

A Burning Desire: Dharma God and the Path of Recovery

The 12-Step recovery literature says we have to find God in order to get sober. Buddhism is known as a non-theistic religion. How can Buddhism help us to navigate the Steps and find a Higher Power?

This retreat will explore the Twelve Steps from a Buddhist perspective with a special emphasis on how we can understand the Buddhist teachings as “Higher Powers.” Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, talks, and discussion, we will explore the ways that Buddhism and the Steps complement each other. This retreat is open to all who are interested, and will include introductory meditation. It will be conducted primarily in Noble Silence with periods of formal spoken practice and sharing.