

# The Art Of Allowing: What It Really Means To Hold Space For Someone

*BY JESSICA BASKEN AKA RIVERMOON*

Holding space is a term that is spoken of often (and perhaps overused and abused) in spiritual circles. To hold space for someone does not mean anything more than to allow someone to be just as they are. When we are held in a space where we are fully accepted as we are, we can heal.

*For more self-study, [The Urban Howl](#) recommends [The Life-Changing Magic of Not Giving a F\\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do \(A No F\\*cks Given Guide\)](#) .*

*Sip a little more:*

*[Liberate Your Wild Beauty](#)*

*[Remember Your Power To Choose How You Respond](#)*

*[The Science Of Not Giving A F\\*ck](#)*

But let there be spaces in your  
togetherness and let the winds of the  
heavens dance between you. Love one  
another but make not a bond of love: let  
it rather be a moving sea between the  
shores of your souls.

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