THE ART OF CONSCIOUS SPACE HOLDING

WEEK 1

FOUNDATIONS OF CONSCIOUS SPACE HOLDING

DRSAMIRMUJAGIC.COM

PRESENCE, ATTUNEMENT & EMBODIED AWARENESS

This weekly guide supports the integration of our first live session and offers simple, embodied practices to deepen your understanding of presence, self-regulation, and conscious space holding throughout the week.

Please move through this material gently. Less is more. The goal is not perfection, but familiarity. It's about learning to recognize what presence feels like in your own body.

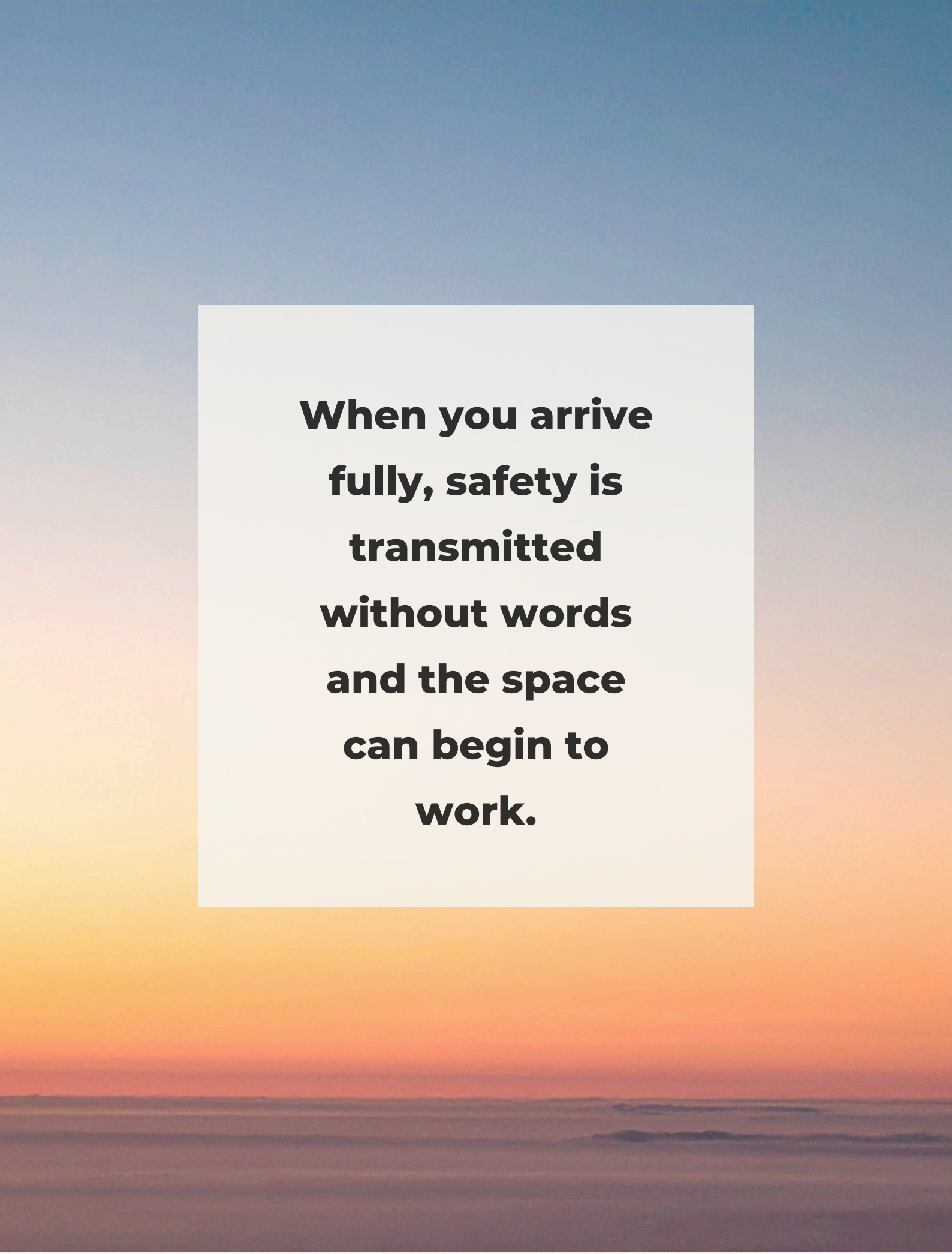
SESSION RECAP
KEY THEMES

In our first session, we explored the foundations of conscious space holding by returning to the body as the primary place where safety, presence, and attunement are established.

We explored:

- What conscious space holding truly is and what it is not
- The difference between listening (mental) and witnessing (embodied)
- Why presence is a nervous system skill, not a personality trait
- How safety is communicated through regulation rather than words
- The importance of arriving fully before holding space for another

A core insight from this session is that how we are matters more than what we say. Regulation, grounded awareness, and attunement create the conditions in which others can feel safe enough to soften, express, and be met.


When you arrive fully, safety is transmitted without words and the space can begin to work.

COMING INTO THE BODY

Purpose:

To support embodied awareness, settle attention in the body, and establish a felt sense of here-and-now presence.

Duration: 5–10 minutes

Practice:

1. Sit or stand comfortably with your feet connected to the ground.
2. Gently bring your attention to physical sensations — the weight of your body, the contact points, the pull of gravity.
3. Allow your breath to move naturally. There is nothing to change.
4. Slowly scan through the body from feet to head, noticing sensations without judgment.
5. If the mind wanders, gently return to sensation.

Reflection:

Notice how presence feels in the body. Is it heavy, light, warm, neutral, stable, or shifting? There is no right experience.

SETTLING INTO PARASYMPATHETIC PRESENCE

Purpose:

To support nervous system regulation and cultivate a calm, receptive state that supports space holding.

Duration: 5 minutes

Practice:

- Inhale slowly through the nose for a count of 5
- Hold the breath after inhalation for a count of 5
- Exhale slowly through the nose for a count of 5
- Hold the breath after exhalation for a count of 5
- Continue for several minutes, allowing the breath to remain smooth and unforced

If counting feels distracting, simply allow the inhale and exhale to become equal in length.

Reflection:

Notice any changes in your internal state, heart rate, mental clarity, emotional tone, or sense of groundedness.

EMBODYING PRESENCE IN DAILY LIFE

1. Daily 5-Minute Grounding Practice

Once per day, practice the grounding meditation or box breathing for 5 minutes.

Afterward, take a few moments to journal on one or two of the following prompts:

- How present did I feel in my body today?
- What helped me feel grounded?
- When did I notice myself leaving my body or becoming distracted?
- What does presence feel like for me right now?

Try to keep your reflections brief and honest.

EMBODYING PRESENCE IN DAILY LIFE

2. Reflective Witnessing Practice (With a Friend or Partner)

Purpose:

To experience the difference between fixing, advising, and simply holding space.

Structure:

- Choose a trusted person
- Set a timer for 5 minutes
- One person speaks about a neutral or mildly emotional topic
- The listener does not interrupt, advise, or relate
- Simply listen and witness, staying aware of breath and body
- After 5 minutes, switch roles.

Reflection Questions:

- What did I notice in my body while witnessing?
- Where did I feel steady? Where did I feel tension?
- How did it feel to not fix or respond?

CLOSING NOTE

Each time you return to your body, you are strengthening the nervous system foundation required for conscious space holding. Allow the practices to be simple, human, and imperfect.
We build presence through repetition, not effort.

You are invited to bring any questions or observations from these practices into our next live session.

I look forward to walking this path with you.
With presence and gratitude,
Dr. Samir Mujagić

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