



FAMILY SOUL-UTION

**An epic 8 week journey of Personal Development, Integrative
Healing, Holistic Family Care, & Lineage Tending. Together, we
create a Metamorphosis for Mothers so they can generate a Legacy
of Love.**

BY ASHLEY OROS





Family Soul-ution program, a transformative 8-week journey designed to be a ritualistic initiation that will not only transform your perspective on motherhood but also celebrate the sacredness of your role as an intentional Mama.

Our program is carefully curated to uplift and empower Motherhood, allowing you to feel cherished and honored in this sacred journey while nurturing the heart and soul of your family. This course is unlike any other, as it's designed to illuminate every aspect of family life, enabling you to shine brightly as your authentic self. It's not just about parenting; it's about rediscovering and enhancing the beauty of motherhood and family connections.

In our program, you'll find a supportive and ceremonial space where you can revitalize your role as the SOURCE from which the family flourishes, and feel cherished and honored in this sacred role. We focus on personal development through multidimensional healing arts, embodiment, elemental rituals, nervous system tending, mindfulness and subconscious reprogramming. Our mission is to help you become more confident and creative in your parenting strategies by deepening your understanding of your family's dynamics and embracing holistic child development.

Throughout the program, you'll receive a variety of tools and techniques to create an emotional regulation toolkit to combat the cycles of stress and overwhelm, create more harmony in your home, break free from toxic generational conditioning and grow in connection with your ancestors. We believe in nurturing and empowering not only yourself but each family member, fostering a sense of unity and resonance.

Our approach is rooted in the metaphor of a tree, focusing on the roots, soil, seed, trunk, branches, and blossoms of your family's journey. Each week, we'll explore a unique aspect of the Family Soul-ution framework, including Discovery, Nurture, and Alchemize. This holistic approach allows for growth and transformation within your family unit, creating a LEGACY OF LOVE that will endure for generations to come. Every session is designed to engage each facet of your being, encompassing the realms of Head, Heart, Hands, Character, and Spirit. Within this comprehensive model we explore the intricacies of thinking, feeling, and willing, while also nurturing personal development and your spiritual essence.

🧠 Head: This dimension invites us to align with our conscious as well as our subconscious beliefs, inner narratives, feelings and actions. We will set intentions, gather info, internally assess, and reflect. We will learn various mindfulness and meditative practices that will help foster a deep understanding of our family dynamics.

❤️ Heart: Here, we explore our inner wealth and the emotional tapestry that weaves through your family's life. It's an opportunity to connect on a profound level, nurturing empathy, compassion, communication strategies and authentic connections. Strengthening the emotional bonds within your family is central to our journey.

👐 Hands: This is the experiential and experimental portion. Practical skills and strategies are honed to implement positive change in your family's daily life. We will flow through exercises in nervous system tending, polyvagal theory, somatic/embodiment, as well as energetic hygiene and boundaries. We will also introduce various rituals that will increase your physical, emotional, and energetic resilience and regulation.

Module 1: Seeds of the Heart: Mother-Verse. You are the center of your family's Universe.

- Opening Ceremony, Intentions and Rites of Passage.
 - Overview of the Roadmap to SOUL-utions and the D.N.A. framework.
 - Explore HeART-Fueled Parenting Principles that promote understanding, empathy, and connection.
 - Interoception exercise for awareness, orientation, and embodiment.
 - Transformational Ritual: Mama Magic, the Ultimate Alchemists
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- Bonus material: *****Added in our community forum
 - Active Listening and Emotional Attunement Exercises.
 - Learn effective communication strategies for fostering open dialogue within the family and a path for information gathering.
 - Raising Our Rootz' Mission.

Module 2 : Hexagon of Health - Whole Child, Whole Adult, Whole Story

- Designing a Nurturing Family Vision: Integrating Holistic Living
 - Foster an environment of mutual respect and support by exploring lifestyle.
Reflection exercise: Hexagon of Health
 - Discuss aspects such as Core Beliefs, Cultural Conditioning, Creating an Internal Narrative and Conscious Decision-Making.
 - Story medicine: *The Night of the Original Light. Creative Silence.*
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- Bonus Material:*****Added in our community forum:
 - Collaboratively create a family vision that reflects your shared values and aspirations, and fosters a balanced and harmonious family lifestyle.
 - A list of possible Core Family Values will be provided.
 - Explore ways to nurture relationships within the family through meaningful rituals and traditions.

Week 2

FAMILY ECOSYSTEM

Module 3: Nurturing the Soil and Seed - Growing Holistically From Our Core.

- Polyvagal Exercise for Nervous System Regulation- Safety and Connection
- From Seed to Blossom- Whole Human, Whole Story- Spiral of Our Life Cycles- Preconception to Intergenerational Legacy
- Overview of High Nurturing Practices, Introduction to the 9 Components of the Evolved Nest and the Neurobiology of the Parental Brain
- Exploration of the Nervous System in Family Dynamics, Attachment, & Co-Regulation
- Stages of Development: Hands (Willing), Heart (Feeling) and Head (Thinking)
- Development of Trunk, "I Am" Consciousness, Individual Personality & Temperament.
- Ritual: **Activate Your Creatrix: Birthing Beyond Babies.**

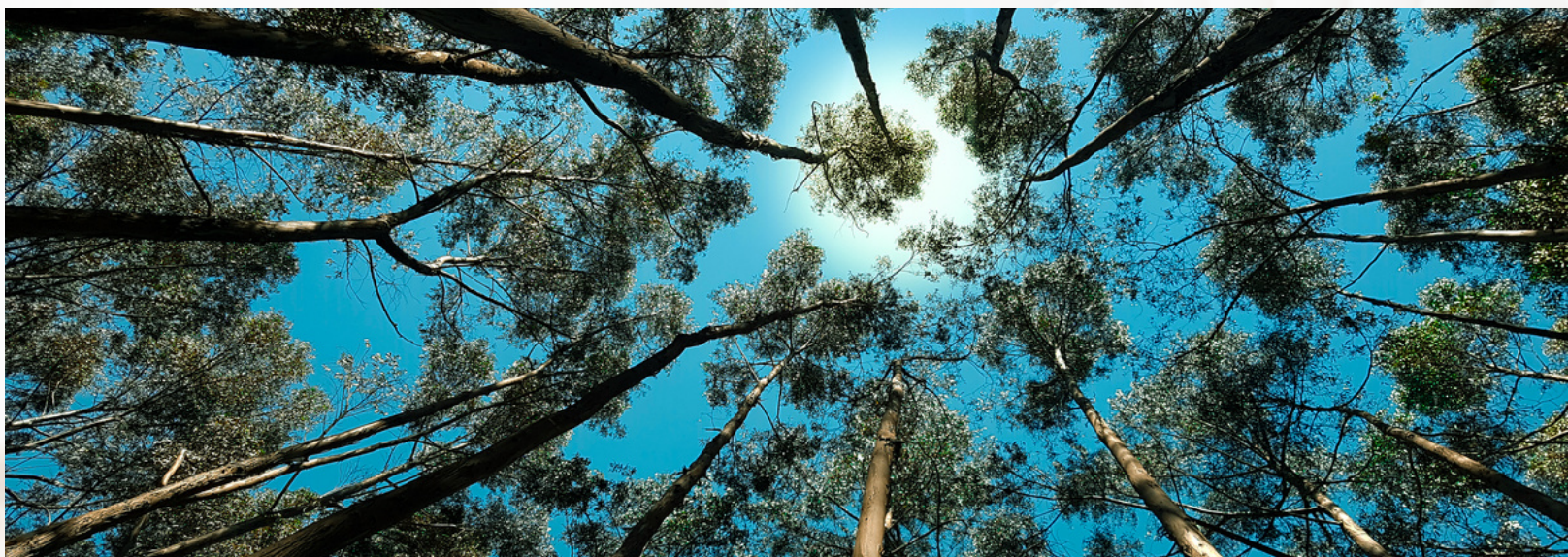
Bonus Material: Emotional Regulation Techniques, Grounding and Centering Practices

- Understanding the Neuroscience of Emotional Regulation- Dr. Rocio Zunini
- Creating a personalized "Emotion Regulation Toolkit."
- You will receive pre-recorded audio files and videos to guide your practice anytime, anywhere. Learn techniques to ground and center amidst chaos, even when you only have 2 mins, 5 mins, 20 mins.
- Examining your Parents History and your Childhood
- Your Infants Implicit Memories, Blueprint for the child's emotional self.
- 90 Minute Alchemize and Energize Recording: Embodied Presence, Guided Nurturing and Advanced Theta Healing for connecting with Unconditional Love for Stress Management.

Week 3

TWO HOUR OPEN FORUM

In our third week, this open forum serves as the heart of our collective journey, where we delve into the realms of Holistic Child Development and explore Creative Parenting Strategies. It's a priceless opportunity for participants to share their insights, ask questions, and seek guidance from the collective wisdom of our community. Through the sharing of individual experiences and collaborative problem-solving, we all become richer in knowledge. Together, we navigate current parenting obstacles and pave the way for greater harmony in our homes, nurturing a supportive and caring space where every voice is valued.





Week 4

ACHIEVING BALANCE AND WHOLENESS

Module 4: Embracing the Nine Branches and Seven Blossoms

- Reclaiming our Worth, Power and Purpose
- Balancing Act: Understanding the Four Temperaments for Harmonious Family Dynamics
- Soul Flow vs. Soul Fever: The significance of each aspect and its influence on raising a well-rounded child
- Nine Branches and 7 Blossom: Exploration of each of the seven aspects of self, their interconnectedness, and how we can become more resonant by resourcing ourselves through multifaceted domains.
- Heart-to-Heart journaling/ Simplicity Change Process: Reflecting on your parenting intentions and aspirations for the week, creating a daily routine for yourself and your family. Focusing on small do-able changes.

Module 5: Inner Child Healing

- Understanding how unresolved childhood wounds impact current parenting experiences.
- Expressive art activity with Art Therapist Nikki Moon to allow your inner child's emotions and stories to surface and be acknowledged and nurtured.

Bonus Material::

- Compassionate Response Meditation for Emotional Attunement to Strengthen the Parent-Child Connection
- Recorded: Heart-Song exercise - Gentle yet profound techniques for releasing blocked emotional energy.

Week 5

DISCOVERING YOUR ANCESTRAL ROOTS - HEALING GENERATIONAL IMPRINTS



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Week 5

CONTINUATION...



Additional study (optional)

- [Ancestral Lineage Healing Course](#) - Dr. Daniel Foor
- Podcast: [Healing Ancestral Lineages](#) with Dr. Daniel Foor
- [“Workbook for No Bad Parts”](#) by Richard Schwartz, Ph.D
- [“Family Constellations: A Practical Guide to Uncovering the Origins of Family Conflict”](#) by Joy Manne, Ph.D
- [“It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle”](#) by Mark Wolynn

Bonus: Inspirations for how to Craft Your Creation Myths

- Create personalized creation myths for each family member.
- Weave their life experiences, interests, and qualities into their unique narrative.
- Embrace the power of storytelling to honor individuality and strengthen family bonds.



Week 6

ALCHEMIZING TRANSFORMATION - SPIRAL GROWTH AND POTENTIALITY

Module 7: Transforming Limiting Beliefs - Microcosm and Macrocosm

- RESET exercise. Somatic sequence for releasing anger and frustrations for child and adult.
- Energetic hygiene practices, including setting and maintaining healthy energetic boundaries.
- Exploring the impact of subconscious beliefs on parenting and family dynamics.
- Address and transform limiting beliefs rooted in generational imprints, cultural conditioning and personal hardships.
- Growth mindset medicine for reframing negative thoughts into empowering affirmations and manifestations.

Module 8: Somatic Healing and Breathwork

- Explanation of the connection between trauma, emotions, and the body's response.
- Practical embodiment exercises, mindfulness, and breathwork routines to release stored tension and promote emotional healing.
- *Tense, Release, Unwind Exercise*: Guided somatic meditation and breathwork session for a profound experience of relaxation and trauma renegotiation.
- Step-by-step roadmap using the Theta Healing Technique for clearing disappointment, frustration, anger and resentment held in the subconscious.

Week 7

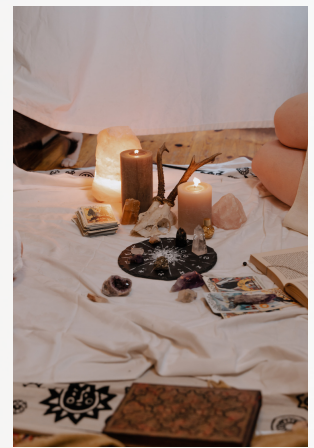
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Week 8

LEGACY OF LOVE



Module 9: Legacy of Love

- Theta Healing: Manifesting for Empowered Self
- Celebrate our journey through Family SOUL-ution
- Reflect on the growth and connections cultivated throughout the program.
- Set intentions for nurturing a thriving family legacy.
- Explore rituals, traditions, and practices that reinforce your desired values.
- Explore actionable steps to alchemize negative patterns into a legacy of love and empowerment.
- Closing with the Understanding and Applying the Intelligence of Play.

Module 10: Celebration and Commitment

- Celebrate your journey through the Family Soul-ution program.
- Encourage commitment to the legacy-building journey and continued nurturing of your family bonds.

Throughout the Family Soul-ution Program

- Weekly nature-inspired rituals and activities that promote a deep connection with the natural world.
- Guided journal prompts, poetry, and inspirations for self-reflection and personalized growth insights.
- Access to a private Telegram community for sharing experiences, insights, and progress.
- Discounts on one-on-one coaching sessions to provide tailored strategies and support aligned with your family's unique needs.

By the conclusion of this transformative journey, you will have gained profound insights from your ancestral roots, nurtured holistic child development, and alchemized intergenerational wounds into catalysts for healing and growth. Throughout the program, you'll engage in interactive exercises, guided meditations, integrative healing modalities, journaling, and practical action steps to create a comprehensive and transformative experience. By weaving the principles of Discovery, Nurture, and Alchemizing, you'll guide your family towards healing, growth, and the creation of a legacy of love that spans generations. As a result, your family will blossom like seven interconnected facets, embodying harmonious balance and nurturing every aspect of self in a holistic, thriving family environment.