

Reflection #15
By Eugene Dufour

Coping with the Fear of COVID 19 Infection Holding Space

At a time of crisis, I often feel overwhelmed, helpless and hopeless. I try to let those feelings run wild for a few minutes and then work at becoming grounded. I often get in touch with a drive within to want to fix, fade, dismiss, ignore my pain and the suffering around me. I then get in touch with a very powerful tool that helps me stay present to pain and suffering while not trying to fix the situation. It is called.....**Holding Space**.

Holding Space: What does it mean to “hold space” for someone else?

It means that we are willing to walk alongside another person in whatever journey they're on without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome. When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgement and control.

Holding Space for Others.

1. Give people permission to trust their own intuition and wisdom.
2. Give people only as much information as they can handle.
3. Don't take away their power.
4. Keep your ego out of it.
5. Make them feel safe enough to fail.
6. Give guidance and help with humility and thoughtfulness.
7. Create a container for complex emotions and trauma.
8. Allow them to make different decisions and different experiences than you would.

The wonderful thing about **Holding Space** is that we can also use this way of being with ourselves. Try **Holding Space** for yourself this week.

During the COVID – 19 crises, experiment with Holding Space for others and yourself. Once I do this, I often find myself becoming much more creative in approaching suffering and pain. It grounds me in overabundance, refreshes my dedication to a life of service and most of, gives me hope.