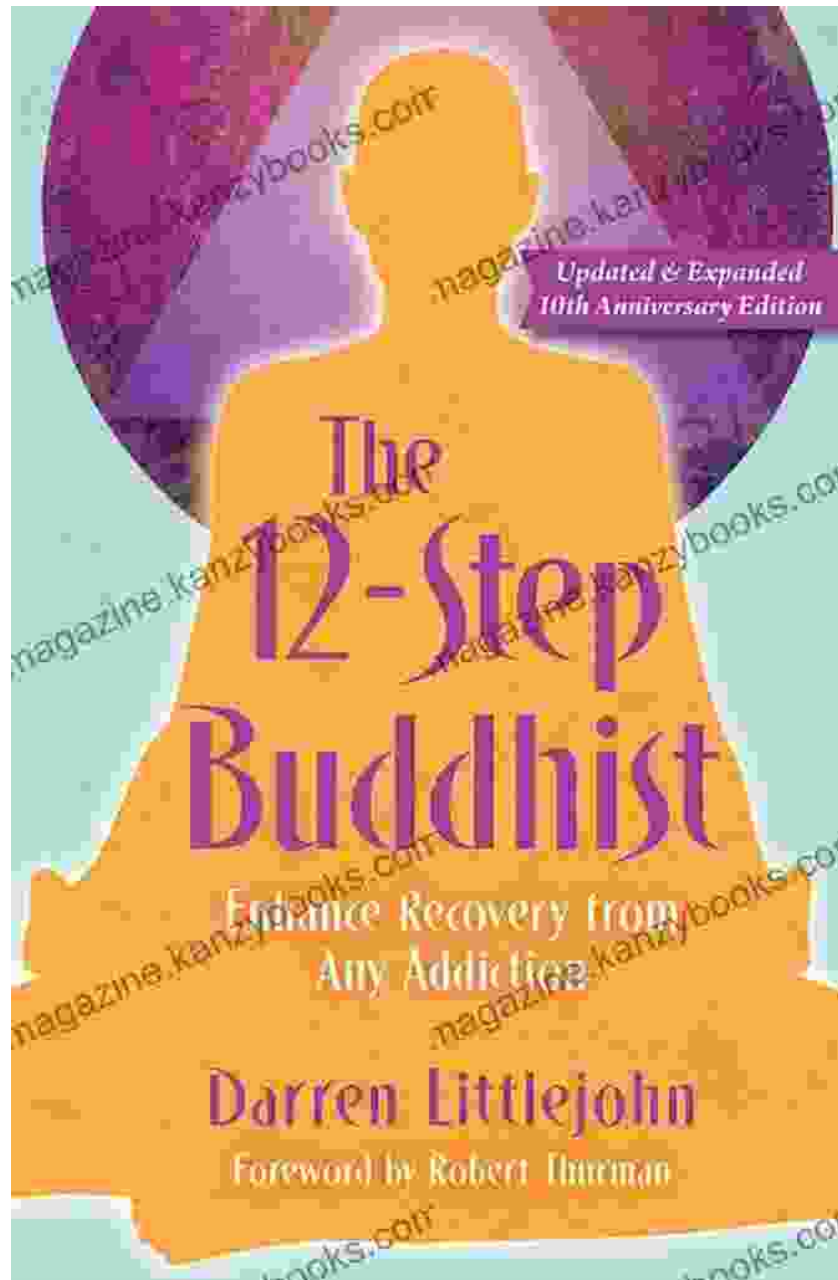
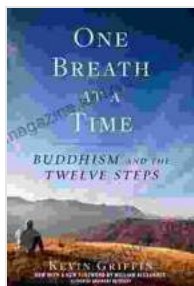


Buddhism and the Twelve Steps: A Path to Recovery and Enlightenment



Buddhism and the Twelve Steps are two powerful paths to recovery and enlightenment. Both traditions offer insights into the nature of addiction, suffering, and the path to liberation. In this article, we will explore the

similarities and differences between these two traditions and how they can be used together to support recovery.



One Breath at a Time: Buddhism and the Twelve Steps

by Kevin Edward Griffin

★★★★☆ 4.7 out of 5

Language : English
File size : 2016 KB
Text-to-Speech : Enabled
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Enhanced typesetting : Enabled
X-Ray : Enabled
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Buddhism and Addiction

Buddhism teaches that addiction is a form of suffering caused by attachment to the ego and the illusion of separateness. We believe that we are separate from others and that we need to seek happiness and security outside of ourselves. This leads to a cycle of craving, addiction, and suffering.

The Twelve Steps offer a similar understanding of addiction. The First Step states that we are powerless over addiction and that our lives have become unmanageable. This is a recognition that we cannot control our addiction on our own and that we need help from a higher power.

Buddhism and the Twelve Steps both offer a path to recovery from addiction. Buddhism teaches us to let go of our attachment to the ego and

to see the true nature of reality. The Twelve Steps help us to surrender to a higher power and to work with others in recovery.

The Twelve Steps and Enlightenment

The Twelve Steps are not only a path to recovery from addiction but also a path to enlightenment. The Steps lead us to a deeper understanding of ourselves, our relationship with others, and the world around us.

Buddhism teaches that enlightenment is a state of awakening in which we see the true nature of reality. We realize that we are all interconnected and that we are all part of a larger whole.

The Twelve Steps lead us to a similar state of enlightenment. The Eighth Step states that we made a decision to surrender our will to God as we understood Him. This is a recognition that we cannot control our lives on our own and that we need to rely on a higher power.

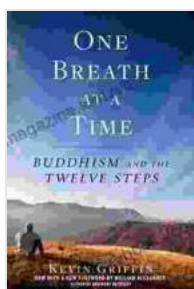
The Twelfth Step states that having had a spiritual awakening as the result of these steps, we try to carry this message to others. This is a recognition that we have a responsibility to help others who are still suffering from addiction.

Buddhism and the Twelve Steps Together

Buddhism and the Twelve Steps can be used together to support recovery and enlightenment. Buddhism offers a deep understanding of the nature of addiction and suffering, while the Twelve Steps offer a practical path to recovery.

Together, these two traditions can help us to break free from addiction and to find lasting peace and happiness.

Buddhism and the Twelve Steps are two powerful paths to recovery and enlightenment. Both traditions offer insights into the nature of addiction, suffering, and the path to liberation. When used together, these two traditions can help us to break free from addiction and to find lasting peace and happiness.



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