



A Burning Desire: Dharma God and the Path of Recovery

Kevin Griffin

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A Burning Desire is a gift for those who struggle with the Twelve Step program's focus on the need to surrender to a Higher Power. Taking a radical departure from traditional views of God, Western or Eastern, author Kevin Griffin neither accepts Christian beliefs in a Supreme Being nor Buddhist non-theism, but rather forges a refreshing, sensible, and accessible Middle Way. Griffin shows how the Dharma, the teachings of the Buddha, can be understood as a Higher Power. Karma, mindfulness, impermanence, and the Eightfold Path itself are revealed as powerful forces that can be accessed through meditation and inquiry.

Drawing from his own experiences with substance abuse, rehabilitation, and recovery, Griffin looks at the various ways that meditation and spiritual practices helped deepen his experience of sobriety. His personal story of addiction is not only raw, honest and engrossing, but guides readers to an inquiry of their own spirituality. In doing so, he poses profound questions, including:

- *How can I understand God from a Buddhist perspective?*
- *How can I "turn my will and my life over" as a Buddhist?*
- *How can this idea of God "remove my shortcomings"?*
- *How do I learn this God's "will"?*

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