

RD Belmont - Dedication of Merit

Refuge does not arise in a particular place,
but in the space within the goodness of our hearts.

When this space is imbued with
wisdom, respect, and love, we call it *sangha*.

We hope that the pain of addiction, trauma, and feeling “apart”
actually leads us back toward the heart
and that we might understand
compassion, wisdom,
and change ever more deeply.

As we have learned from practice,
great pain does not erase goodness, but in fact informs it.

May we make the best use of our practice,
and whatever freedom arises from our efforts here today.

May this be a cause and condition for
less suffering and more safety in our world.