

## Breaking the addiction to the mind

**Dave Smith**

Against the Stream Buddhist Meditation Society, USA

Through educational lecture, experiential exercises and personal stories from the front lines Dave Smith will outline a Dharma Recovery. This process cultivates a path of awakening, a path of recovering from the addictions that have created suffering in our lives and in this world. All living beings have the ability to live life along these lines, there is no-one that lacks ability only those who lack the willingness to take on such a radical task of transformation. Addicts who do not recover are not broken or lost; they just have not yet found the willingness to take the path of wisdom (understanding) and compassion (non-harming). We believe in the human capacity for transformation and change.

Drawing inspiration from the original teachings of the Buddha we outline a program of recovery that that understands; "All individuals have the power and potential to free themselves from suffering". We feel confident in the power of the Buddha's teachings, if applied, to relieve suffering of all kinds, including the suffering of addiction. This path has four major components that will be outlined during this workshop.

They are:

1. Process- There is a process to recovery that needs to be understood, practiced and maintained
2. Practice- There is a practice to be cultivated; mindfulness and heart practice meditation
3. Principle- Understanding and applying the principle of cause and effect; changing the behaviors that cause suffering
4. Power- Each individual has to do the work themselves. No one can recovery for you.

### Biography

Dave Smith is a Buddhist Meditation teacher and addiction treatment specialist. He was trained to teach meditation by Noah Levine; founder of Against the Stream Buddhist Meditation Society. As a long time Buddhist practitioner and recovering addict, he has been working closely with recovering addicts for the last 5 years. Dave has extensive experience bringing meditative interventions into jails, prisons, youth detention, and addiction treatment facilities. He is the guiding teacher and program director of the Against the Stream Nashville Meditation Center and teaches over 250 meditation classes and workshops a year.

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