

Dear friend looking for recovery,

DISCOVER A WAY TO STOP NEEDING TO COPE.

You do not need to be fixed.

What looks like damage is a nervous system that learned, once, to protect you the only way it could. Your craving is not a flaw in your character - it is a wave of energy that became, at some point, a way to cope. That deserves respect, not shame. What I offer is not a stronger way to **fight** the wave, or to **flee** it, but a different **relationship** with it.

Freedom is life moving through you without distortion.

In three decades in addiction care, I learned that care has leaned hard on intention - resolve, motivation, relapse plans, structure - but has left attention untrained. Attention and intention grow from the same Latin root: *tendere*, to reach toward. Attention reaches toward what is here, intention toward the future. We have to attend to what is here first, so the future can be created from this. The resolve has to have ground to stand on. **Attention** is the missing ground that lets an intention finally hold. It can be learned.



These are not techniques to **master**.
These are the conditions under which recovery quietly **grows**.

Recovery flourishes where:

-  a craving is **met**, in the body, and allowed to pass and fade away;
-  attention is **trained**, and gives intention ground to stand on;
-  the **body** is included, never bypassed;
-  the skills you already have grow into **capacity**;
-  this sits **alongside** treatment and medication, never instead;
-  you discover the one who **watches** the wave, and is not the wave;
-  I do not ask you to be **strong**. Surviving took strength enough.
-  I do not ask for **belief**. Only curiosity.
-  I do not ask you to **do** more. Being with what is here is not one more thing to do.

♥ *If something in you grows quiet while reading this - stay with that. I look forward to exploring further.*

Start today, free.
The **Still·point** process - six minutes a day, no account, nothing shared. Yours to keep.

With respect,

Paul du Buf

“

A craving is a wave. Fighting or fleeing it is what keeps it standing. You are not the wave - you are the sea that holds it.