A Guide to Holding Transformational Space for Others



Holding space for others without losing yourself.

Some people naturally hold space. People open up to you. They tell you things they don't usually share. You can feel what's going on, even when it's not being said.

And most of the time, you don't even know what you're doing— you're just there, and it happens. This guide is for you if you are already working with people in some way—as a coach, guide, healer, creative, or space holder— and you know you're meant to support others more deeply, but you don't have a clear structure for how to do that.

Because here's the gap:

Many people are intuitive. Many people can feel deeply. But very few people have structure or language for what to do with it all, especially in sessions..

So instead of guiding clearly, you may find yourself:

- carrying things that aren't yours
- overthinking what to say
- trying to fix instead of guide
- leaving interactions feeling drained or responsible

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Not because you're doing it wrong—but because no one showed you how to hold space in a way that supports both you and the person you're working with.

This guide is a simple, grounded framework for:

- understanding where someone is internally
- guiding them into deeper awareness without forcing or fixing
- staying anchored in your own energy while you support them

The Way of the Six gives language to something you already do— so you can do it with clarity, intention, and sustainability.

You are ***not*** here to fix people.

You **are** here to hold a space where something can shift.

And you **can** do that without losing yourself in the process.

What This Is

This is a simple way to apply the Way of the Six framework, so you know how to use it when guiding people through internal experiences. This can be used in sessions, creative work, coaching, or any space where you support others.

It helps you:

- recognize where someone is internally, especially emotionally
- ask questions that create awareness instead of pressure
- support movement without taking on what is not yours

This is not about having the right answers. It is about learning how to:

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- listen with intention
- reflect what is present
- guide someone back to themselves

The Way of the Six gives you a structure you can return to—

so you are not guessing, overreaching, or carrying what is not yours.

What This Is Not

This is not therapy. This is not a script. This is not about fixing people.

You are not responsible for:

- solving someone's problems
- making decisions for them
- ensuring a specific outcome

And you do not need to:

- say the perfect thing
- have everything figured out
- hold more than you have capacity for

This work is not about doing more. It is about doing less—with more awareness. Holding space is not about control.

It is about creating a container where someone can:

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- feel
- see themselves clearly
- and choose what shifts from there

The Way of the Six

This framework is most useful when someone is:

- overwhelmed, stuck, or unsure what they're feeling
- talking in circles without clarity
- aware something is present but unable to move it

You are not trying to lead them somewhere.

You are listening for where they already are—

and using these gates to help them see it more clearly.

This is not about going deeper for the sake of depth.

It is about meeting what is already present

and allowing that to move.

🌊 Water — Emotion (Entry Point)

This is where you begin.

Water helps you identify what someone is feeling and where it lives in their body.

You are not trying to change it yet.

You are helping them be with it and name it clearly.

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Focus:

- What is being felt
- Where it is in the body

Example questions:

- “What are you feeling right now?”
- “Where do you feel that in your body?”
- “If it had a texture or weight, what would it feel like?”

🌬️ Air — Perspective (Meaning + Story)

Once the emotion is present, Air helps bring awareness to the story around it.

This is where you explore:

- what they believe about what they’re feeling
- what meaning they’ve attached to it

Focus:

- Thoughts
- Patterns
- Perspective

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Example questions:

- “What are you making this mean?”
- “Is there a pattern here you’ve seen before?”
- “What’s the story your mind is telling you about this?”

🌑 Shadow — Resistance (What’s Avoided)

Shadow shows up when something is being avoided, minimized, or pushed away.

This is not something to force.

It is something to gently bring into awareness.

Focus:

- Avoidance
- Fear
- Discomfort

Example questions:

- “Is there any part of this you don’t want to look at?”
- “What feels uncomfortable about staying here?”
- “What would happen if you actually let yourself feel this fully?”

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🔥 Fire — Transformation (Shift + Movement)

Fire is where something begins to change.

Not because you made it happen—

but because awareness created movement.

Focus:

- What wants to shift
- What is becoming available

Example questions:

- “If this could shift, what would it become?”
- “What feels different now compared to before?”
- “What are you seeing more clearly?”

🌿 Earth — Integration (Grounding + Action)

Earth brings the experience into something real and usable.

This is where insight becomes:

- a decision
- a boundary
- a next step

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Focus:

- What stays
- What changes in their real life

Example questions:

- “What are you taking with you from this?”
- “What feels important to honor moving forward?”
- “What does this look like in your life now?”

✨ Ether — Awareness (The Witness)

Ether is the space that holds everything.

This is the ability to observe without attaching or controlling.

You don’t need to force this—

it naturally expands as the other gates are experienced.

Focus:

- Awareness
- Presence
- Non-attachment

Example prompts:

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- “Notice what you’re aware of right now.”
- “Can you observe this without needing to change it?”

You are not moving someone through these in a strict order.

You are learning to recognize what is present and meet them there.

What Is a Session?

A session is a contained space where someone is supported in exploring what is present for them.

It is not a performance.

It is not a checklist.

It is not about leading them somewhere specific.

It is a guided experience where:

- something is felt
- something is seen more clearly
- something is allowed to shift

Your role is to hold the container and guide the process—

not control the outcome.

Why Structure Matters (Even If You Already Have One)

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You may already have a way you run your sessions.

But if you cannot:

- recognize where someone is in real time
- adjust based on what is actually happening
- or explain what you're doing and why

then your work becomes:

- inconsistent
- harder to trust
- harder to grow or replicate

Structure does not replace your intuition.

It supports it.

The **Way of the Six** gives you a way to:

- track what is happening
- respond with intention
- and guide someone deeper without guessing

The Structure of a Session

A session does not need to be complicated.

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It needs to be clear, intentional, and flexible.

You can think of it in five parts:

1. Open
2. Identify
3. Explore
4. Shift
5. Integrate

You may move between these naturally,

but having this structure keeps you from:

- over-talking
- over-helping
- losing direction

Real-Time Awareness: What to Listen For

As someone is speaking, you are listening for cues.

Not just what they say—

but how they say it.

This is what tells you where to guide them.

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🧠 If they are in their head (Air)

They are:

- over-explaining
- analyzing
- telling long stories
- repeating the same thoughts

Bring them to the body (Water):

- “What are you feeling right now as you say that?”
- “Where do you feel that in your body?”

🌊 If they are feeling but unclear (Water)

They are:

- emotional
- overwhelmed
- unsure what they’re feeling

Help them slow down and name it:

- “Let’s stay with that for a moment”
- “If you had to name it, what does it feel like?”

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🌑 If they are avoiding (Shadow)

They are:

- changing the subject
- laughing things off
- saying “it’s not a big deal”

Gently bring awareness:

- “Is there a part of this that feels uncomfortable to look at?”
- “Can we stay here for a moment?”

🔥 If something is opening (Fire)

They are:

- pausing
- realizing something
- shifting perspective

Support the shift:

- “What are you seeing now?”
- “What feels different?”

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🌿 If something has landed (Earth)

They are:

- clear
- grounded
- aware of what matters

Anchor it:

- “What are you taking with you from this?”
- “What feels important moving forward?”

Structure vs. Flow

You are not rigidly moving someone through steps.

You are:

- holding the structure in the background
- allowing the conversation to move naturally

👉 Structure keeps you grounded

👉 Presence keeps it alive

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When to Guide vs. When to Let Them Lead

You guide when:

- they are stuck
- they are circling
- they need direction

You allow when:

- they are feeling
- they are processing
- something is unfolding

A Simple Rule to Remember

If you feel the urge to:

- fix
- explain
- jump in

Pause.

Ask one question instead.

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Closing a Session

A session does not need a perfect ending.

It needs a clear landing.

Bring them back to:

- what they discovered
- what they feel now
- what they're taking with them

You are not creating transformation.

You are creating the space where it can happen.

Questions You Can Use

How to Use These Questions

You do not need to ask all of these.

You do not need to get them "right."

These are here to support you when:

- you're not sure what to say

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- you feel yourself wanting to fix or explain
- you want to guide someone deeper without forcing

One clear question is often enough.

Let the answer breathe before asking another.

🌊 Water — Feeling & Body (Entry Point)

Use these when someone is:

- disconnected from their body
- speaking only from the mind
- unsure what they're feeling

Questions:

- "What are you feeling right now?"
- "Where do you feel that in your body?"
- "If it had a texture, what would it feel like?"
- "Can we stay with that for a moment?"

🌬️ Air — Thoughts & Perspective

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Use these when someone is:

- overthinking
- repeating the same story
- trying to make sense of everything

Questions:

- “What are you making this mean?”
- “What story is coming up around this?”
- “Have you experienced something like this before?”

🌑 Shadow — Avoidance & Resistance

Use these gently when someone is:

- deflecting
- minimizing
- avoiding what’s present

Questions:

- “Is there any part of this you don’t want to look at?”
- “What feels uncomfortable about staying here?”

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- “What might happen if you actually let yourself feel this?”

🔥 Fire — Shift & Transformation

Use these when something is:

- opening
- becoming clear
- starting to shift

Questions:

- “What feels different now?”
- “What are you seeing more clearly?”
- “If this could shift, what would it become?”

🌿 Earth — Integration & Grounding

Use these toward the end of a session or when clarity is present.

Questions:

- “What are you taking with you from this?”
- “What feels important to honor moving forward?”
- “What does this look like in your life now?”

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✨ Ether — Awareness & Presence

Use these to bring someone into observation without pressure.

Questions:

- “What are you aware of right now?”
- “Can you notice this without needing to change it?”
- “What happens when you just observe it?”

A Simple Reminder

You do not need to ask more questions.

You need to ask better ones.

And sometimes, the most powerful thing you can do is:

👉 ask one question

👉 and then be quiet

Questions guide the process.

Presence is what makes it work.

Language Shifts: What to Say Instead

Sometimes it’s not about asking more questions—

it’s about how you say things.

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Here are a few simple shifts you can use:

❌ *Instead of:*

"You should…"

or

"What you need to do is…"

✅ *Try:*

"What feels right for you?"

"What are you noticing you want to do?"

❌ *Instead of:*

"I think this is happening because…"

✅ *Try:*

"What do you feel is behind this?"

"What do you think is coming up here?"

❌ *Instead of:*

"It's going to be okay"

or trying to reassure too quickly

✅ *Try:*

"I'm here with you"

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“Take your time—there’s no rush”

❌ *Instead of:*

“That’s not a big deal”

or minimizing the experience

✅ *Try:*

“That makes sense”

“I can see why that would feel that way”

❌ *Instead of:*

Jumping in to fill silence

✅ *Try:*

Letting the silence be there

and trusting that something is still unfolding

❌ *Instead of:*

Trying to “fix” the emotion

✅ *Try:*

“Can we stay with this for a moment?”

“What does this feel like right now?”

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A Simple Truth to Remember

People don't need you to have the answers.

They need to feel:

- ***seen***
- ***heard***
- ***and safe enough to find their own***

What You Are Not Responsible For

Holding space *can* feel heavy when you don't know where you end and someone else begins.

This is where many people burn out— not because they care too much, but because they take on what was never theirs to carry.

Let's make this clear.

You Are Not Responsible For:

- solving someone's problems
- making decisions for them
- ensuring they have a breakthrough
- getting them to a specific outcome
- carrying their emotions after the session ends

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You Are Not Required To:

- have the perfect words
- understand everything immediately
- hold more than you have capacity for
- keep going when you feel drained or disconnected

What You Are Responsible For:

- being present
- listening with intention
- asking clear, grounded questions
- holding a space that feels safe and honest

That's it.

The Difference Between Holding and Carrying

Holding space means:

- you are present with someone

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- you allow what is there to exist
- you guide without taking it on

Carrying means:

- you feel responsible for their outcome
- you take their emotions with you
- you try to fix or solve what they are experiencing

You are here to hold—not carry.

If You Leave a Session Feeling Drained

Pause and ask yourself:

- “Did I try to fix something?”
- “Did I take on what wasn’t mine?”
- “Did I hold beyond my capacity?”

This is not failure.

It is feedback.

And it helps you refine how you show up next time.

A Simple Boundary to Remember

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You can care deeply

without taking responsibility for someone else's experience.

You are not the source of their transformation.

You are the space where it becomes possible.

How to Practice This Work

The best way to understand this framework

is to experience it for yourself.

You do not need a full session to begin.

You can start with a few minutes.

This helps you:

- build confidence
- recognize where someone is in real time
- and trust your ability to guide

Start With Yourself

Set aside 5–10 minutes.

Sit somewhere quiet.

No pressure to do this perfectly.

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Begin with Water (Emotion)

Ask yourself:

- “What am I feeling right now?”
- “Where do I feel it in my body?”

Do not rush this.

Just notice.

Explore (Air + Shadow)

Gently ask:

- “What am I making this mean?”
- “Is there anything I’m avoiding or not wanting to look at?”

Let whatever comes up, come up.

Allow Movement (Fire)

Ask:

- “If this could shift, what would it become?”

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- “What feels different now?”

You don’t need a big breakthrough.

Even a small shift matters.

Integrate (Earth)

Close with:

- “What am I taking with me from this?”
- “What feels important to honor moving forward?”

Let it be simple.

Practice With Others

You don’t need to be fully confident to begin.

You can practice with:

- a friend
- a partner
- another practitioner

Keep it simple.

Focus on:

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- asking one clear question
- listening fully
- allowing space without rushing

Practicing Within Your Modality

If you already use a modality in your work—

whether it's painting, cards, movement, pendulums, muscle testing, or something else— you can practice this within that.

You are not replacing what you already do.

You are adding structure to it.

The modality is the tool.

The Way of the Six is the structure.

As you guide someone, you are not just using your modality— you are also paying attention to where they are internally.

At any point in a session, you can ask yourself:

- Are they in emotion (Water)?
- Are they in their thoughts or story (Air)?
- Are they avoiding something (Shadow)?
- Is something opening or shifting (Fire)?
- Is it time to ground and integrate (Earth)?

Even if you are using tools like:

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- cards
- intuitive prompts
- muscle testing
- pendulums

they will still point to one of these spaces.

This framework helps you interpret what you are seeing and feeling— so you know how to respond.

Instead of guessing or relying only on intuition,

you now have a way to:

- track the session in real time
- understand what is actually happening
- and guide the person in front of you more effectively

A Simple Reminder

You learn this by **doing**.

Not by getting it perfect— but by being ***present and practicing.***

Practice builds awareness.

Awareness builds trust.

You don’t need to reinvent how to do this.

You don’t need to create a completely new way to guide people

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every time you sit down with someone.

The work you're doing already matters.

This framework is here to support it.

If you use it, it will give you:

- language for what you're already doing
- structure you can rely on
- a way to track and guide what's happening in real time

And if you don't use it exactly as it's written— that's okay too.

You will still learn by doing. You will still find your way through experience.

But when you have a solid foundation, you don't have to guess as much.

You don't have to overwork to get results.

You don't have to keep reinventing something that already works.

Think of this like a wheel. The wheel already exists. It works.

You don't need to rebuild it.

You can use it as a foundation— and build whatever you're here to build on top of it.

Your work will still be yours.

Your voice will still be yours.

This simply gives you something steady to stand on as you grow into it.

A Final Truth to Remember

Some sessions will feel powerful. You will feel the shift. You will witness something real move.

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And some sessions won't. You may feel unsure. You may question yourself. You may not know if anything actually happened.

Both are part of the work.

Some people will connect with you immediately. Others won't fully understand the experience. This is not a reflection of your ability.

It is information.

You are not here to produce the same outcome every time.

You are here to:

- show up
- hold the space
- and trust the process

Consistency does not mean identical results.

It means continuing to show up— even when the results look different.

You were called to this work for a reason.

Let that be enough to keep going.

You are not walking this alone.

The way remembers you.

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