

## Practice #7: Restoring Balance

Use: Near or at the end of a meeting.

As we draw our meeting to a close, I invite us to remind one another of the importance of restoring balance so we can bring our best selves to our work together and our lives.

*(Read Practice #7:)*

**Restore Balance: Consciously re-align our lives with the sacred and natural rhythms of Life expressed through the whole of God's creation.**

**Using "mutual invitation," I invite us all to share one thing you could do between now and our next meeting to restore balance in your life or the life of your community.**

**I will start...**

**(my practice for restoring balance)**

\_\_\_\_\_, I invite you to share next.

*(Person #2 shares their practice and then invites another person to share, and so on.)*

*When all have shared one way they can restore balance in their lives...*

**Now I invite you to write your practice down on a little piece of paper to keep with you until our next meeting, reminding you of the importance of restoring balance, and that restoring balance is, in fact, God's dream of shalom for the world.**