

Holding Space



What if everyone you met exuded a sense of authenticity?

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*In this moment, there is nothing
I need to be doing.*

1. What do you tell yourself when you're feeling self-pressure? What is the belief you're holding on to?
2. What "slips from your fingertips," or awareness, when you're thinking these thoughts?
3. What if there was nothing that you needed to be doing? How would that feel?

B - 3

*I invite my loving, compassionate
Helping Spirits to hold this space.*

1. In what situations do you find yourself taking care of others emotionally?
2. How do you know when you are holding a space that is bigger than what's yours to hold? What does that feel like? What physical sensations do you notice in your body?
3. When faced with an overwhelming situation, what would happen if you invited a loving Helping Spirit to hold the space for you?

B - 2

*I connect with, and love, the one
holding this tension.*

1. Where in your body are you currently holding tension?
2. What does that feel like? How would you describe the physical sensations?
3. How might you give the contraction more space to expand? How can you support/serve this area of your body?

B - 1

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I forgive myself for believing _____.

If you held a space for Shame 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 - 6

*Here's what I need to care for myself: _____.
I'm passionate about _____.
I am open to receiving _____.
It would be fun to _____.*

If you held a space for Anger 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 - 5

I bravely trust myself to listen to my intuition.

If you held a space for Fear 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 - 4