

# RESTORATIVE PRACTICES



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COME HOME *to* YOURSELF

W E L C O M E T O T H E

# RESTORATIVE PRACTICES ALLIANCE

*possibly the world's premier*

*Health Creation System.*

Build mental wealth

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*Understand and overcome the drivers of mental distress: activate the root drivers of wellbeing.*

Reduce isolation

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*Isolation is a common underlying feature of all forms of mental distress. Get connected.*

Come Home to Yourself

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*Come home to the most flourishing version of yourself.*



Hi, I'm Gabriel—

I'm the convener of the Restorative Practices Alliance, and I'm grateful to have the opportunity to introduce you to our work. I had a very unusual experience growing up in the United States as a white person: I grew up in a tribe. I had a best friend I've known since birth, a second mom, and a community of caring adults keeping an eye on me. There was a forest outside my front door. When I was 7 years old, the economy collapsed where I lived, my dad lost his job, and my parents moved me to the suburbs of St. Louis, where their families were from, taking me out of my place, my tribe, and my land.

This dislocating and traumatic experience completely shut me down. It took me more than 10 years to even understand what had happened. At 19 I dropped out of Yale University, where I was studying neuroscience, and began a 25 year journey to figure out what had happened to me and how to repair it.

This journey took me deep into mindful awareness, trauma physiology, social justice, nature awareness, linguistics, and Indigenous Lifeways. What I discovered, working with more than 40 remarkable mentors and advisors in 20 disciplines of wellbeing across 18 cultures is that connection is the fountain of wellbeing.

In this booklet, I want to share with you the heart of our work so that you can feel if it might be useful to you. It represents a novel (and ancient) and extremely effective approach to enhancing the root drivers of wellbeing.

Warmly,

A handwritten signature in black ink that reads "Natureza Gabriel Kram". The signature is stylized and fluid.

**NATUREZA GABRIEL KRAM**

*Convener, Restorative Practices Alliance*

*Founder and CEO, Applied Mindfulness, Inc.*

*Co-Founder, Academy of Applied Social Medicine*

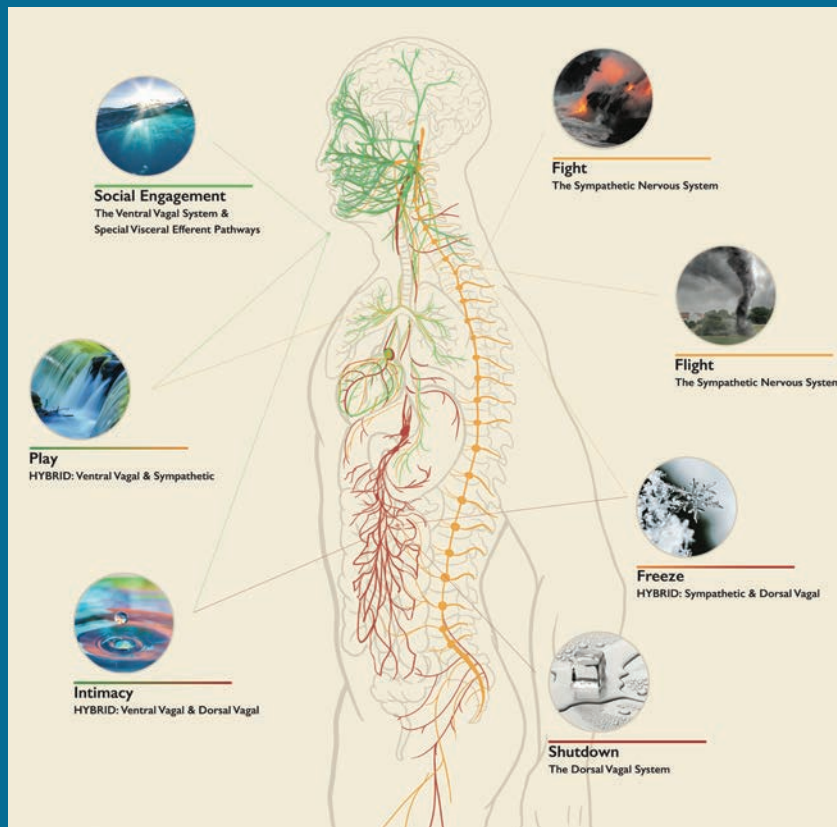
The human species has existed for nearly 2 million years. For 99% of human history, the way that we lived was all about connection.





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Like all animals, humans have a developmental system for optimizing flourishing in our young. Dr. Darcia Narvaez, PhD, author of *Neurobiology and the Development of Human Morality*, calls it, “The Evolved Nest.”



When these systems are fully available, humans fulfill our potential. We embody our best selves. We become resilient, relational, enlivened, calm, happy, aware. We take care of ourselves, one another, and the Living World. We create equitable and sustainable societies, exhibit moral behavior, and experience ourselves as being part of, and belonging within, something larger than ourselves.

Ancestrally, this nest was built by parents, in families, as part of tribes, in partnership with the living world. It was called a culture, and was a source of meaning and identity. The purpose of the nest is to turn on and stabilize our Connection Systems as our baseline state. These systems turn on when we feel safe in our bodies and are appropriately supported.





Modernity is a story of accelerating deviation from this baseline in connection. The origin stories of western culture are stories of exile. We were removed from our relationship with the sacred.





It is organized through systems of Othering and Oppressions, leading to 500 years of colonialism, enslavement, theft of Indigenous lands and genocide.

This disconnection plays out through a mind-body split summed up by Descartes' pronouncement, "I think, therefore I am." It cleaves the mind from the body and gave birth to western medicine, with one group of specialists who treat the body, and another group who treats the mind.




It unfolds through a separation from the Living World that treats our Mother Earth as a thing: an aggregation of resources to be extracted.





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This many-sided disconnection upholds the intersecting mental health, social upheaval, and ecological crises that threaten the very survival of humanity and the biosphere. It arises because we have lost connection—with ourselves, with one another, and with the Living World.

A close-up, low-angle photograph of a woman holding a baby. The woman is on the right, looking up at the baby with a gentle smile. The baby is on the left, looking down at the woman. The scene is bathed in warm, golden light, likely from a window, creating a soft and intimate atmosphere. The woman's hair is dark and pulled back. The baby is wearing a white long-sleeved shirt with small floral patterns. The woman's hands are visible, supporting the baby's back and arms.

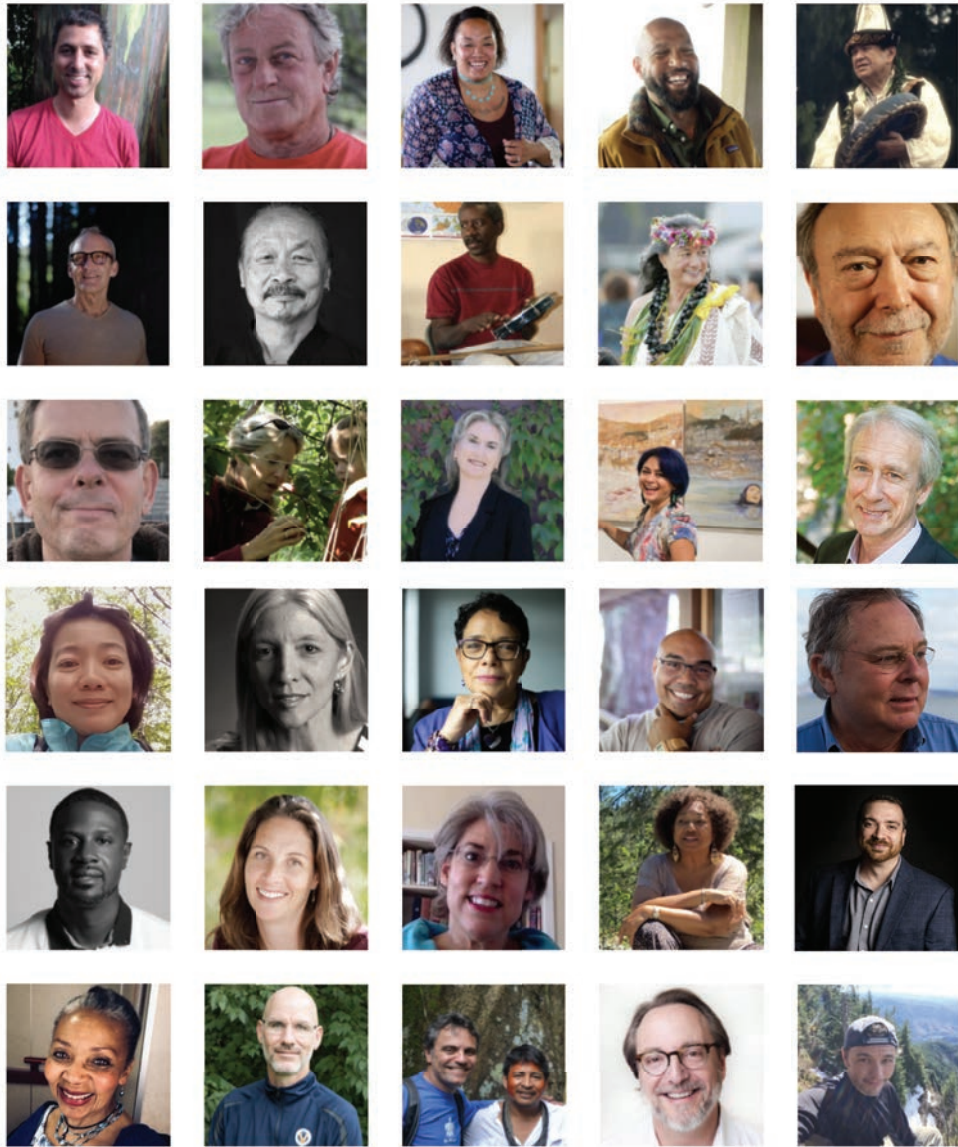
We have lost the cultural practices—  
childrearing practices, healing practices,  
ceremonial practices, nature awareness  
practices, relationships practices—that  
uphold wellbeing. In the language of  
neuroscience, this leads to chronic, toxic,  
and traumatic stress.



The time to reconnect is NOW.

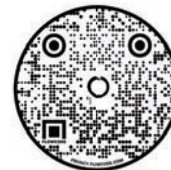
The downstream effects of stress manifest as addiction, anxiety, depression, rage, existential angst, grief, sleep difficulties, gastro-intestinal distress, heart problems, auto-immune disorders, fibromyalgia, migraines, memory issues, inflammation ... in short, the ill-being of the modern world.





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Working with a global faculty of more than 40 experts from 20 disciplines of wellbeing in 18 cultures, with over 1,000 years of experience, we have created the world's most advanced learning system for turning on the Connection System.



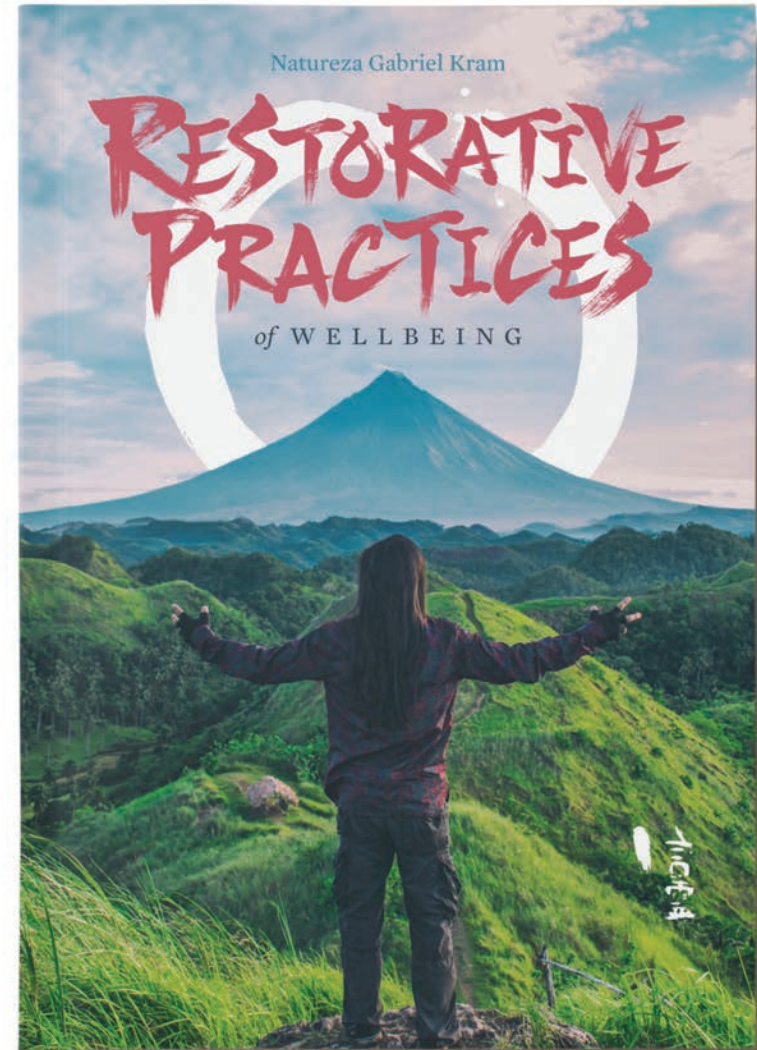
To watch this story in video format on our learning platform, use a QR reader and point your phone at this code.

Our research demonstrates, on average, a 40% increase in resilience, and a 37% increase in connection assets in people who complete a 50-hour training program.

Our unique assessment tools, educational materials, and neural exercises help you turn on the root drivers of wellbeing, transform habits, and update the operating system of your mind.



Your wellness practitioner is a certified curator on the Restorative Practices Learning Platform, trained to accompany you on a journey that will change your mind. If you are interested in taking the next step, purchase our book, which deep-dives into our neuro-developmental model, describes 300 restorative practices of wellbeing, and is also the analog app to the learning platform. If you fall in love with it, your practitioner can turn on our unique, built-from-scratch learning platform, a precision wellbeing platform that combines data science, cutting-edge neurophysiology, and ancestral awareness practices to personalize a pathway toward wellbeing just for you. You'll be joining a (r)evolutionary global community of resilience with members in 40 countries, and growing.



To order the book, use a QR reader and point your phone at this code.

Or visit <https://restorativepractices.com/books>



