienced craving or avoidance? If so, how have you acted on these?*
- *Are there troubling memories, shame, grief, or unmet needs hiding behind the craving or avoidance you experience today? How can you meet these with compassion and patience?*

### 2B ❖ ❖ 2ND NT | CRAVING, AVERSION, CONFUSION

- *Think back to childhood (<18 y/o). Did you ever see others cling to unreliable solutions trying to secure their own happiness or avoid pain? At what cost did they do these behaviors? (e.g. Did they give up Relationships, Financial security, Health, Opportunities, Legal standing, or other important things to maintain their behaviors?)*
- *Now think about your adult life (>18 y/o). What things have you given up while clinging to unreliable solutions? (eg. Relationships, Financial security, Health, Opportunities, Legal standing, or other important things to maintain your addictive behaviors?)*
- *What are beliefs you cling to... (a) that fuel craving and avoidance? (b) that deny the truth of impermanence? (c) about how things in life "should" be?*

**Outro Grounding:** Return to the present by engaging our senses.



### III. 3RD NOBLE TRUTH INQUIRIES • READ (2MIN): [HTTP://READ3NT.RD.ROCKS](http://read3nt.rd.rocks)

#### 3A ❖ 3RD NT | OVERCOME CRAVING, AVERSION, CONFUSION

**Intro Grounding:** Take 3 deep breaths, to arrive.

- *Think back to childhood (<18 y/o). Do you remember any examples of people in your environment who successfully overcame their hardships? (Ex: stress, trauma, dependencies, addictions.)*
- *Now think about your adult life (>18 y/o). What makes it so hard to overcome your addictive or dependent behaviors?*
- *Have you ever seen anyone recover? (Perhaps it's someone you've seen in a meeting.) How can it help you believe you will recover?*
- *Recovery is diverse. It can range widely from reducing the most harmful behaviors first, to fully renouncing all of them (at least for some period) as the wisest path to reduce suffering. What resources are available to help decrease your suffering and cultivate recovery?*

#### 3B ❖❖ 3RD NT | HOPE

- *Do you have doubts that you can recover? If so, please list them here. Make a note if anything stems from childhood doubts.*
- *What would a supportive person say to you about these doubts? (Perhaps, imagine what you would say to a friend--or even a child--that is facing the same struggles you're facing.)*

**Consider this:** Take a moment to consider Buddha nature. The Dharma suggests that everyone is born with Buddha nature--it is the compassionate and wise seed that you are cultivating in this moment of inquiry. Buddha Nature is the good that existed in you before the world "got to you" or harmed you. It can be thought of as your enlightened self. Buddha nature is still present in you right now. It's the part of you that found Recovery Dharma, and it continues to blossom with the light of healthy self-care.

- *To cultivate your Buddha nature, what would the compassionate and wise part of you say about the doubts you have regarding your recovery?*
- *Practice "letting go" of a subtle craving. Notice that the craving doesn't last (cravings are always impermanent). Do you feel that little sense of relief when you let it pass? That's a little taste of freedom. What does it feel like?*

**Outro Grounding:** Return to the present by engaging our senses.



IV. 4TH NOBLE TRUTH INQUIRIES • READ (2MIN): [HTTP://READ4NT.RD.ROCKS](http://read4nt.rd.rocks)

4A ❖ 4TH NT | EIGHTFOLD PATH → END OF SUFFERING

**Intro Grounding:** Take 3 deep breaths, to arrive.

- *We know that the end of suffering is possible--because there have been moments in our lives, whether in childhood or adulthood, when we weren't suffering. Understanding that suffering is impermanent, what is your path to recovery?*
- *What challenges have you faced? And what tools and resources can help you meet those challenges?* 💎💎💎
- *What does it mean to you to take refuge in the Buddha, the Dharma, and the Sangha for your recovery?*

**Outro Grounding:** Return to the present by engaging our senses.





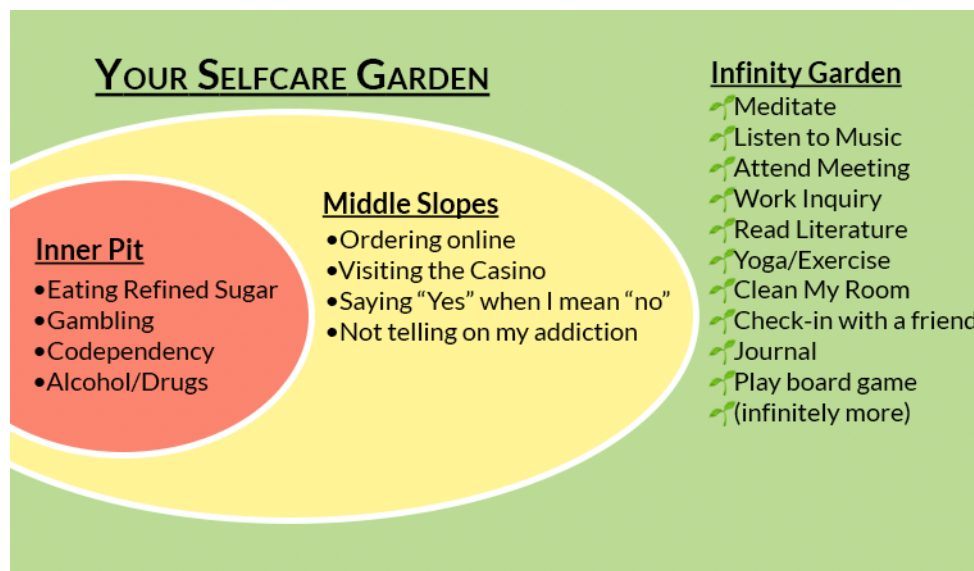
IV++. MAP TO THE END OF SUFFERING • YOUTUBE EXERCISE: [HTTP://YOUTUBE.GARDEN.RD.ROCKS](http://youtube.garden.rd.rocks)

#### 4B ❖ THERE'S A SELF CARE GARDEN | A MAP TO YOUR PERSONAL RECOVERY (v.0.21E)

Community-submitted material. Anyone from any program may use this Selfcare Garden visualization tool, or skip this.

**From our book:** "For those of us recovering from process addictions, particularly those for which complete abstinence is not possible, we also **identify and commit to wise boundaries around our harmful behaviors**, preferably with the help of a mentor or therapeutic professional." (RD p. xv)

*This Selfcare Garden helps us identify these wise boundaries. No one else has your story. No one else can define these wise boundaries. Your mentors or wise friends can help you decide, but ultimately only you are in control of what you wish to commit. The Selfcare Garden is a simple accountability tool that helps us draw our boundaries, so they don't keep changing based on my mood. It's versatile and instructs me on how to write out my plan for all addictions, on a single piece of paper.*



• **Inner Pit:** (verb: Pitting) This is what I renounce. Grab a paper, draw a red circle in the middle—big enough to write down a short list. List the harmful behaviors/habits/things I want to renounce. (Hint: See the rated 1-10 list of behaviors from section 1A for concrete reminders!) I may wish to renounce just the most harmful behaviors at first, or go cold turkey all at once. My admirable friends & mentors will be a good bouncing board. These are the behaviors where I've repeatedly set limits and repeatedly lost control. When I'm in the pit, I'm ultimately inserting suffering into this world in my unwoke state. When I re-awaken, I get back to the path quickly, and I re-channel the energy into increasing my skillfulness: by **immediately investigating the causes of how I fell into this Pit.** (Beware the [Sarlace](#) at the bottom of the Pit.)





- **Middle Slopes:** (verb: Sloping) Outside the Pit, I see the downward gravity slopes that pulled me under. Draw a larger yellow-orange circle (around the red circle). List all the triggers/activators/risks/ boundaries-crossed that lead to craving. "Casinos. Bars. Bakeries. Dating Apps. Stress. Control. Social Media. Pride. Forums. Saying Yes when I meant No." Unsure if it's risky? I write it down anyway. When I'm in the Middle Slope, the jewel of the Sangha is a precious lifeline I can always count on. **Gravity will pull me into the Pit if I don't: • Reach out • Tell on my addictions • Check this in.** Reaching out is the arch-nemesis to isolation and a wise friend to recovery. It helps me identify boundaries that I can skillfully write down on the Slopes. Though it's not my normal instinct, whenever my Sangha reaches back to help, they pull me up and onto the lush Garden.

- **Outer/Infinity Garden:** (verb: Gardening) Outside the Slopes is my limitless, boundless Garden. It smells like my favorite scents out here, and I see people I like out here. Decorate the rest of the paper with green grass (perhaps use green bullet-points). First, I light a candle/incense of my favorite scent, and then I list all the beautiful things I love(d) to do. What wholesome karmic seeds can I plant, water, grow, give sunlight? List selfcare for myself, and selfcare for my child-within. There's a child inside that wants to laugh and play, and there's an infinity of options. I always have healthy options; I simply forget about these in active addiction. (Free bonuses in the garden: Working my recovery. Calling admirable friends. Answering inquiries. Hitting meetings. Meditating. These are all healthy freebies that I can add to my Garden.)

- **My Selfcare Garden:** I call the whole paper, "My Selfcare Garden", it contains the Infinite Garden, Slopes, and Pit. Also impermanent, my Selfcare Garden grows and rebalances when I'm in recovery. For example, I can add/move/remove items from Slopes and Pit as I more skillfully define boundaries and strengthen my recovery. Frequently, I'll add fresh/forgotten things to the Garden—this often happens after talking to my admirable friends & mentor(s), or after a selfcare activity. Being in the Pit sucks, but immediately after awakening from the Pit, I examine my Slopes and investigate the last tracks. I may keep refining, until one day I notice I don't need to balance anymore: Usually that's when my Selfcare Garden represents an equanimous energy balance. It may sound cheesy, but I like it good: **When my Selfcare Garden and my own values are in harmony, this is when I'm most often happy, at ease, and free from suffering.**

When I'm **Gardening**, I'm growing. It's warm out, I'm awake, I'll be OK when I stay in my Garden. When I'm **Sloping**, I'm sinking. No one knows, until I reach out & tell on my addictions. When I'm **Pitting**, I feel stuck. I'm feeling craving/aversion/confusion. And eventually suffering is produced. So I set the intention right now: When I wake again, it won't be wasted time. Instead, I'll rechannel the energy from Pitting into a wholesome teacher of my recovery--I'll investigate the cause(s) that got me there to add them to my Middle Slopes. I don't want to fall into the Pit again.



V. WISE UNDERSTANDING INQUIRIES • READ (6MIN): [HTTP://READUNDERSTANDING.RD.ROCKS](http://readunderstanding.rd.rocks)

5A ❖ UNDERSTANDING | CAUSE AND EFFECT

- Think of a situation in your life that is causing you unease. Please describe it below.
- Think about the feelings you are having in response to the situation you described above. (For help, check out the feelings charts [here](#)). How are your feelings informed by your experiences as a child? For example, can you think of similar situations as a child that caused you unease?
- In the situation you described above, are you seeing clearly? Or is your vision clouded by hatred, confusion, clinging, attachment, or craving? If so, how?
- In the situation you described above, is there another “truth” that you haven’t considered yet?

5B ❖ ❖ UNDERSTANDING | TRAUMA, KARMA, CONSEQUENCE

**Consider this:** Trauma can be passed from parents to children. This "intergenerational" trauma can include experiencing domestic violence, spiritual abuse, or systemic racism and marginalization. “Our trauma is not our fault, but healing from it is our responsibility, and our right.” (Recovery Dharma, p. 13)

- What kind of traumas did your ancestors experience?
- What are some traumas that you have inherited?
- Where in your life are you dealing with the aftermath of events from childhood?
- Where in your life are you dealing with the aftermath of actions you've taken?



VI. WISE INTENTION INQUIRIES • READ (17MIN): [HTTP://READINTENTION.RD.ROCKS](http://readintention.rd.rocks)

6A ❖ INTENTION | HEART PRACTICES (LACE GF)

**Heart Tip:** CAKE GF • **C**ompassion, **A**ppreciation, **K**indness, **E**quanimity • **G**enerosity, **F**orgiveness

- Can you name the 4 Heart Practices by heart? And the 2 choices?
- Begin by thinking back to your childhood (<18 y/o). Did you observe people in your environment acting in ways that were addictive, clinging, uncaring, or harsh?
- Let's make a list. What were your most harmful behaviors during your addiction?
- For each item above, where did you learn (or first observe) that behavior? How have you suffered as a result?
- Have you ever seen someone apply the principles of heart practices (esp Forgiveness or Compassion) when making up for a harm they caused? Describe.

**Gentleness Exercise:** Read this dedication of merit aloud to yourself:

*May the pain of addiction, trauma, and feeling 'apart' actually lead me back toward the heart so that I might understand compassion, wisdom, and change ever more deeply.*

*As I have learned from practice, great pain does not erase goodness, but in fact informs it.*

*May I make the best use of my practice, and whatever freedom arises from my efforts here today. May this be a cause and condition for less suffering and more safety.*



## 6B ❖ ❖ INTENTION | RESTORING BALANCE WITH ONESELF

**Heart Tip:** CAKE GF • **C**ompassion, **A**ppreciation, **K**indness, **E**quanimity • **G**enerosity, **F**orgiveness

**Gentle Guidance:** Like in metta practice, we begin amends by reconciling with ourselves, first. "Amends are about restoring the balance in our relationships, not about asking for forgiveness from others. In a sense, it is an action we take to forgive ourselves." (p.30)

- Think about the ways you've been harmed by your addiction. What were your intentions? Do you sense any underlying motivations of self-soothing or coping based on avoiding discomfort? Describe.
- Would these situations have turned out differently if you practiced the heart practices then? How? (CAKE, GF)
- Moving into the future, how might the heart practices help you restore balance with yourself?
- Can you set an intention to not repeat the behaviors that have caused you harm?

**Gentleness Exercise:** Read this dedication of merit aloud to yourself:

"May the pain of addiction, trauma, and feeling 'apart' actually lead me back toward the heart so that I might understand compassion, wisdom, and change ever more deeply.

As I have learned from practice, great pain does not erase goodness, but in fact informs it.

May I make the best use of my practice, and whatever freedom arises from my efforts here today. May this be a cause and condition for less suffering and more safety."



## 6C ❖❖❖ INTENTION | RESTORING BALANCE WITH OTHERS

**Heart Tip:** CAKE GF • **C**ompassion, **A**ppreciation, **K**indness, **E**quanimity • **G**enerosity, **F**orgiveness

**Gentle Guidance:** Like in metta practice, after reconciling with ourselves, when ready, we may begin reconciling with others.

- *Think about the ways you've harmed others in your addiction. What were your intentions? Do you sense any underlying motivations of self-soothing or coping based on avoiding discomfort? Describe.*
- *Would these situations have turned out differently if you practiced the heart practices then? How? (CAKE, GF)*
- *How can you restore balance in the relationships where you've caused harm? Can you do it without harming yourself or the other person? Note: Restoring balance may not require direct interaction with the other person, but almost always requires an intent to not repeat the same harmful behavior.*
- *How might the heart practices help you move forward, without an attachment to being forgiven? (CAKE, GF)*
- *Can you set an intention to stop repeating these behaviors that have caused suffering?*

**Gentleness Exercise:** Read this dedication of merit aloud to yourself:

*May the pain of addiction, trauma, and feeling 'apart' actually lead me back toward the heart so that I might understand compassion, wisdom, and change ever more deeply.*

*As I have learned from practice, great pain does not erase goodness, but in fact informs it.*

*May I make the best use of my practice, and whatever freedom arises from my efforts here today. May this be a cause and condition for less suffering and more safety.*



VII. WISE SPEECH INQUIRIES • READ (6MIN): [HTTP://READSPEECH.RD.ROCKS](http://readspeech.rd.rocks)

7 ❖ SPEECH | LOVING SPEECH AND DEEP LISTENING

**Consider this:** “Wise speech includes all the ways we use our voices, including in writing and online.” - Recovery Dharma p. 33

- When you were young, did people speak in ways that modeled kindness and caring? Were there caretakers who used harsh and careless speech?
- Without skillfulness, our words can cause great harm. Describe a time when you caused a lot of harm with speech (whether intentionally or unintentionally).
- Many in active addiction use false speech to cover up or present a false image or reality. What are some ways you've been dishonest or harmful in your communications?
- Going forward, can you set an intention of compassionate and loving speech?

**Consider this:** As there can be no reader without a writer, there can be no speaker unless there is a listener. Cultivating Wise Speech means to also cultivate Wise Listening. “Deep listening—without selfishness or an agenda—an act of generosity that lets us build true connection.” - Recovery Dharma, p. 35

- When you were young, did you observe people who listened with compassion?
- Listening is an essential part of wise speech, and helps inform wise understanding. Can you give an example where deep listening has opened your heart to more compassion?



## VIII. WISE ACTION INQUIRIES • READ (5MIN): [HTTP://READACTION.RD.ROCKS](http://readaction.rd.rocks)

### 8A ❖ ACTION | CULTIVATING SKILLFULNESS + PRECEPT 1 (HARM)

**Precept Tip:** Precepts 1 2 3 4 5 | (Avoid) 🚫 Harm • Theft • Lust • Lies • Toxicity

**Consider this:** The Five Mindfulness Trainings represent a wholesome and concrete expression that results as each of the five precepts are undertaken. Each Mindfulness Training gives us a beautiful vision—a tangible goal to strive for, instead of an intention to NOT do something. So for each precept, we'll introduce the section with the corresponding Mindfulness Training to offer you a glimpse of the fields of positive karma seeds we're planting by undertaking each precept.

- What part(s) of the five precepts do you agree with? Describe.
- Can you recall an example of a time you were about to act unskillfully, but chose not to? How did you feel?

#### 1st Precept: 🚫 Harm.

**1st Mindfulness Training:** “Reverence for Life. Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of all beings.”

- We all cause harm. How have you caused harm? (Harm can be physical, emotional, mental, karmic, financial, legal, moral, etc.)
- Have you ever chosen inaction in a situation when you could've protected the well-being of another? And when have you stood up to protect someone?





## 8B ❖ ❖ ACTION | PRECEPT 2 (THEFT) + PRECEPT 3 (LUST)

### 2nd Precept: 🔄 Theft.

**2nd Mindfulness Training:** “True Happiness. Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting.”

- We're given many things in life—but sometimes we want (or think we need) more than is given. We might steal goods, possessions, time, energy, or even recognition. With this understanding of stealing, how have you taken what has not been freely given?
- Do you notice any patterns in the situations/things you've taken?
- Sometimes we accumulate in excess. How might practicing generosity (with possessions, time, energy, recognition) be beneficial to both yourself and other beings?

### 3rd Precept: 🔄 Lust.

**3rd Mindfulness Training:** “True Love. Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and communities.”

- The fruits of undertaking the 3rd precept is sometimes said to be true intimacy. Have you ever experienced true intimacy? How would you define it?

Consider the following while reviewing your sexual activities or partners:

- Were you mindful of other existing relationships, families, or commitments?
- Were you fully aware of the mental/emotional conditions of those involved, including your own?
- Were you fully aware of your own true intentions when becoming sexually involved? Were you motivated by craving and self-interest, or care and commitment?



## 8C ❖ ❖ ACTION | PRECEPT 4 (LIES) + PRECEPT 5 (TOXICITY)

### 4th Precept: 🔄 Lies

**4th Mindfulness Training:** “Loving Speech and Deep Listening. Aware of the suffering caused by unmindful speech and by not listening, I am committed to cultivating loving speech and compassionate, active listening.”

- *In what areas of your life have you practiced loving speech?*
- *Have you ever been unskillful in your speech, whether through the use of harshness, dishonesty, or manipulation? (This can include stating falsehoods, denying or misrepresenting the truth, and speaking with an ulterior motive.) Please describe.*
- *Investigate the source of unskillful speech throughout your life. Has it been based on pain, denial, or confusion?*
- *Try paying attention to your next few conversations, and notice the following: Do you practice non-judgemental and active listening? Do you reflect what's been said, to ensure that you understand what the speaker meant?*

### 5th Precept: 🔄 Toxicity & Intoxication

**5th Mindfulness Training:** “Nourishment and Healing. Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful and nourishing consumption.”

- *Have you used intoxicants or other behaviors that cloud the ability to see clearly? (“Other behaviors” include obsessing about lust, money, power, anger, or ego.)*
- *What substances and processes have you relied on? How have they clouded your awareness?*
- *If you have periods of abstinence, were the substances or processes replaced by other ways to avoid being present to your feelings? How?*
- *During periods of abstinence, have you noticed any positive changes in your mental or physical health? Please describe these changes.*



IX. WISE LIVELIHOOD INQUIRIES • READ (3MIN): [HTTP://READLIVELIHOOD.RD.ROCKS](http://readlivelihood.rd.rocks)

9 ❖ LIFEWORk | WORK & SERVICE

**Consider this:** Only 4 sections left—You're almost done!! :) Now's probably a great time for you (or your Inquiry Circle) to **plan some type of commemoration**, as you complete your inquiries. (Some groups may make beads, gifts, tokens, amulets of protection, or a vegan dessert party to celebrate.)

- Does your job cause harm? What is the specific nature of that harm?
- How can you do your job more mindfully and with an intention of compassion and non-harm?
- What part does greed play in the choices you make in your lifework?
- How might you bring a spirit of generosity to your life, both in your profession and outside it? (For example, how can you be of service in the world?)



X. WISE EFFORT INQUIRIES • READ (6MIN): [HTTP://READEFFORT.RD.ROCKS](http://readeffort.rd.rocks)

10 ❖ EFFORT | BALANCED ENERGY TO RECOVERY AND AWAKENING

**Consider this:** It's easy to let ourselves get overly focused on just one part of our lives (e.g., work, recovery), and we may forget about putting energy in other areas (e.g., play, selfcare). Wise effort is about giving balanced attention to all areas of our lives.

- Are you dealing with any overwhelming desires, aversions, restlessness, laziness, or doubts in your life? How do those hindrances affect the choices you're making?
- Are there any areas of your life where you are avoiding feelings by checking out and giving up, or by overworking and overexerting?
- What efforts have you made to connect with wise friendships, mentors, or dharma buddies who can help you develop and balance your efforts in all areas of your life?
- Think of a situation that is causing you discomfort or unease right now. What kind of effort are you applying to this situation? Pay attention to whether it feels balanced, or if you're leaning too far in the direction of either inactivity or overexertion. Is there anything you would like to do differently?



XI. WISE MINDFULNESS INQUIRIES • READ (8MIN): [HTTP://READMINDFULNESS.RD.ROCKS](http://readmindfulness.rd.rocks)

11 ❖ MINDFULNESS | MEDITATE 365

**Consider this:** For meditation, it's been said that 3 minutes daily is better than 30-minutes once a week. Like the practice of gratitude, starting small yields big results.

- What are some simple steps you can take to support a daily meditation practice?
- What are steps you can take to be more mindful throughout the day? (E.g.: Checking in with yourself about how you're feeling, taking a few deep breaths to disengage, or mindfully focusing on daily chores.)
- What are steps you can take to sit with discomfort when it arises? (Hint: "This is a moment of discomfort.")
- What are steps you can take to question the "truths" that your mind tells you, rather than automatically believing the stories? How can being aware of your own misperceptions change your reactions to situations?



XII. WISE CONCENTRATION INQUIRIES • READ (6MIN): [HTTP://READCONCENTRATION.RD.ROCKS](http://readconcentration.rd.rocks)

12 ❖ CONCENTRATION | NOTICE, REFOCUS

**Consider this:** Wise concentration isn't just about being undistracted. It's also about redirecting the mind back to the object of refocus (e.g. the breath). There's tremendous value to be gained during meditation, as you notice a distraction, and willfully choose to refocus.

- What distracts or interrupts you the most?
- What are steps you can take to refocus, without judging or blaming yourself?
- What are ways you can take care of yourself during meditation?
- How can you use concentration to understand more clearly and act more wisely?

XIII. INQUIRY CHIPS INQUIRIES • REQUEST FREELY AT: [HTTP://FREECHIPS.RD.ROCKS](http://freechips.rd.rocks)

13 ❖ CELEBRATION | A CHIP FOR YOUR FOLLOW-THROUGH AND DEDICATION

Holy poop-moji. You did it! Congratulations!

Every fellowship has chips, to encourage us to keep going. In the spirit of recovery, we wanted to start celebrating the **completion** of inquiries, by giving away inquiry chips that celebrate your hard work in completing your inner work! It's meant to be a commemoration of following through. They're inexpensive so the only real value is to \*you\* (and your circle) as a symbol of your wise efforts. We ask a few questions (postal address and thoughts on improving the inquiry process) [so fill out the form here to get your coin.](#)



(prototypes btw)

(Why is this important? Well the intention is to model a 2019 scientific study of an exponentially growing recovery fellowship, where [they focused on massive celebrations when completing the 12 sections of inner inquiry work, focusing less on the 12-months of sobriety.](#) And the hope is to replicate that incredible recovery growth within Recovery Dharma as a whole fellowship. And to offer positive inspiration and encouragement to other RD members through your personal journey of inner work.)