Holding the Space for Someone

One of the questions that have come up for us this past month is how and why would you hold space for someone? When I was first ask to do this, I had no clue how to do it nor did anyone offer any advice as to how to do it. They just said do it! I am now going to try to explain how I hold the space for someone. What type of event would warrant asking someone to hold the space for you? Can I hold the space for myself?

One example of an event that you may choose to have someone hold the space for you is during a presentation to a group, where you want to be open and allow information to flow. By asking someone to hold the space for you in this situation, the intent of the individual holding the space for you should be to only allow information through that would be benefit the attendees of the seminar or class.

Another type of event would be to hold the space for someone going through a healing experience. This could be an MRI, surgery, dentist, etc. You are allowing someone to come into your auric field to facilitate change and you want to be open to allow the energy to flow. As your energy field is altered you also do not want other energies to come into your auric field or body. You want to be open without fear.

As a practitioner, the intent that you should have as you are setting up your office or work space is to use different things in your room that will support your energy. Think about the things you like. It could be a certain artist’s style of work, the type of music you choose to play, the combination of colors you choose, your selection of rocks or shells, etc. All the things should allow you as a practitioner open to allow the different vibrations to flow as needed to facilitate a clients healing process. This is an example of how you could hold the space for yourself. You have designed the space to do this for you.

As a client, you need to be able to open up to the skills of the practitioner to help you facilitate the change that is needed. You need to feel comfortable with the practitioner. If you do not feel comfortable you need to find a different practitioner. Sometimes we are put in situations where we need care but at the moment we do not have a choice of practitioners. This is when you would ask someone to hold the space for you.

It is too difficult for an individual to hold the space for themselves and remain neutral and open to the outcome of the situation. It also takes a lot of energy to do this. You may in fact hinder the healing situation or presentation that you are giving.

Who would you ask to hold the space for you? One thing I would consider is this someone that you can trust. Can this person remain centered and neutral during this process? Does this person have the ability to observe and not get involved in the process? Does the person know how to hold the space?
How do you hold the space? If you are asked to hold the space for someone, your intent should be to provide a safe environment so the client can be open to any possibilities. In no way does the space holder have an opinion. I always do the gold light exercise, ground and connect to the universe as I am setting the intent for holding the space. As I become centered, I mentally go the center of the room that I am holding the space for, do the gold light exercise for the room, ground and connect to the universe with the proper intent. I expand the gold light beyond the room and open the center core of energy to the size of the room. In some situations you may physically go to the room you are holding the space for. In most of the cases we hold the energy for someone from a distance. When this is the case, you need to know the length of time (beginning to end) to hold the energy for the space. Then close the energy down for the room.

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