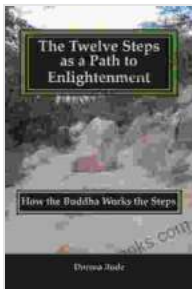


The Twelve Steps As Path To Enlightenment: How The Buddha Works The Steps

By John H. Lee

This book is a groundbreaking exploration of the Twelve Steps of Alcoholics Anonymous and the teachings of the Buddha. It shows how the two can be used together to create a powerful path to enlightenment.



The Twelve Steps as a Path to Enlightenment - How the Buddha Works the Steps by Dorena Rode

★★★★☆ 4.5 out of 5

Language : English
File size : 1425 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 160 pages
Lending : Enabled



The author, John H. Lee, is a practicing Buddhist and a recovering alcoholic. He has used the Twelve Steps to help himself and others overcome addiction and find lasting recovery. In this book, he shares his insights into how the Steps can be used as a spiritual path.

The Twelve Steps are a set of principles that guide people through the recovery process. They include such things as admitting powerlessness

over addiction, making a decision to turn over one's life to a higher power, and making amends to those who have been harmed.

The teachings of the Buddha are a set of principles that guide people to enlightenment. They include such things as the Four Noble Truths, the Eightfold Path, and the law of karma.

Lee shows how the Twelve Steps and the teachings of the Buddha are compatible and complementary. He explains how the Steps can be used to overcome the obstacles to enlightenment, and how the teachings of the Buddha can provide a deeper understanding of the Steps.

This book is a valuable resource for anyone who is interested in recovery from addiction or who is seeking a deeper spiritual path. It is a unique and insightful look at how the Twelve Steps and the teachings of the Buddha can be used together to create a powerful path to enlightenment.

Table of Contents

- 1.
2. The First Step: We admitted we were powerless over alcohol
3. The Second Step: We came to believe that a Power greater than ourselves could restore us to sanity
4. The Third Step: We made a decision to turn our will and our lives over to the care of God as we understood Him
5. The Fourth Step: We made a searching and fearless moral inventory of ourselves

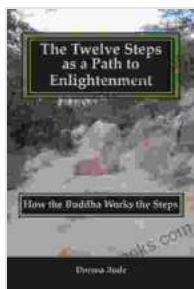
6. The Fifth Step: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs
7. The Sixth Step: We were entirely ready to have God remove all these defects of character
8. The Seventh Step: We humbly asked Him to remove our shortcomings
9. The Eighth Step: We made a list of all persons we had harmed, and became willing to make amends to them all
10. The Ninth Step: We made direct amends to such people wherever possible, except when to do so would injure them or others
11. The Tenth Step: We continued to take personal inventory and when we were wrong promptly admitted it
12. The Eleventh Step: We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out
13. The Twelfth Step: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs
- 14.

About the Author

John H. Lee is a practicing Buddhist and a recovering alcoholic. He has used the Twelve Steps to help himself and others overcome addiction and find lasting recovery. He is the author of several books on addiction and recovery, including *The Twelve Steps As Path To Enlightenment*.

Free Download Your Copy Today

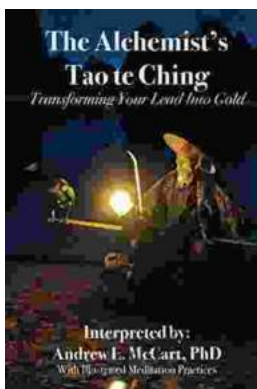
To Free Download your copy of *The Twelve Steps As Path To Enlightenment*, please visit our website or your local bookstore.



The Twelve Steps as a Path to Enlightenment - How the Buddha Works the Steps by Dorena Rode

★★★★☆ 4.5 out of 5

Language : English
File size : 1425 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 160 pages
Lending : Enabled



Transforming Your Lead Into Gold: The Ultimate Guide to Lead Generation

In today's competitive business environment, generating leads is essential for any company that wants to succeed. But what is lead generation, and how...



How to Enhance Recovery and Prevent Relapse: A Comprehensive Guide

Recovery from addiction and mental health disorders is a complex and often challenging journey. While achieving sobriety or...