

# Holding Space On Loving Dying And Letting Go



## The Art of Holding Space

As humans, we are constantly navigating the intricacies of life and death. We experience love, joy, sadness, and grief as we journey through different phases of

existence. One of the most profound and challenging aspects of life involves holding space for others during their dying process and embracing the difficult journey of letting go.

## The Power of Presence

When facing the imminent loss of a loved one, holding space becomes a transformative act of love. Holding space means being fully present with someone as they navigate the final stages of their life. It requires setting aside our own fears and desires, and instead, providing a safe and compassionate container for the dying person to express their emotions, hopes, and concerns.



## Holding Space: On Loving, Dying, and Letting Go

by Amy Wright Glenn (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 11294 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



During this delicate time, we step into the role of a supportive presence, offering comfort and reassurance. We listen without judgment, hold their hand, and foster a space where they can freely explore their feelings and fears surrounding death. Our ability to hold space with authenticity, kindness, and empathy allows the dying person to truly feel seen, heard, and understood.

## The Importance of Loving Through Dying

When we choose to love deeply, we inevitably open ourselves up to the possibility of immense pain. However, it is through this pain that we discover the profound beauty and vulnerability of the human experience. Loving through dying requires us to embrace the impermanence of life and to offer our love unconditionally, even in the face of grief and loss.

By holding space for someone as they approach the end of their life, we honor their journey and demonstrate our unwavering love and support. We create a space where they can be authentic and vulnerable, allowing them to process their emotions and legacy. In this act of love, we find hope, connection, and deep healing for both the dying person and ourselves as witnesses of their transition.

## **The Art of Letting Go**

Letting go is perhaps one of the greatest challenges we face in life. It requires us to release our attachments, surrender control, and embrace the unknown. When holding space during the dying process, letting go becomes an integral part of the journey.

We must learn to let go of our own desires and expectations for the future, and instead, focus on supporting the dying person in their own unique experience. This may involve releasing our need for answers, allowing them to express their fears and regrets without attempting to fix or solve them. By surrendering our own agenda, we create a space where the dying person can find peace and acceptance in their final days.

## **Embracing Life and Death as One**

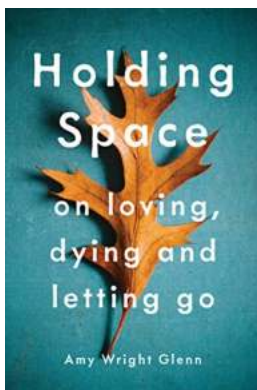
In a culture that often treats death as a taboo subject, holding space during the dying process becomes an act of rebellion and radical love. It challenges the societal norms and invites us to reevaluate our relationship with mortality. By

embracing the interconnectedness of life and death, we gain a newfound perspective that allows us to live more fully and authentically.

When we hold space for others during their dying process, we embrace the inherent beauty and fragility of life. We become witnesses to the resilience of the human spirit and the transformative power of love. Ultimately, by loving, dying, and letting go, we discover the profound wisdom and grace that exist within the intricate dance between life and death.

## In

Holding space on loving, dying, and letting go is not an easy task, but it is a profoundly meaningful one. As we navigate the complexities of life and the inevitability of death, we have the opportunity to create tender and compassionate spaces for those who are transitioning. By embracing the art of holding space, we offer solace, love, and support to both the dying person and ourselves as we journey through this universal human experience.



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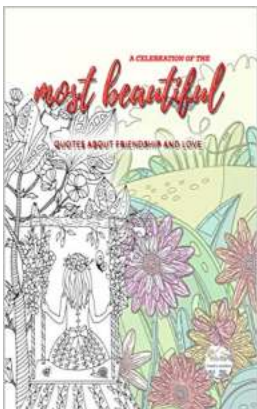


A “beautifully written” book on the spiritual, emotional, and philosophical implications of end-of-life care—by an author and hospital chaplain (Jan Chozen Bays, author of *Mindfulness on the Go*)

As a hospital chaplain, Amy Wright Glenn has been present with those suffering from suicide, trauma, disease, and unforeseen accidents and has been witness to the intense grief and powerful insights that so often accompany loss. She weaves together memoir, philosophical inquiry, and cutting-edge research on death/dying to chronicle how we, as individuals and as a culture, handle everything from grief to mortality.

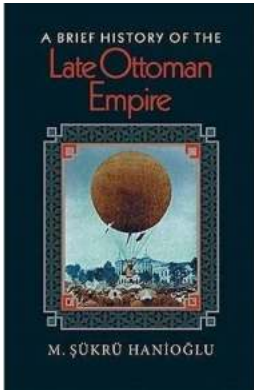
Glenn is also a professional birth doula with a deep and committed mindfulness practice who has thought deeply about the significance of human love and loss. She asks us to embrace the task of being present with what is—through courageous and mindful expressions of compassionate presence—and helps us to accept the fact of our own mortality on a visceral and emotional level, not simply as an intellectual abstraction.

*Holding Space* concludes by integrating key insights drawn from working directly with the dying into a moving and compelling meditation on the healing power of “holding space” for all involved in caring for the dying, a healing sorely needed in our culture at this time.



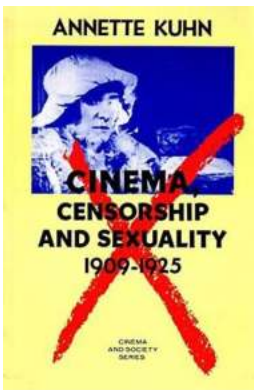
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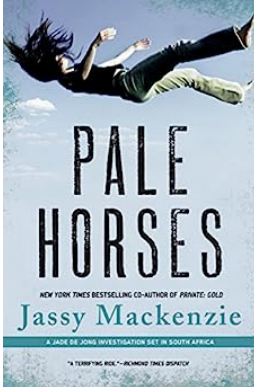
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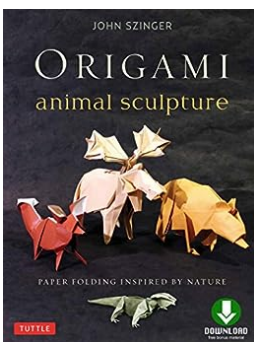
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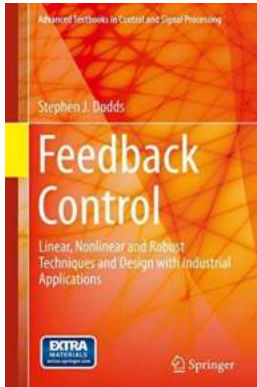
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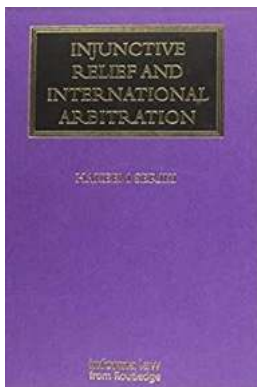
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