

Holding Space

Holding space is an internal place of energetic openness in which awareness can move. When you hold space for someone or something, it means you create a container in your consciousness for that person or thing to unfold.

You simply intend, believe, envision, and "hold" that Spirit is flowing through the person or situation. When you hold space you don't need to fix or rescue another person. You trust that their experiences are part of their evolutionary path.

When you hold emotional space for others, you listen and receive what they are communicating without judgment. You allow space for whatever is happening with them, and you help that energy to move freely by not adding your opinion, only receiving what they are saying or feeling.

You can reflect back to them what you heard them say without adding your spin on it; you don't judge it or interpret, but simply acknowledge or repeat so that know they were heard. This allows someone to release what needs to be released without emotional engagement on the listener's part.

This is a very powerful relationship tool to use with others, as well as yourself.

