

Buddhism and the Twelve Steps



four-day intensive retreat
with
Kevin Griffin

June 26th to June 29th 2008
Wood Valley Buddhist Temple
Big Island Of Hawaii

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving – our addictions. How can these traditions work together?

Join us for a unique meditation retreat combining traditional Buddhist practices with Twelve Step work. Using silent insight meditation, interactive exercises, lecture, and discussion, the weekend will explore the ways that Buddhism and the Steps complement each other. There will be time to explore questions around Powerlessness, Higher Power, Inventory, Amends, and Spiritual Awakening.

The emphasis will be on bringing mindfulness to all our activities, whether in formal meditation, walking, speaking, listening, or eating. *Participants will practice Noble Silence outside of the interactive exercises and discussion periods.*

Kevin Griffin is the author of *One Breath at a Time: Buddhism and the Twelve Steps* (Rodale Press 2004) and is one of the leaders of the mindful recovery movement. A longtime Buddhist practitioner and Twelve Step participant, he teaches nationally on the synthesis of these two traditions. His website is www.kevingriffin.net

\$290 includes Vegetarian Meals, Dorm Rooms, private rooms, and camping on grounds of retreat center. Retreat size is limited so please register early.

To register and for information, contact Tom Catton: namastetom@hawaii.rr.com
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