

The ART of Holding Sacred Space

A Hero's Journey – 9 Transformation

I want to share something with you. I want to make you aware of a very powerful and needed help for your own emotional life and your relationships. Some of you might know about it, for others it might be a little awareness raising of what holding sacred space can be. It is a art of healing. It is the power of empathy. It is the empowerment through responsibility. It is the demanding pureness of authenticity. It does not just help the person in despair, it changes you, too.... For the better....

This morning I called a friend. A very wise friend !. She has been the biggest support throughout my emotional journey 2015. I don't want to complain. If your heart hurts, some of that pain will always be your own responsibility. This time, I have to say, that was not the case! In a sarcastic way I might say my heart in one big blub of scar tissue. And my hurt ego doesn't help the situation either.

Being me, I don't pause much. This incident made me pause. But I am already moving on.

When my friend answered my call and asked me how I was doing, I could say nothing but "I am doing great". And it was the truth. For a couple of minutes we talked about all and nothing and than the biggest tears started running over my face. They were big heavy silent tears. There was no warning and no way of stopping. I guess It was a big release of pressure I had not noticed having. I am strong. It was the next layer of deeper healing.

When I was hurt, I tried to heal my heart and soul the fastest I could, trying to be reasonable and such. At the same time I was being angry at myself for being so open and forgiving and loving and trusting and trying and most of all stupid ... stupid, stupid, stupid, for still feeling love.

My wonderful wise friend was just there at the other end of the phone, being of no judgment, on no ones side, being neutral, just holding up space and acknowledgeing my pain and knowing that I really was allowed to feel that hurt. The tears kept running and she was there to hold my space so I could be weak. I have weakness... that is my biggest strength. She really did listen when some words could be spoken. She had the greatest mastered empathy. She was simply present in my bubble, my space, for me. I could feel she knew and she was real.

It felt so good. Thank you Wiebke

Thank you dear wise friend for mastering the art of holding sacred space...To hold open that neutral, 0 line space and unleashing the great power of healing that comes with it.

I will call you soon, as I don' have time to waste to be paused by another layer of...hurt.

All of you - what ever you say or do to another living being... it will be part of their life. It could leave golden memories or scars! Please practice awareness, respect and LOVE

MV