

HOLDING SACRED SPACE FOR ANOTHER IS ONE OF THE MOST BEAUTIFUL GIFTS YOU CAN GIVE.



Holding Sacred Space

1

Listen without judgement and without giving advice. Listen, and always begin with, "if this were my experience". Watch yourself for WE's, You's and They's. No fix it formulas or methods. Not a time to lecture and teach.

2

Reminder: we are wind walking together in this loud, bumpy, sometimes joyful, sometimes painful wobbly world.

3

Allow the Holy Wind Spirit to do the healing.

4

Empathy "I am feeling with you." I am broken and imperfect too.

5

Let Go, and Give to the Winds of Spirit. Self Judgement will keep you in the fix it mode for others. Turn the process of "letting go" and letting Wind Guide you home.

6

Make sure to zip up every morning, decharge after every session, and put up your nightly protection.