San Diego - CA

Type: Dharma Bum Temple - 12 Step Zen group

Venue: Online

Days: Wednesday

Time: 7:00pm

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

Other info: https://zoom.us/j/142343741?pwd=QzR5eVZiYUdDQVB2aUNCVmpMbmw3QT09
Meeting ID: 142 343 741
Password: 291689

Founded January 2012, this group is hosted by Peter Kuhn, an ordained member of the Order of Interbeing in Thich Nhat Hanh’s Plum Village Tradition.

The group explores how mindfulness practice, meditation and the Buddhadharma can light a path to freedom from afflictions, deepen our understanding and application of the 12 steps and help us realize the awakened way in all areas of our daily life. This is an open meeting for all wanting freedom and healing, you need not be in 12 step recovery or Buddhist to join us. Format includes sitting, dharma talk, and sharing. Guest speakers from other traditions are joyfully scheduled. Freely offered, no charge to attend.

This meeting continues to meet via Zoom, an additional Saturday at 10am meeting is also being made available during these times of pandemic.

All are welcome!

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Website - Zoom Link