



## Intention of Deep Roots

We are putting together collaborative teams to work with those who are or have experienced pathological relationship, abuse, trauma, mental challenged path. We will be working with women who are/have struggled with situations of discounting, trauma, and/or abuse by adding deeper healing sessions using the principle of "surrogacy"\*.

The anticipated age range will be from 25 to 45. No woman will be excluded because of age.

We also anticipate that many of our participants will be young mothers, probably single mothers.

There will be an application and evaluation process to be invited into the project.

### Statement of our "North Star"

We are working with those who love the goal of sobriety, community support and guidance, respect our diversity, are tenacious in holding each other as valuable as we dance in lightness and joy.

### Funding for Deep Roots

We recognize that most women in the population we are looking at, will not have the financial means to pay for their participation in money. Therefore, we are setting up a financial structure that will invite donations and sponsorships to be held in safe banking systems. Others can contribute i.e. with monthly donations, scholarships, sponsorship of one woman at a time, sponsorships of groups of women.

## Component of Deep Roots

Our 2-month project is multi-layered, a collaborative community offering:

- Current participation in an ongoing program, i.e. counseling, rehab, AA, etc. which holds accountability to her personal 'sobriety'
- Weekly Deep Roots online gatherings to consider new skills i.e. deep listening, good mind to recognize trigger with processes to return balance.
- A participant can offers ideas for concepts and skill she would like included in the weekly gatherings
- Through Deep Roots, an assigned TAG System Healing intern who will do regular long-distance surrogate sessions
- Deep Roots includes commitments:
  - to daily processes to recover brain pathways impacted by trauma of any kind
  - to anchoring the TAG work with suggestions from her assigned intern, i.e.mantras, statements, movement
  - opportunity to tell her story anonymously to educate others through the Deep Roots Podcast
  - connections to various processes and ideas to expand how she views herself and the world.
  - simple supplements to support the body in removing toxins
  - adherence to Deep Roots community agreements and confidentiality
  - Watching and following the emerging questions and ideas that arise within the group/individual, new ideas and simple processes can be presented by their interest.

\*Surrogacy, one individual holds the space with the intention that the good/healing is directed to another.