



BHAKTI RECOVERY GROUP

Who we are, and our guiding principles

The Bhakti Recovery Group is a nonprofit, Bhakti Oriented, 12 step inspired recovery community. We serve all who have the desire to recover from various Anarthas, addictions and associated behaviors by the practice of Bhakti Yoga and the 12 steps.

We do not claim to substitute, nor do we compare ourselves to traditional 12 step programs, local Temples or official Vaishnava Institutions. Quite simply we are a likeminded community who come together to read Bhakti and 12 step literature in a guided group setting. Through the practice of Bhakti yoga and the 12 steps we share our realizations, experience, strength and hope with each other as it relates to finding freedom from our Anarthas, addictions and associated behaviors

1. Honoring both the 12 steps and Bhakti yoga

While the BRG uses an (AA approved) amended and adapted version of the 12 steps from Alcoholics Anonymous, we are not a subsidiary AA group, nor are we affiliated with any other traditional 12 step programs. The BRG provides a unique Bhakti oriented, 12 step approach with the specific path of Bhakti yoga as a means to finding freedom from Various Anarthas, addictions and associated behaviors. Our community honors the traditions, teachings and practices of Bhakti yoga and of all 12 step programs

2. Recovery from various Anarthas, Addictions and associated behaviors

The Bhakti Recovery Group recognizes all Anarthas, addictions, co-addictions, and associated behaviors. We believe that addiction is addiction, no matter how it manifests in our daily lives. All BRG meetings are open to those who struggle with any form of Anarthas, Addictions and associated behaviors. However we do recognize the need for Addiction specific meetings, therefore we hold space for closed meetings such as a Men's and or a women's meetings.



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3. Selfless Service with healthy boundaries

The Bhakti Recovery Group carries its message of recovery, to those in recovery, and those seeking recovery. By practicing and living our Bhakti 12 step program, we learn how to selflessly serve while practicing compassionate, healthy boundaries, this is Vital for our spiritual growth and our emotional health

4. All inclusive

The BRG is not interested in what color you are, race, creed, sexual identity, gender, or your gender fluidity. Our focus is recovery through the process of the 12 steps and Bhakti yoga.

5. Anonymity

The Bhakti Recovery Group is an anonymous community, our members will remain confidential. This is a safe anonymous space for recovery

6. Donation based

The BRG is a donation based program, we are free for everyone, but we do accept contributions from its members and its supporters. All funds from the BRG meetings are to be first used for the purpose of keeping the meetings and its message alive.

