

Remothering Roadmap

01

Remothering Foundations

We kick off the journey by getting oriented to where we are now, and where we want to go. Just getting started? Check out the article: What is remothering

blog.remothering.org/what-is-remothering

02

Healing Brain States

Learning to work WITH our body's biology and inherent wisdom

03

Recognize your Adaptations

Learn how to spot the clues that we have an adaptive behavior. Shift from reflexive to intentional.

04

Connect with your Inner Wisdom

Imagine that feeling of "I've got you" in all situations. Experiencing connection, wise counsel, belonging, acceptance, and love. In step four, you'll learn how to turn within for the mother qualities we humans naturally seek

05

Break Free from Outdated Programming

Learn the tools and techniques to update patterns and rewire with intention.

06

Thrive Forward

Learn to thrive forward in self-alignment *(with healthy boundaries!)*

In steps one-five we build the study foundation, we build our inner scaffolding. And here, in step six, we point our focus towards thriving forward.