

## **Santosha Recovery Sangha Mission Statement**

Through the practices and techniques of Santosha Recovery, I wish to reveal the true nature of myself. Addictions bind us in false reality and ignorance of who we really are. Just as each wave is a part of a limitless and immortal sea, each one of us is a part of a limitless and immortal collective consciousness. Separateness is an illusion that prompts seeking for outside temporary happiness when authentic lasting happiness is within each of us all along. How do I find this authentic happiness and *Santosha* within? It begins with self-awareness and self-acceptance. We are here on earth in these 'spacesuits'<sup>1</sup> to learn about ourselves and mature spiritually, in yogic terms, soften our karma. There is no failure in life. The forces of karma may so strong at times that we cannot resist the temptation of that karma, but if we are self-aware, we learn from each experience and can await a time when we are strong enough to overcome that karma. I seek to be patient with myself, knowing that knowledge and growth comes from experiencing life with all its triumphs and with all its challenges. I seek acceptance for this healing journey that I am embarking on in this moment. I seek self-love which when revealed, will blossom into unselfish love for all sentient beings. Aham Brahmasmi :) I am the creator of my life!!

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1 Ram Dass