THE ART OF CONSCIOUS SPACE HOLDING

WEEK 2

THE SCIENCE OF SAFETY & CO-REGULATION

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THE NEUROBIOLOGY OF PRESENCE

In this week, we explored presence not as a mindset, but as a biological and relational state.
Presence arises when the nervous system feels safe enough to stay open, receptive, and attuned — both within ourselves and in connection with others.

Through understanding interoception, vagal tone, and limbic resonance, we began to see how our inner state silently shapes every interaction we enter. As space holders, leadership does not start with technique, but with the capacity to remain regulated, embodied, and responsive in real time.

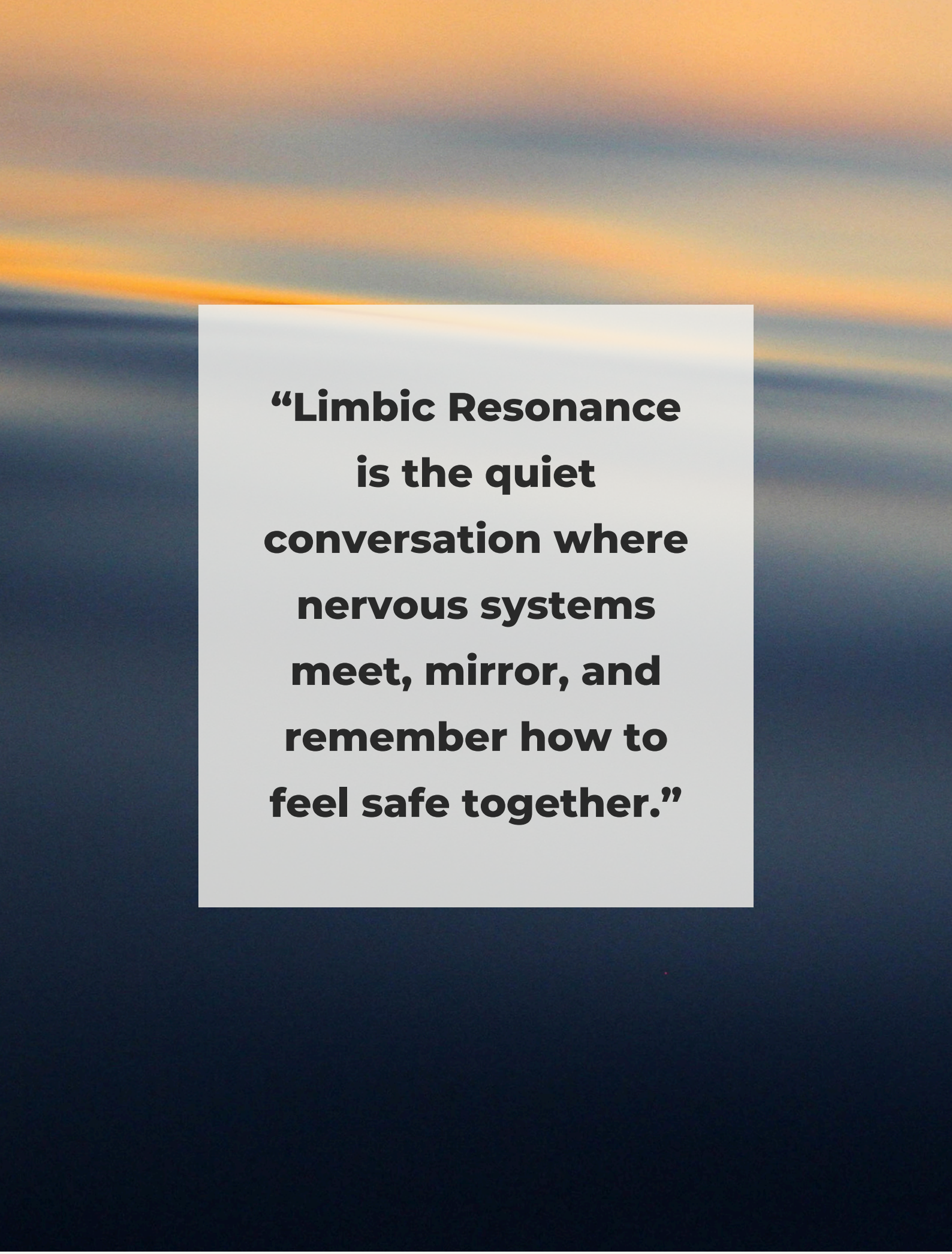
SESSION RECAP
KEY THEMES

In our second session, we explored the neurobiology of presence and how safety and co-regulation are created through the nervous system rather than conscious effort or technique.

We explored:

- How interoception builds awareness of our internal state and supports self-regulation
- The role of vagal tone in creating calm, grounded presence and relational openness
- The window of tolerance as a real-time map for assessing activation and safety
- Why breath is a primary regulator of presence and relational stability
- How limbic resonance shapes emotional communication beneath words

A core insight from this session is that presence is contagious. When our nervous system is regulated, it silently invites regulation in others — allowing connection, clarity, and trust to emerge without force or fixing.


“Limbic Resonance is the quiet conversation where nervous systems meet, mirror, and remember how to feel safe together.”

ATTUNMENT OF BODY-MIND-SPIRIT

Purpose:

To strengthen interoception and cultivate presence and nervous system coherence by synchronizing body sensations, emotional tone, and mental activity, allowing regulation and clarity to arise naturally.

Duration: 8–10 minutes

Practice:

1. **Attune with the Sensations**

- Sit comfortably and bring attention to physical sensations.
- Notice contact with the ground, the weight of your body, subtle movements or tensions.
- Sense without judging or changing anything.

2. **Attune with the Emotions**

- Gently turn awareness toward your emotional state.
- Ask silently: “What emotion is present right now?”
- Allow the feeling to be there without labeling it as good or bad.

3. **Attune with the Thoughts**

- Notice the activity of the mind.
- Observe thoughts as movements or patterns rather than stories.
- Let thoughts come and go without following them.

ATTUNMENT OF BODY-MIND-SPIRIT

Practice:

4. **Synchronize All Three**

- Now hold body sensation, emotion, and thought together in awareness.
- Sense them as one integrated field.
- Rest in this unified presence for several minutes.

Reflection:

After the practice, reflect:

- What changed when all three layers were held together?
- Did any layer feel dominant or difficult to include?
- How does this state influence your sense of grounded presence?

PRESENCE AND EMOTIONAL REGULATION

Purpose:

To stimulate vagal pathways through vocal vibration.

Duration: 5 minutes

Practice:

- Inhale gently through the nose.
- On the exhale, hum or tone softly (e.g. “mmm” or “ooo”).
- Feel vibration in the chest, throat, and face.
- Continue for several rounds.

Reflection:

What shifts in your body or emotional tone after this practice?

EMBODYING PRESENCE IN DAILY LIFE

1. Daily Presence Check-In

Once per day, pause and ask yourself:

- Where am I on my window of tolerance right now?
- Am I activated, collapsed, or regulated?
- What does my breath want to do naturally?

Journal 2–3 sentences about what you notice.
The goal is awareness, not fixing.

DYADIC LIMBIC RESONANCE PRACTICE

With a friend, partner, or fellow participant:

One person shares an emotional experience for 7 minutes.

The space holder practices:

- Soft eye contact
- Slow, regulated breathing
- Minimal verbal responses
- Reflecting emotions without advice or interpretation

Examples of attuned responses:

- “I’m here with you.”
- “Take your time.“
- “I notice … as you say that.”

Afterward, switch roles.

Reflection prompts:

- How did your nervous system respond while listening?
- Did you notice moments of resonance or reactivity?
- What helped you stay grounded?

CLOSING NOTE

Presence is not something we perform.
It is something the nervous system allows when it feels safe.

This week, your practice is not about becoming better —
it is about becoming more available, more regulated, and more honest with what is already here.

With presence and gratitude,
Dr. Samir Mujagić

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