

RD Belmont - The Practice

Renunciation

We commit to the intention of abstinence from addictive substances or behaviors. With our process addictions for which complete abstinence is impossible, we identify and commit to wise boundaries around our behaviors.

Meditation

We commit to the intention of developing a daily meditation practice as a tool to investigate our actions, intentions, and reactivity.

Meetings

We commit to attend recovery meetings whenever possible - becoming active members of our communities, offering our own experiences and service wherever possible.

The Path

We commit to deepening our understanding of the Four Noble Truths and practicing the Eightfold Path in our daily lives.

Inquiry & Investigation

We commit to transcend our harmful habits by writing & sharing in-depth, detailed inquiries. As we progress, we undertake to hold ourselves accountable and take direct responsibility for our actions.

Sangha, Wise Friends, Mentors

We commit to cultivate healthy relationships in our recovery community, to support our own recovery and the recovery of others.

Growth

We commit to undertake a lifelong journey of growth and awakening.