

Recovery Meetings - USA

San Diego - CA

Venue: Dharma Bum Temple

Days: Every Sunday

Time: 10:00am - 11:30am

Type: Buddhist Recovery Meeting

Address: 4144 Campus Ave., San Diego, CA 92103

Other info: Take a journey of growth, healing and self-discovery: Through the 12 Steps as interpreted in Buddhism.
The Buddhist Recovery Group is open to all people who suffer from any addiction or compulsive behavior and are looking for a comprehensive, transformative path to end their suffering. People who are dealing with alcoholism, drug addiction, sex addiction, eating disorders, gambling, and other compulsive or harmful behaviors are all members of this group.
This group will serve the needs of two distinct groups: (1) those people wishing to participate in a year-long step study, and (2) those people wishing to join in periodically throughout the year.
We will teach the traditional 12 Steps as outlined in "Alcoholics Anonymous" and with each step we will draw on Buddhism to highlight the similarities in each tradition to enhance the spiritual experience of the participant.
Suggested readings: [Mindfulness and the 12 Steps: Living Recovery in the Present Moment](#) by Thérèse Jacobs-Stewart, [One Breath at a Time: Buddhism and the Twelve Steps](#) by Kevin Griffin, as well as *The Big Book* and *The 12 & 12*.

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