

One Breath At A Time:

Buddhism and
the Twelve Steps



A day long retreat with

Kevin Griffin

Saturday, September 17th, 2005

The Buddha said clinging is the cause of suffering. Twelve Step programs work with the deepest forms of clinging—our addictions. How can these two traditions support and inform each other?

Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, lecture, and discussion, we will explore the ways that Buddhism and the Steps complement each other. We will break down common assumptions about Twelve Step language and Buddhist teachings to come to a new understanding of the recovery process. We will show how bringing the two traditions together can deepen our spiritual life.

The day is open to all those who are interested. You need not be in a Twelve Step program nor have a background in Buddhist meditation. Beginners and newcomers are welcome.

Kevin Griffin has practiced Buddhist meditation since 1980 and has worked with the Twelve Steps since 1985. Trained as a Community Dharma Leader by the Spirit Rock Teaching Collective, he has taught meditation in the Bay Area since 1996. He played music professionally for many years and has an MFA in Creative Writing. He lives in Northern California with his wife and daughter. Kevin is the author of *One Breath at a Time: Buddhism and the Twelve Steps* (Rodale Press). For information about his schedule and other resources, go to www.kevingriffin.net.

Location: Ganges, MI (Southwestern MI)
Cost: \$20.00 per person (RSVP preferred)

For More Info and to Register: recoveringbuddhists@yahoo.com