

A

Abuse *see Wounds*

Acceptance *Mar 2*

- attitude of *Sep 27*
- difficulties in life *Jan 6*
- "is the answer" *Mar 2*
- of addiction *Jan 8*
- as spiritual awakening *Mar 31*
- sickness, old age, death *Oct 30*
- turning it over *Mar 1*

Addiction, *see also recovery*

- about escaping life *Aug 30*
- acceptance, non-acceptance *Jan 8*
- addiction is clinging *Mar 16*
- addiction is selfish *Sep 16*
- admission *Jan 8*
- avoiding pain *Jan 6*
- become disgusted with *Jan 29*
- bodily feelings of *Mar 16*
- costs & benefits of *Jan 22*
- cycle of craving and self-harm *Feb 8*
- expression of lack of faith *Feb 28*
- family as trigger *Jan 25*
- freedom from *Jan 31, Jul 25*
- impatience *Mar 23*
- impulsivity *Mar 2*
- isolation & hopelessness *May 29, Oct 29*
- not moral issue *Aug 30*
- restless dissatisfaction *Feb 12*
- self-centered craving *Sep 16*
- strategy to control feelings *Feb 16*
- stuck in denial *Jan 8*
- "uncreated" *Feb 2*

Admit, promptly *Oct 2*

"Alcoholic, I am" *Jan 18, Aug 25*

"All our affairs" *Dec 11*

Advice, giving *May 25*

Aging *Feb 23*

Amends

- asking forgiveness *Sep 5*
- "do no harm" *Sep 1*
- followed by future restraint *Sep 4*
- humility *Sep 6*
- injure them or others *Sep 3*
- intention, hidden agenda *Sep 3*
- "living amends" *Sep 3-4*
- "our side of the street" *Apr 23, Sep 6*
- power of *Aug 6*
- principle of *Sep 1*
- self-pity *Aug 4*
- symbolic amends *Sep 2*
- to ourselves *Aug 5, Sep 18-19*
- "the list" *Aug 1*
- to those who do us harm *Sep 17*
- willingness to make *Aug 2, Sep 1*
- "wherever possible" *Sep 2*

Anger

- abandoning *Aug 18*
- expressions of *May 18*
- flashing *Oct 11*
- "HALT" *Jan 24*
- irritable *Oct 11*
- working with *May 18*

Anonymity

- breaking anonymity *May 29*
- principles before personalities *Dec 21*
- rationale in 12-step program *May 29*
- spiritual foundation *Dec 14*
- stripping identity *Jan 18*
- "As the result of" *Dec 2*

Attachments

- dear ones *Aug 7*
- self, ideas, identity, defects *Jul 6*

Aversion

- arising, awareness of *Apr 8, May 11*
- bodily feeling of *Apr 8, May 10*
- loving-kindness as antidote *Apr 9, Aug 29*
- to physical discomfort *Feb 26*

Anxiety, antidotes to *Jul 23, Nov 17*

Awareness

- as conscious contact *Nov 4*
- choiceless *Nov 8*

B

Beginner's mind, *Mar 11*

Blaming others *Jan 8*

Boredom *Nov 18, Dec 23*

Bottom *Jan 5*

- moment of clarity *Jul 5*
- meaning of *Jan 5*
- spiritual release *Jul 5*
- surrender *Jan 9, Oct 25*
- willing to change *Dec 7*

Breath, *see meditation*

Buddha, refuge in, *Mar 12*

C

Calm, Calmness

- awareness *Feb 12*
- arising in meditation *Feb 12, Jul 23, Oct 21*
- breathing *Jul 23, Aug 13*

"Came to believe" *Feb 1*

"Carry the message"

- compassion for all beings *May 17*
- in Dharma practice *Dec 4*
- joy from being helpful *Dec 9*
- principle of *Dec 3*
- world of "We" *May 17*

"Ceased fighting anyone" *Mar 10*

Change

- fear of, *Jan 12, Jun 17*

--- identities, self- *Jun 18*

--- impermanence *Feb 9*

--- intention to *Jun 5*

--- karma *Feb 8*

--- motivation to, *Jun 6*

--- possible only in this moment *Feb 8*

--- readiness *Jun 4-5*

--- resistance to *Jun 4, Jun 17, Jun 23*

--- willingness *Jun 17, Dec 7*

Character defects

- acceptance of *Jun 2*
- as personal flaws *Jan 28*
- can't permanently remove *Jul 26*
- compared to hindrances *Jan 28*
- conditioned habits of the mind
Jun 3-4
- do not define us *Jun 3*
- letting go of, *Jul 1*
- remove by Law of Karma and effort
Jul 31
- "removed" *Jun 23, Jul 31*
- removed v letting go *Jun 1*
- tendencies & habits of mind *Jun 2*

Clarity, *see Moment of*

Clinging *Mar 16*

- antidote is letting go *Jun 27*
- feeling of *Mar 16, Jun 27*
- letting go of *Jun 27, Jul 2*
- triggers *Mar 16*

Coincidence, actions create

conditions and causes Feb 8

Commitment

- as Step Three *Mar 30*
- persistence *Feb 6*
- to act *Mar 30*
- to practice *Jan 1-2, Feb 2*
- to recovery *Aug 21*

Community, see Fellowship

Compassion

- and morality, five precepts *Dec 15*
- all beings *May 17*
- making amends *Sep 30*
- others' pain *Jun 29*
- to those who do us harm *Sep 17*
- toward self *Feb 10, Aug 9*

Concentration, letting go *Jul 16*

Connections

- as God, higher power *Nov 5*
- as basis for spiritual growth *Nov 24*
- core human wish *Oct 3*
- emotional karma *Mar 19*
- enriching sense of *Oct 9*
- happiness of *Sep 11*
- interdependence *Jul 4*
- physically "looking up" *Jul 30, Sep 26*
- sharing stories *Jul 20*
- through lovingkindness *Oct 19*
- to friends *Nov 24*

"Conscious contact" *Nov 4*

Control

- examination of, *Feb 16*
- failed strategy *Feb 16*
- intimate relationships *Jun 5, Oct 24*
- lack of power *Jan 3*
- letting go *Feb 16*
- thoughts *Feb 16, Dec 19*

Contemplation, intentional thought *Jul 18*

"Contempt prior to investigation" *Feb 5*

Craving *see also desire*

- attributes of *Jan 14*
- breeds more craving *Jul 11*
- causes suffering *Apr 4*
- "phenomenon of" *Feb 11*
- powerless over effects *Jan 13*
- relationship to *Jul 11*

Criticism, *May 16, Oct 24*

D

Decisions

- decision making process *Dec 20*
- impulse comes out of fear *Nov 23*
- "make a decision" *Mar 6, Oct 25*
- next right thing *Nov 23*
- when to decide *Dec 20*

Delusion, as "insanity" *Feb 4*

Denial, *Jan 8, Jan 16*

Depression

- anti-depressants *Mar 28*
- cycles of *Oct 12*
- impermanence *Mar 28*
- inventory risk *Apr 22, Oct 18*
- isolation *Mar 28*
- low energy *Apr 21*
- negative spiral *Apr 17, Jun 8*
- relapse *Mar 17-18*

Desire, *see also craving*

- antidote: disenchantment *Jan 29*
- awareness of, *May 10-11, Jul 11*
- bodily feelings of *May 10*
- cause of suffering *Apr 4*
- endless yet impermanent *Apr 4*
- letting go of *Jul 11*
- logic & momentum of *Jul 11*

Dharma

- as God *Sep 23, Nov 6*
- as Higher Power *Mar 7*
- change of perspective *Nov 26*
- Eightfold Path *Mar 4*
- means Truth, natural law *Feb 19*
- refuge in *Mar 13*
- study of *Nov 28*
- "will of God" *Nov 6*

Disaster thinking, *Feb 15*

"Don't know"

- practice and meaning of *Feb 21*
- requires humility *Dec 8*
- willingness *Mar 27*

Doubt, *Feb 5, Feb 21*

E

Earth

- EcoDharma *Aug 15*
- metta *Aug 16*
- social & political issues *Nov 22*
- world healing *Aug 15, Sep 24*

Effort

- abandoning unwholesome states
Jul 22, Aug 18
- attention to breath *Jun 24*
- avoiding unwholesome states *Aug 17*
- cultivating wholesome states *Aug 19*
- don't control results *Aug 19*
- maintaining recovery, wholesome
states *Aug 20-21*
- Right Effort *Aug 17-20*
- showing up *Jun 24, Dec 16*
- tracking *Mar 24*

Eightfold Path & steps *Mar 4*

Emotional karma *Mar 19*

Emotions

- letting go, *Mar 5*
- naming *Jun 14, Aug 24*
- physical manifestation of *Apr 15, Oct 2*

Energy

- awareness *Apr 21*
- emotional components *Apr 21*
- health, self-care *Jul 29*
- joy *Aug 10*
- natural, not me or mine *Apr 21*
- radiating energy practice *Jun 20*
- tracking energy *Mar 24*
- thoughts *Jul 27*

"Entirely ready", *Jun 13*

Equanimity, *Jul 24*

Ethical integrity (sila), *Jan 23, Apr 2*

"Exact nature of our wrongs" *May 28*

F

Failure

- admission of, *Oct 25*
- sense of, with relapse *Mar 18*

Faith

- balanced with wisdom *Dec 6*
- blind faith *Dec 6*
- "came to believe" *Dec 6*
- disaster thinking *Feb 15*
- fear implies lack of *Sep 21*
- lack of *Feb 15, Feb 17, Sep 21*
- open-mindedness *Feb 17*
- processes of Law of Karma *Feb 28*
- power of *Feb 18, Dec 6*
- recovering faith *Feb 17*
- trust in ourselves *Feb 28*
- trusting the process *Feb 2, Feb 18*

Fear

- of change *Jan 12, Jun 17*
- of economic insecurity *Sep 21*
- of feelings *Aug 23*
- lack of faith *Sep 21*
- of people, shyness *Sep 20*
- of unknown *Nov 23*

Feelings

- acceptance of *Aug 14*
- fear of *Aug 23*
- feel feelings *Apr 16, Jun 6*
- impermanence of, *Apr 17*
- motivation to change *Jun 6*
- naming *Jun 14, Aug 24*
- no absolute truth to feelings *Aug 14*
- relationship & reactions to *Aug 14*

Fellowship & sangha

- commitment to *Mar 30*
- gaining interest in others *Sep 16*
- group practice *May 6, Aug 3*
- healing power of *Oct 16*
- indispensable *Oct 29*
- need for support of *Mar 14, Nov 27*
- refuge *Mar 14*
- share experiences *Sep 14*

Forgiveness

- amends *Sep 4-5*
- asking for *Sep 5*
- following relapse *Jan 11*
- "for all the ways..." *Apr 3, Sep 5*
- forgiveness meditation *Sep 5*
- others *Apr 23, Aug 8*
- resentments *Apr 23*
- realization of imperfection *Apr 3*
- self *Apr 3*
- willingness *Aug 8*

Freedom

- from addiction *Jul 25*
- from craving *Jan 3*
- from ego and self *Dec 3*
- from fear *Aug 31, Dec 7*
- from perfection *Oct 31*
- from shame *Aug 31*
- less ruled by shortcomings *Jul 31*
- new freedom *Sep 10*
- of imperfection *Sep 30*
- promises *Sep 10*
- through willingness *Jun 30, Dec 7*

Friends

- being a friend *Nov 24*
- friend to self *Feb 10*
- indispensable *Oct 29*
- spiritual *May 20*

Fun

- barriers to *Jun 15-16*
- embracing fun *Jun 15-16*
- non-harmful pleasure *Dec 12*
- rediscovering *Dec 28*

G

Generosity *Apr 10, Dec 25*

- karmic, emotional impact *Mar 19*
- material way of letting go *Apr 10*

"Ghosts" of past losses *Dec 22*

Gifts of recovery, *Apr 29*

God, Higher Power

- as inspiration *Nov 6*
- as intuition *Nov 6*
- as Law of Karma *Feb 28*
- as loving-kindness *Mar 7*
- as power of Dharma *Mar 7, Mar 10, Aug 19*
- as reality, truth *Mar 10*
- as refuge *Mar 12*
- "as we understand it" *Mar 10, Nov 5*
- "doing what we cannot" *Sep 23*
- end of isolation from, *Aug 6*
- importance of connection *Nov 5*
- in harmony with Dharma, Truth *Aug 6*
- letting go of character defects *Jul 1*
- mindfulness as conscious contact *Nov 4*
- open to idea of *Feb 17*
- question message of redemption *Aug 21*
- remove defects *see Remove Defects*
- substitute for Dharma *Sep 23*
- theistic framework *Nov 7*
- turning "it" over *Mar 4,*
- turning our lives over *Mar 4, Mar 12*
- "understanding" as trap *Mar 10*
- will of, Buddhist perspective *Nov 6*
- "Good enough", *Feb 24*

Goodness v. confrontational *Oct 3*

Goodness, innate *Oct 3*

Gratitude *Apr 29, Aug 10*

H

Habits of the mind *Nov 19*

"Half measures availed us nothing" *Jan 12*

"HALT" *Jan 24*

Happiness

- **authentic** *Mar 8*
- **of clarity, honesty & connection** *Sep 11*
- **through service** *Dec 9*
- **not unhappy** *Mar 8*
- **what it is** *Jun 15*

Harm

- **amends** *Aug 4*
- **first precept** *Apr 2*
- **forgiveness** *Aug 8*
- **taking life, violence** *Apr 2*
- **to self** *Aug 5*

Harmony/harmonious

- **aligning behavior with precepts**
Mar 4, Jul 12
- **domestic, home life** *Oct 24*
- **freedom from addiction** *Sep 10*
- **humility brings,** *Dec 8*
- **knowing peace** *Sep 13*
- **moral guidelines** *Jul 12*
- **with the Dharma** *Mar 4, Mar 13, Aug 6, Sep 21*
- **with spiritual values** *Oct 25*

Higher Power, see God

Hindrances

- **aversion** *Apr 8*
- **desire** *Apr 4*
- **doubt** *Feb 5*
- **not character defects** *Jan 28*
- **not personal flaws** *Jan 28*
- **restlessness and worry** *Apr 24*
- **sloth, torpor** *Apr 20*

Hitting bottom *see Bottom*

Holidays/Holy days

- **celebrations, rituals** *Dec 24*
- **memories, loss, grief, ghosts** *Dec 22*
- **over-stimulation** *Dec 26*
- **relapse** *Dec 18*

Humbly/Humility

- **acts of service** *Dec 9*
- **amends process** *Sep 6*
- **brings harmony** *Dec 8*
- **principle of,** *Jul 3, Dec 8*

Humiliation, see shame

Honesty

- **criticism** *May 16*
- **cost of lying to others, to ourselves** *May 12*
- **dishonesty** *Mar 25*
- **element of addiction** *Mar 25*
- **foundational to program** *Dec 5*
- **overview of principle** *Dec 5*
- **paradox of** *Mar 25*

"HOW" *Mar 25-27*

Hunger (HALT), *Jan 24*

I

"I am an Alcoholic" *Jan 18, Aug 25*

Identity, self

- **defined through our past** *Aug 12*
- **idea of** *Jan 18*
- **many roles, identities** *Jun 19, Aug 12*
- **not stable, not permanent** *Oct 22*

Illness, inevitability of *Apr 11*

Impermanence

- **absolute truth** *Jun 25*
- **attachments to dear ones** *Aug 7*
- **change and frustration** *Feb 9*
- **pain of losses** *Aug 7*
- **positive aspects** *Dec 23*
- **principle of** *Feb 9, Apr 17*

Impulse/impulsivity

- acceptance without reaction *Mar 2*
- forms of craving *Feb 11*
- power of non-doing *Mar 20*
- restlessness is trigger *Apr 24*
- to have answers immediately *Nov 23*
- to share in meetings *May 26*

Injuries, see wounds

"Inner critic" *Feb 10*

Insight as experience *Nov 9*

Irritable, irritated *Oct 11*

Integrity, *Jan 23*

Intention

- align with the dharma *Mar 3*
- as prayer, setting intention *Nov 3*
- "Karma is intention" *Jan 20*
- livelihood *Jun 9*
- morning meditation *Mar 3*
- perfection isn't the point *Jul 26*
- regarding addictive cravings *Mar 3*
- Right Intention, *Jan 20, Jul 26*
- skillful speech *May 4*
- to let go, to change *Jun 1, Jul 5*
- willingness, corollary to *Aug 2*
- willingness to act *Mar 27*

Interdependence, *Jul 4*

Intoxicants

- diminishes clarity *Apr 27-28*
- TV and internet *Aug 30*
- practical, not moral issue *Aug 30*

Intuition *Apr 13, Sep 22, Nov 6*

Inventory

- aversion *Apr 8-9*
- balance *Oct 4*
- Buddhist framework *Apr 1*
- Buddhist compared to Steps *Oct 3*
- character defects *Jun 3*
- continuing, Step Ten *Oct 1*

- daily practice *Oct 7, Oct 15*
 - desire inventory *Apr 4*
 - ego death *May 31*
 - forgiving ourselves *Apr 3*
 - generosity *Apr 10*
 - harm to others, violence *Apr 2*
 - judging mind *May 30, Oct 4*
 - life changing *Apr 30*
 - listening to others' *May 9*
 - 'looking good' as obstacle *May 20*
 - meditative *Apr 7, Apr 13*
 - positive qualities *Apr 6*
 - promptly admit *Oct 2*
 - relapse trigger *Apr 22*
 - risk of depression *Oct 18*
 - sharing *May 1, May 7, May 20*
 - stealing, taking *Apr 5*
 - the list (step 8) *Aug 1*
 - what defects? *Jun 3*
 - year-end, looking back *Dec 30*
- Investigation, meditative *Apr 13***

Isolation

- accompanying depression *Mar 28*
- cause, symptom of addiction *Oct 29*
- end of *Aug 6*

J

Joy

- appreciative joy *Oct 14*
- be here now *Oct 9*
- embracing joy *Jun 15*
- embracing fun *Jun 16, Dec 28*
- energy, sensation of *Aug 10*
- happiness of others *Oct 14*
- service to others *Dec 9*
- sympathetic joy *Oct 14*

Judging

- judging judgments *Feb 7*
- judging mind *May 30*

- not good enough *Feb 24*
- powerful habit *Feb 7*
- self *May 30, Oct 4*
- while listening *May 9*

K

Karma

- actions have results *Feb 8*
- as higher power *Mar 10*
- “beseech the Law of” *Jul 8, Jul 12*
- change *Feb 8, May 23*
- commitment to live in harmony *Jul 12*
- conditioned, habitual thoughts *May 23*
- emotional *Mar 19*
- heir to my karma *Nov 29*
- intention *Jan 20, Mar 27*
- karmic flow *May 23*
- means action *Feb 8*
- remove shortcomings *Jul 8, Jul 31*
- responsible for behavior today *Nov 29*
- spiritual awakening *Feb 28*
- thoughts, essence of *Jul 19*
- “Keep coming back” *Jan 1-2*
- “Keep it simple” *Oct 6*

L

Letting Go

- abandoning unwholesome states
Aug 18
- awareness required *Apr 8, Jul 21,*
Aug 18
- heart of spiritual practice *Dec 1*
- “how to” *Jul 15*
- intention, direction *Jul 5*
- karmic action *Jul 8*
- Middle Way *Jul 10*
- motivated by pain *Jul 2*
- motivated by suffering *Jul 1*
- of attachments & habits *Jun 27*

- of attachment to self & ideas *Jul 6*
- of aversion *Apr 8*
- of control *Feb 16*
- of clinging *Mar 16*
- of desire *Jul 11*
- of distresses *Jul 16*
- of self, ideas, identity, & shortcomings
- of thoughts *Nov 16*
- practice of, *Mar 5*
- patience & restraint *Jul 10*
- prayer *Jun 6*
- principle of the Dharma *Mar 13*
- reasons for *re* addictions *Jul 5*
- replacing thoughts *Jul 21*
- through anonymity *Dec 14*
- through concentration *Jul 16*
- through contemplation *Jul 18*
- through generosity *Apr 10*
- through love *Jul 17*
- through mindfulness *Jul 15*
- through renunciation *Jul 5*
- through surrender *Jan 9*
- too much letting go *Jul 10*
- willingness to, *Jun 23*

Listening

- as a friend *Nov 24*
- to someone’s inventory *May 9*
- mindful attention *May 8*

Loneliness (HALT), *Jan 24*

Looking back *Dec 30*

Looking forward *Dec 31*

“Looking good” *May 20*

Looking up, physically *Sep 26*

Love

- cultivating *Jul 17*
- for self *Feb 14, Sep 18*
- repeating love, love, love *Aug 29*
- worthy of *Dec 13*

Loving-kindness

- antidote to and & aversion *Apr 9, Aug 29*
 - breathing into the heart *Mar 15*
 - challenges to *Jun 12*
 - daily life *Jul 30*
 - dear ones *Mar 15*
 - difficult person *Oct 19*
 - neutral person *Jun 11*
 - practice of, *Mar 15*
 - shift view of living beings *Oct 19*
 - to the earth *Aug 16*
 - toward self *Jan 21, Sep 18-19*
- Lying**, *May 12, Jul 12*

M

Mantra *Oct 23*

Meditation

- AA meaning of, *Nov 2*
- attitude *Sep 9*
- anxiety *Nov 17*
- basics of *May 21, Jul 13, Sep 25, Oct 6*
- body *Apr 26, Jun 10*
- body scan *Jan 30*
- boredom *Nov 18*
- breathing *Jan 10, Jan 19, Feb 13, Jun 7, Aug 13*
- choiceless awareness *Nov 8*
- contemplation *Nov 2*
- deepening practice *Mar 21*
- elements of *Jul 13*
- energy *Apr 21, Jun 20, Jul 28-29*
- feelings *Apr 16*
- group setting *Aug 3*
- insight tradition *Nov 2, Nov 9*
- investigative *Apr 7, Apr 13*
- judging *Feb 7*
- mantra *Oct 23*
- morning to set intention *Mar 3*

- naming, *Jun 14 Aug-25*
- non-naming *Aug 26*
- noting *Apr 12*
- posture *Feb 25, Mar 24, Jul 14*
- problematic experiences *Oct 21*
- radiating energy *Jun 20*
- restlessness *Apr 25*
- rituals *Dec 10*
- routines *Dec 26*
- sensations *Feb 27, Jun 28*
- showing up *Dec 16*
- sitting *Feb 3, Nov 15*
- sleepiness *May 22*
- sloth & torpor *Apr 20*
- smile *Mar 29*

- sounds *Feb 20*
- spacious mind *Feb 20*
- standing *Jul 7*
- Steps 1,2, & 3 *Nov 10*
- Steps 4 & 5 *Nov 11*
- Steps 6 & 7 *Nov 12*
- Steps 8, 9 & 10 *Nov 13*
- Step 12 *Nov 14*
- stillness *Feb 3, Nov 15*
- teaching *May 27, Dec 4*
- time period *Apr 19*
- thoughts *Jul 1, Dec 19*
- tracking, *Mar 24*

Maintenance/maintaining

- recovery program *Oct 5*
- right effort *Aug 20*
- spiritual condition *Mar 17, Aug 21*

Meetings

- 12-step advice *May 25*
- as meditation *May 26*
- carrying the message *Dec 3*
- healing power of *Oct 16*
- impulse to share *May 26*

- less attached to own identity *Nov 25*
- need for *Nov 27*
- service *Dec 9*
- sharing, limits to *May 28*
- sharing experience *Sep 14*
- sharing stories *Jul 20, Aug 9, Nov 25*
- sharing suffering *Oct 16*
- showing up *Oct 10*
- social, political as outside issues *Nov 22*

Metta, *see lovingkindness*

Middle Way, *Jul 10, Sep 14*

Mindfulness *see also meditation*

- as conscious contact *Nov 4*
- attitude of acceptance *Sep 27*
- art of listening *Sep 22*
- awareness of denial *Jan 8*
- calm as benefit *Feb 12*
- clarity as benefit *Feb 12*
- energy *Jul 28*
- external awareness, *May 19*
- inventory *Apr 6*
- in meetings *May 26*
- letting go *Jul 15*

Morning meditation to set intention *Mar 3*

Moods

- irritable *Oct 11*
- mood swings *Dec 27*
- smiling uplifts *Mar 29*
- tracking *Mar 24*

"Moment of clarity"

- described, *Jan 15, Jan 17*
- spiritual release *Jul 5*
- is Right View *Jan 17, Jan 15*
- through mindfulness *Feb 12, Oct 7*

Monkey, squirrel chasing, mind *Mar 9*

Morality (sila)

- cultivates good karma *Dec 17*
- expression of compassion *Dec 15*

--- environmental *Aug 15*

--- **Five Precepts of Non-Harming** *Jan 23*

--- foundation of wisdom & compassion
Jan 23

--- mental purification *Dec 17*

--- principles before personalities *Dec 21*

N

Nature, healing power of *May 24*

"New way of living", *Jul 9*

"Next right thing" *Jul 31, Nov 23*

"No matter what" *Dec 29*

Noble Truths, First, suffering *Jan 6*

Noble Truth, Second, craving *Jan 14, Jul 11*

Noble Truth, Third, end of suffering, *Feb 2*

Not-self

- anonymity as corollary *Oct 22*
- functional self *Aug 11*
- identifying with body *Oct 13*
- perspective, objective viewpoint *Nov 25*
- relationship to self *Aug 11*

"Now" *Feb 29*

O-P

"One day at a time"

- be here now *Oct 9*
- this moment, change occurs *Feb 8*
- commitment to practice *Jan 1*
- next right thing *Nov 23*

Open-mindedness

- principle of *Mar 26*
- to idea of God or HP *Feb 17*
- to spirituality *Feb 17*

"Outside issues" *Nov 22*

Pain, working with *Feb 26*

"Painstaking" *Sep 8*

Patience/Impatience

- meditation practice *Mar 23*
- program work *Jul 10*

--- quality of addiction Mar 23

Perfection

--- maintaining right intention Jul 26

--- letting go of, Oct 31

Persistence, routine Feb 6, Sep 28

Perspective Nov 26

"Phenomenon of craving" Feb 11

Pleasure Dec 12

Prayer Jun 6, Nov 2-3

Power

--- Buddhist aspects of Nov 7

--- of craving, desire Jul 11

--- of nature to heal May 24

--- source of Nov 7

--- theistic framework Nov 7

Powerless Jan 3

--- effects of alcohol Jan 13

--- lack of control Jan 3

--- not helpless Jan 3, Jan 13

--- over thoughts, Jan 7

Precepts, Five

--- 1st, non-harm Apr 2, Jul 12, Dec 15

--- 2nd, stealing Apr 5, Dec 15

--- 3rd, sexual misconduct Apr 14, Dec 15

--- 4th, lying, harsh speech May 13, Dec 15

--- 5th, intoxicants Apr 27-28, Aug 30,
Dec 15

--- parallel to 12-step inventory Apr 1

"Principles before personalities"

--- anonymity and not-self Oct 22

--- freedom from ego and self Dec 3

--- principle of, Dec 21

"Principles in all our affairs" Dec 5, Dec 11

Program

--- maintenance Oct 5

--- "of action" Feb 8, Mar 20

--- one's own Jun 26

Promises, Ninth Step

--- economic insecurity Sep 21

--- experience can benefit others Sep 14

--- fear of people Sep 20

--- gain interest in others Sep 16

--- know peace Sep 13

--- lose interest in selfish things Sep 16

--- new freedom Sep 10

--- new happiness Sep 11

--- not regret the past Sep 12

--- "painstaking" Sep 8

--- useless & self-pity Sep 15

--- what we could not do for ourselves
Sep 23

"Promptly admit" Oct 2

Pride Jul 3

R

Recovery *see also addiction*

--- beginner's mind Mar 11

--- Buddhist practice Aug 28

--- commitment to Jan 4, Aug 21

--- deepening spiritually Mar 22

--- desire for Jan 4

--- ethics, morality Jan 23

--- from relapse Mar 18

--- gifts of Apr 29

--- happiness of Sep 11

--- healing Sep 24

--- like looking up Sep 26

--- more energy Apr 21

--- new way of living Jul 9

--- "no matter what" Dec 29

--- recovering our hearts Feb 17

--- routine, persistence Sep 28

--- showing up Oct 10

--- small steps, gradual change Oct 15

--- spirit of recovery Nov 20

--- spiritual communities Mar 14

--- spiritual maintenance Aug 21

- stagnation *Oct 8*
- working the Steps *Jun 26*
- Reflection, annual *Dec 30-31*
- Refuge
 - in the Buddha *Mar 12*
 - in the Dharma *Mar 13*
 - in the Sangha *Mar 14*
- Relapse, *see also triggers*
 - compassion to oneself *Jan 11*
 - commitment to recovery *Mar 17*
 - family as trigger *Jan 25*
 - forgiveness *Jan 11, Mar 17-18*
 - HALT *Jan 24*
 - holidays *Dec 18*
 - recovery from *Mar 18*
 - risks of *Mar 17*
 - shame *Mar 18*
 - spiritual maintenance *Mar 17, Aug 21*
- Relationships
 - amends *Sep 30*
 - attachments to *Aug 7*
 - healing through amends process *Sep 30*
 - as trigger *Jan 26*
- "Remove defects, shortcomings"
 - See also God*
 - create new karmic patterns *Jul 8*
 - effort plus Karma *Jul 8*
 - following Eightfold Path *Jul 1*
 - letting go v. outside force *Jun 1, Jul 1*
- Renunciation *Jul 5*
- Resentments
 - anger harms us *Apr 23*
 - forgiveness of others *Apr 23*
 - holding on causes us pain *Aug 8*
 - willingness to forgive *Aug 8*
 - wounds, trauma, abuse *Jun 21*
- Restlessness
 - antidotes *Apr 25, Jul 23*

- "keep going" *Nov 21*
- mental aspect *Apr 24*
- "Restored to sanity" *Feb 4, Feb 22*
- Retreats
 - benefits of *Sep 29*
 - problematic experiences *Oct 21*
 - risks of *Sep 29, Oct 20*
- Right Effort *Aug 17-21*
 - see also Effort*
- Right Livelihood *Jun 9*
- Right Intention, *see Intention*
- Right View, *Jan 15-17, Mar 8, Aug 20*
- S**
- Sangha *see Fellowship*
- Sanity, restored to *Feb 4, Feb 22*
- Scars, *see wounds*
- "Second arrow (dart)" *Apr 11*
- Self,
 - amends to *Aug 5, Sep 18-19*
 - - appraisal *Jul 3*
 - - care, *see below*
 - -centered, *see below*
 - conception of *Aug 11*
 - delusion *Jun 18*
 - - discovery *Oct 3*
 - - esteem *Jul 12, Oct 18*
 - - examination, Steps 4-7 *Oct 26*
 - forgiveness *Apr 3*
 - functional self *Aug 11*
 - - identity *Jan 18,*
 - illusion of *Dec 3*
 - - judgment *Oct 4*
 - love for, *Feb 14*
 - many identities *Jun 19, Aug 12*
 - non-identification *Nov 25*
 - not unique nor separate *May 31*
 - past stories *Aug 12*
 - - pity *Aug 4, Sep 15*

--- relationship to *Aug 11*

--- - reflection *Oct 3*

--- - revealing, *May 1*

--- - view of, *Oct 18*

--- - worth *Dec 13*

Self-care

--- elements of *Oct 17*

--- during holidays *Dec 27*

--- fatigue, stress & diet *Jul 29*

--- starts in mind *Apr 18*

Self-centeredness

--- addiction trap *Sep 16*

--- delusion of self *Jun 18*

--- letting go of *Dec 1*

--- "root of troubles" *Jul 6, Dec 1*

Sensations, exploring *Feb 27*

Serenity prayer *Mar 1, Nov 3*

Service

--- antidote to "stale" *Oct 8*

--- compassionate activity *Jun 9*

--- intention consideration *Jun 9*

--- principle of *Dec 9*

--- starts with showing up *Oct 10*

Sexual misconduct, Apr 14

Sexuality *Apr 15*

Shame

--- fear of admitting failings *Aug 23*

--- fear of 'being caught' *Aug 6*

--- freedom from *Aug 31*

--- form of humiliation *Jul 22*

--- letting go of, *Jul 22*

--- paradox of honesty *Mar 25*

--- relapse *Mar 18*

--- sense of conscience *Jul 22*

Sharing

--- in meetings *May 28-29, Nov 25*

--- inventory, *May 1, May 7*

--- stories *Jul 20*

"Sharing the Merit" *Apr 29*

Shyness, insecurity *Sep 20*

"Sick as your secrets" *May 28*

Shortcomings, see character defects

Showing up, effort *Jun 24, Dec 16*

Sickness, inevitability of *Apr 11*

Sila (ethics), Jan 23

Sloth and torpor, Apr 20

Smile

--- in meditation *Mar 29, Aug 10*

--- in public *Jul 30*

"Sought" *Nov 1*

Speech

--- false sweetness *May 14*

--- harsh *May 13*

--- kind *May 4*

--- listening *May 8-9*

--- lying *May 12*

--- mindful attention *May 5*

--- timely manner *May 3*

--- truth *May 2*

--- useful *May 4*

Spiritual/Spirituality

--- becoming open to *Feb 17*

--- connections as spiritual basis *Nov 24*

--- journey of discovery *Nov 1*

--- letting go is core *Dec 1*

--- maturity through amends *Oct 27*

--- not a theory *Sep 7*

--- retreats *Sep 29*

--- seen in the ordinary *Feb 17*

--- self-examination is vital *Oct 26*

Spiritual awakening,

--- acceptance, power of *Mar 31*

--- "as a result of" *Dec 2*

--- change of attitude *Jan 31*

--- craving causes suffering *Nov 30*

--- ego death *May 31*

- freedom from clinging *Dec 1*
- freedom from fear, shame *Aug 31*
- freedom of imperfection *Sep 30, Oct 31*
- illusion of self *Dec 3*
- “inner” non-material life *Nov 30*
- Law of Karma *Feb 28, Jul 31*
- letting go as core *Dec 1*
- possibility of change *Jul 31*
- not unique *May 31*
- spiritual maturity *Oct 22*
- Step 12 elements *Nov 14*
- through inventory work *Apr 30*
- willingness to change *Jun 30*
- “Spiritual foundation” *Oct 22, Dec 14*
- “Spiritual maintenance”
 - importance of *Aug 21*
 - regarding relapse *Mar 17*
 - spiritual emptiness *Mar 18*
- Stagnant *Oct 8*
- St Francis prayer *Nov 2*
- Steps *numerically*:
 - Step One in brief *Jul 5*
 - Steps One-Three, *Oct 25, Nov 10*
 - Four-Seven *Oct 26, Nov 11-12*
 - Eight - Nine *Oct 27, Nov 13*
 - Ten-Twelve *Oct 28, Nov 13-14*
- Stories
 - many selves *Aug 12*
 - past stories *Aug 12*
 - sharing *Jul 20*
 - suffering isn’t unique *Sep 15*
 - we’re not unique *Nov 25*
- Stealing, precept, *Apr 5*
- “Stinking thinking” *Jul 27*
- Study of teachings *Nov 28*
- Suffering
 - end of *Feb 2*
 - motivation to change *Jul 2*

- moment of clarity *Jul 5*
- sense of separation *May 17*
- wounds *Jun 21*

Surrender

- admission of failure *Oct 25*
- element of every spiritual path
Jan 9, Oct 25
- hitting bottom *Jan 9*
- recognition of lack of control *Jan 3*
- spiritual paradox of *Mar 31*
- “to succeed” *Mar 31*

T

Temptations, avoidance *Aug 17*

Tiredness (HALT) *Jan 24*

Training the body, *Feb 25*

Training the mind, *Mar 9*

Traumas *see Wounds*

Thoughts/thinking

- are not facts *Aug 27*
- calming thoughts *Jul 23*
- changing relationship to *Dec 19*
- clarity *Sep 22*
- conditioned, habitual *May 23*
- contemplation, intentional thought *Jul 18*
- destructive nature *Jul 21*
- disaster thinking *Feb 15*
- efforts to control *Dec 19*
- emotional karma *Mar 19*
- essence of karma *Jul 19*
- habit, desire & aversion *May 11*
- intuition *Sep 22*
- letting go *Mar 5, Jul 21-23*
- powerless over *Jan 7*
- questioning *Aug 27*
- relationship to *Aug 27, Nov 16*
- replacing *Jul 21*
- rushing thoughts, letting go of *Nov 16*
- seeing the danger of *Jul 22*

- sticky thoughts *Jul 27*
- stories *Jul 20*
- transitory *Jul 27*
- Triggers, see also Relapse**
- family *Jan 25*
- HALT *Jan 24*
- holiday season *Dec 18*
- intimate relationships, *Jan 26*
- inventory risk *Apr 22, Aug 22*
- spiritual emptiness *Mar 18*
- work *Jan 27*
- Truth/truthfulness**
- absolute *Jun 25, Aug 14*
- no absolute truth to feelings *Aug 14*
- preferences are relative *Aug 14*
- Relative, universal compared *May 15, Jun 25*
- speaking *May 2*
- "Turning it over" *Mar 1***
- acceptance *Mar 1-4*
- "ceased fighting anyone" *Mar 10*
- our lives to God *Mar 4, Mar 12*
- our will to God *Mar 3, Mar 12*
- to the Dharma *Mar 4, Aug 19*
- to God *Mar 10*

U-V-W-Y

Unique

- inventory is not unique *May 31*
- letting go through anonymity *Dec 14*
- losing attachment to identity *Nov 25*
- self-pity, unfairness *Sep 15*
- "special", right-sized, humility *Dec 8*
- suffering isn't unique *Sep 15*

Unmanageability and surrender *Jan 9*

"We are not saints" *Jun 13*

"Who am I?" *Jun 18*

Wholesome/unwholesome states,

See Effort

Will, "our will" *Mar 3*

Will of God *Nov 6*

Willingness

- attitude of, in daily review *Oct 15*
- to alter unskillful patterns *Oct 2*
- to be open-minded *Feb 17*
- to change harmful behavior *Oct 2*
- to change thoughts, words, deeds *Jun 1*
- to forgive *Aug 8*
- to let go *Jun 23*
- to make amends *Aug 2, Aug 6, Sep 1*
- to overcome resistance *Jun 30*
- to take action *Mar 27, Jun 30*
- principle of, *Dec 7*

"Worker among workers" *Oct 9*

"Working the steps" *Jun 26*

World healing, *see Earth*

Worrying *Feb 15, Apr 24*

Worthy/Unworthy *Dec 13*

Wounds

- amends process *Aug 1*
- arising in meditation *Oct 20*
- aspects of pain plus reaction *Jun 22*
- compassion *Jun 21-22*
- depression *Oct 12*
- family relationships *Jan 25*
- "heir to my karma" *Nov 29*
- holding experiences *Jul 22*
- mindfulness applied to, *Jun 22*
- metta to change view *Oct 19*
- relationship to *Jun 21-22*
- resentments *Jun 21*
- resurfacing during inventory *Aug 22*

Year-end review *Dec 30*