The Buddhist 12 Step Study Group (B12), a program of the Buddhist Dharma Center of Cincinnati, explores how Buddhism and 12 Step programs can benefit and nurture each other. Both practices begin with the acknowledgement of suffering, the realization that suffering arises from craving, and that there is a solution. The path of the 12 Steps and the Noble Eightfold Path travel through remarkably similar territory and have much to offer each other.

We meet every Saturday from 7:00-8:30 pm at the Dharma Center and on Zoom. Following a brief welcoming discussion and introduction period, there is a 20 minute guided meditation followed by reading and discussing books that connect Buddhism and the 12 Steps. We close with a lovingkindness practice.

No dues or fees; no need to pre-register.

No meditation experience or particular faith or spiritual practice is required. Neither is membership in a twelve step program. We are simply people exploring the path out of the suffering brought about by craving and clinging in whatever form it arises.

For more info OR to get on the B12 email list: Click here

Contact: Email - buddhism12steps@gmail.com