

Holding Space has been described as sacred, holy work and ‘being there’ for another person.

- *What exactly does the term holding space mean to you?*
- *How do you hold space for another person? For yourself?*
- *If someone asks you to hold space for them, what do you do? What actions do you take to actually create a holy space, bring that person into it, and be of assistance?*

Often, we may have a personal desire to hold a person or a situation in our heart with the intention of sharing compassion and comfort for all involved. In this case, we embrace this beloved person non-physically with our awareness, attention, and energy.

- *Is it okay to hold space for someone without asking their permission first?*

Facilitator Heather Plett the gives us eight points of guidance based on lessons she learned from those who held space for her during her mother’s final days:

1. give people permission to trust their own intuition and wisdom
2. give people only as much information as they can handle
3. don’t take their power away
4. keep our own ego out of it
5. **make them feel safe enough to fail**
6. **give guidance and help with humility and thoughtfulness**
7. **create a container for complex emotions, fears, trauma, confusion, or anything else**
8. **allow your beloved to make different decisions and to have different experiences than those you might prefer**

- ***How do you feel about this list? Is there anything you would like to add?***

Holding space is subtle activism, and the function of space holder is as real and necessary as any other form of service or activism that assists in healing and transforming self, others, and the world. It requires the same stillness and presence as holding space for a person. It also requires patience in nurturing the space and giving it time to evolve.

- ***How do you hold space for the community and world?***
- ***Do you see holding space as activism? Do you believe this practice can transform the world?***

Chris Corrigan says it is up to us to generate an opening through the chaos, and that in holding space as a form of activism we are serving creation.

- ***Do you see the practice of holding space as service to Creation?***

Corrigan reminds us that the Creator sang the universe into creation, with universal principles and laws. We simply create and hold space, naming that space as one that is bounded by those universal rules, and have faith that everything will take care of itself. As Corrigan says: *We must let go of outcomes; we must breathe life into the principle that whatever happens is the right thing and the only thing that could have happened.*

- ***Which universal principals and laws is Corrigan referring to?***
- ***Do you believe this? Why or why not?***