

RD Belmont - The Four Noble Truths

As people who have struggled with addiction, we are already intimately familiar with the truth of suffering. Even if we have never heard of the Buddha, at some level we already know the foundation of his teachings, which we call the Dharma.

The Buddha also taught a way to free ourselves from this suffering. The heart of these teachings are the Four Noble Truths and the corresponding commitments, which are the foundation of our program.

First Noble Truth – There is suffering. We commit to understanding the truth of suffering.

Second Noble Truth – There is a cause of suffering. We commit to understanding that craving leads to suffering.

Third Noble Truth – There is an end to suffering. We commit to understanding and experiencing that less craving leads to less suffering.

Fourth Noble Truth – There is a path that leads to the end of suffering. We commit to cultivating this path.

The Buddha taught that by living ethically, practicing meditation, and developing wisdom and compassion, we can end the suffering that is created by resisting, running from, and misunderstanding reality. We have found that these practices and principles can end the suffering of addiction. The Eightfold Path helps us find our way in recovery and consists of the following:

Wise Understanding

Wise Intention

Wise Speech

Wise Action

Wise Livelihood

Wise Effort

Wise Mindfulness

Wise Concentration