



Restorative PACE

1. Clearly state the action you want to investigate.
2. Evaluate one **unskillful** outcome from this action.
3. Reflect on a way you want to change this energy.
4. State the theme you want to address.
5. Identify the restorative or **skillful**, motivation or quality desired.
6. Apply **PACE**.

By Rev. Shutt, Lien. (2023). *Home is Here: Practicing antiracism with the teachings of the Buddha*. Shambhala Publications.



Restorative PACE

Practicing with effort that is **unskillful**:

- **Prevent** it from arising.
- **Abandon** it when it is present.

Practicing with effort that is **skillful**:

- **Cultivate** its arising.
- **Extend** it when it is present.

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Hypothetical - Apply PACE

- Hansa and Melanie are planning a webinar and trying to come up with a hypothetical. It's October and Melanie thinks Halloween event planning would be a good one. Hansa says/feels, "wait a minute, it's Diwali that day." Melanie responds that she thought Diwali started on 11/1, based on having googled it. Hansa responds that the date of Diwali depends on what country you live in, what religious calendar you're looking at or what source you look at, and that Diwali is 5 days in Gujarat but one day nationally in India. Melanie interjects that since the webinar is actually taking place in December, maybe they should think about a December celebration and what that brings up about different holidays.
- (Melanie is thinking about, but not mentioning, Hanukkah and Solstice in the context of the Christmas season.).
- Hansa said, "December is the wedding season in India." (Hansa subconsciously feels she is out of this conversation now). Hansa assumed Melanie was referring to Christmas.
- Both Hansa and Melanie have disconnected, how can they reconnect?



Resources

- Purchase book, *Home Is Here*:
<https://accesstozen.org/home-is-here>
- More about Rev. Lien Shutt trainings and meditations: <https://accesstozen.org>
- Upcoming Trainings at Center for Understanding Conflict:
<https://understandinginconflict.org/events>

