



Hold Space

Holding space brings awareness of our connection to all that is, raises vibration and puts us into the energy to solve problems and create possibility.

The belief is, that there is no such thing as "out there." By changing your mind, the world around you will reflect the same.

When in conflict with some area of life, where you cannot seem to come to a resolution: Remember we cannot solve a problem in the energy it was created. We are all energy and created by the same source. What I send out returns back to me. So, in order to have a different result we must change our mindset and approach.

Start by raising your vibration; Get into love, gratitude, empathy and open your mind.

It can be as simple as reciting "I love you," sending the person or situation a prayer or good intention. This can be done in your mind, even if you're angry and frustrated you won't be for long. This is very powerful. I have watched situations completely transform in a matter of minutes by doing this exercise.

Holding space is a form of prayer: seeing the person or situation as already resolved and holding that belief when others can't see it.

Example: Similarly, with saying a prayer for someone, you would be wanting the best for them. However, instead of asking God to step in, you would come from a place of knowing and trusting that is already happening. So, you would be coming from the place of gratitude that the situation is already resolved, and this would attract the energy of creation, possibility, healing, receiving and solution.

Conversely, when we spend time worrying, that is also a form of prayer. Whatever we focus on with intense emotion, is the vibration we will continue to attract.

Another example: If you are in conflict with another person; In order to get to a solution, hold space by shifting your energy. Come from a place of remembering that we cannot solve a problem in combat or blame energy. We are all one, where 99.9% of conflict is miscommunication or misunderstanding. Connect with the other person energetically (they don't even have to know), sending them love or getting into gratitude and inquisitiveness will raise the vibration and shift the situation.

The best way to believe whether this will work is to try it.

I invite you to give this a try, you have nothing to lose!

