



The Holding Space Method™ Protocol & Practice

The process of holding space and time is fundamentally a contemplation. It is an act of engaging in a neutral way. From the principles of polarity therapy, it is understood that we can establish neutrality to foster healing. Contemplating is like being: it is a gift in and of itself and provides a quality that allows the work in a session to take place in an enriched energetic environment. Simply contemplating (or being) adds a neutrality that creates a safe and loving space. In contemplation there is a sense of floating freely in space and time.

The protocol for holding space and time.

1. From a neutral place, we can learn to contemplate the universe as a continuum, spatially & temporally & energetically.

Our senses operate mostly within the known world, the 4% of ordinary matter, but we want to learn how to open up to the full existence and potential of all mass and energy in the universe, that is the 96% of dark matter and dark energy, in order to be able to tap into the energy of the entire universe.

In this regard, we will be using a conscious, co-creative, and contemplative approach to tap into universal principles in order to bring about the universal, energetic balance we seek. We will learn to open up to this vastness of the universe and consciously place ourselves in the center of this energetic richness. In many cases, this form of contemplation alone can bring us true balance.

2. Contemplate that both of you, practitioner and client, are part of the continuum of the universe.

Acknowledge and affirm that both of you are part of the continuum of universal space and time and energy and also are co-creators of this balancing.

We will learn how to make both, us and the client can become part of the grillwork of polarized threads of energy. So we both can create and participate in each moment. Together we learn to observe time, from different frames of reference: as energetic beings constantly transferring energy from one form to another.

3. As the practitioner you will learn to hold the universal patterns of alignment for the client, as the client is in the process of evolving or moving into balance.

As the practitioner, we will learn to create an alignment in our own body to organize our energy between source and earth and throughout all of our directions of life. We will learn to contemplate an alignment from the center of the universe through us to the center of the earth, as we continue to imagine a universal grillwork of energy. We will learn to contemplate the center line of our body from the crown chakra through the ventricles of the brain, through the center of the spine and down through the root chakra.

In this attunement we will hold the alignment with universal principles so the client can experience an evolutionary process of going forward. While we both will experience the transcendence and transformation of the session, we as the practitioner hold the structure (the masculine principle) while the client holds the space for learning (the feminine principle). The client's attunement is for a process of energy to flow through so client can experience their own natural expression and reach balance.

4. Affirm that everything has its own innate intelligence.

Innate intelligence is the way of nature. As the practitioner, we learn to acknowledge our own innate intelligence informed by our connection to the universe. We also will learn to acknowledge that the client also has this same innate intelligence. We will learn to create an atmosphere for innate intelligence to be the overall guiding influence in all of our ways of experiencing, techniques, and dialogue.

Innate intelligence often operates from a level of consciousness to a level of the non-conscious. This is where we can relate to the 96% of the universe that we ordinarily cannot perceive. The potency and enormity of the universe is something we can call upon at will as this is the same innate intelligence that rules each moment within a healing session.

5. While continuing to contemplate the first 4 steps, imagine the client in their evolutionary expression.

We will learn to "contemplate" or understand the client as a vibrational entity that begins creatively from a central core through a series of energy threads, manifesting as radiance that connects them to the universe. Imagine the client's energetic evolution from the brain (ventricles) and the spine (central canal) to the three cores; to five chakras, and to millions of nadis/meridians; that weave through the nervous system, the glandular system, the organ system, the musculoskeletal system, the cardiovascular system, the digestive system, the lymphatic system and the excretory systems. This is all experienced in their full radiance as seen from the electromagnetic field and through the layers of aura, when one is healthy are continuously vibrating out into the world and the universe.