

# 7 PRACTICES OF RESTORATION

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1

## RECKONING

What needs to be accounted for, reflected on, what lessons or skills were acquired to whether or endure life's storms.

2

## RELEASE

What in our lives needs to be let go, what does that reality look like for you?

3

## RECYCLE

How do we honor the cycles and rhythms of nature and our ancestors? (Life, Death and Rebirth?)

4

## REMEMBER

How do we remember to mourn, grieve lament, and take notice of any aspect of ourselves still mending from individual, family, community national, global, or collective trauma?

5

## REST

"Rest is an act of resistance against capitalism." How can we rest more and not be a machine to capitalism?

<https://thenapministry.wordpress.com/>

6

## RETRIEVE

In what ways can we reclaim our minds, attention and reconnect with or bodies to tune into its wisdom.

7

## REUNION

What spiritual path/work is inviting you to reconnect with "Spirit or Source?"