

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving. How can these two traditions come together to deepen our spiritual life?

The evening will include guided meditation, Q&A, and a talk on the correspondence between Buddhism and the 12 Steps.

The talk is open to all those interested. You need not be in a Twelve Step program, nor have a background in Buddhist meditation. Beginners are welcome!