

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 someone with a Buddhist orientation practice the 12 Steps?

This day will focus on understanding the Dharma and its many aspects as “Higher Powers.” We’ll look at the Steps that mention God and consider how we might “come to believe,” “turn it over,” “remove our shortcomings,” and “improve our conscious contact” through this lens.

The day will include meditation instruction, lecture, dialogue, and mindful speech exercises. It is open to all, including those new to recovery or meditation or the simply curious.