

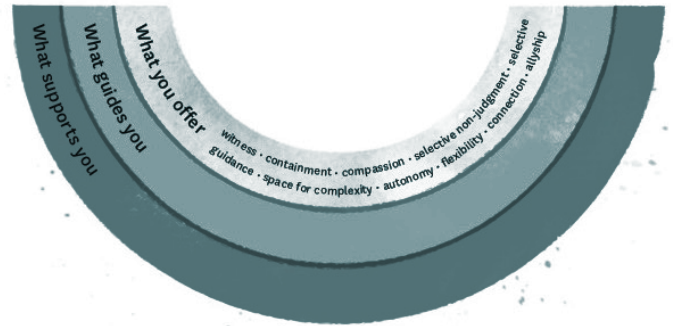
Be the Bowl

a primer on how to hold space

When you hold space for someone, you offer to “be the bowl”, to create a safe container where they can feel emotions, wrestle with decisions, and navigate transition.

“Holding space is what we do when we walk alongside a person or group on a journey through liminal space. We do this without making them feel inadequate, without trying to fix them, and without trying to impact the outcome. We open our hearts, offer unconditional support, and let go of judgment and control.”

- from *The Art of Holding Space: A practice of love, liberation and leadership*, by Heather Plett



The inner layer of the bowl is what you offer to the other person or people.

It includes: witness, containment, compassion, selective non-judgement, selective guidance, space for complexity, autonomy, flexibility, connection, and ally ship.



The middle of the bowl is what guides you as you choose what to offer.

It includes: intuition, discernment, humility, courage, and curiosity.



The outer layer of the bowl is what supports you so that you can hold space.

It includes: mystery and community.