

## Holding Space



What if everyone you met exuded  
a sense of authenticity?

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*I am Divinely supported - with  
the perfect team co-creating  
with me.*

If you held a space to reveal:

1. Why your Soul chose to have a physical experience, what would you learn?
2. The kind of support you wanted to experience while expressing your creativity, what would you learn?
3. The qualities/characteristics you wanted in a Spirit Helper to co-create with you, what would they include?

B - 9

*It's okay to feel my emotions.*

If you held a space for  
Sadness to guide you...

1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?
2. What two questions would it want you to ask yourself?
3. How would it respond to those questions? What is it's helpful message for you?

B - 8

*I connect with my inner child  
and honor his/her gift of* \_\_\_\_\_

1. How can you hold a space to nourish (e.g. rest, play, food, water, dance, sing) your inner child today?
2. Name a gift, or talent, that you once held, but does not currently feel safe to express.
3. In what ways does your community now need this gift, or talent?

B - 7

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*I listen to the messages of my  
body, emotions and Soul.*

If you held a space to listen  
deeply to your:

1. Body, what would it say?
2. Emotions (fear, anger, shame, sadness, grief, contentment, happiness, joy) what would they say?
3. Soul, what would it say?  
What does your inner wisdom want you to know? What helpful message does it have for you in this moment?

B - 11

*I am so loved - unconditionally  
loved*

If you held a space for Grief to  
guide you...

1. How would it get your attention? What are the physical sensations it would use to alert you to its guidance?
2. What two questions would it want you to ask yourself?
3. How would it respond to those questions? What is its helpful message for you?

B - 10