

# SOVEREIGN HIVE



# TO BE HELD SO WE CAN HOLD



Working with the laws of sacred reciprocity.

As we get called into a life of service, it is more important than ever to look at how we hold ourselves in our daily lives. To be held is a beautiful dive into the descent of winter, into the Earth of Pachamama. With the energies of darkness we lean into holding.

How is it to be there in that holding? For we cannot hold and serve others until we learn to be held. I've seen a lot of practitioners in my journey who hold a lot but do not allow themselves equal measure of being held.

My alarm bells go off when there is not this balance of in and out/Yin and Yang. Because I know myself that I do not want to be held by someone who is not resourced connected and full.

I believe we shouldn't be asking our therapists, holistic practitioners or anyone in the role of caring and service what is your qualifications necessarily.







We should be asking what is your lifestyle like? How much support do you have? If we were transparent with this, we would see that true success is not how many clients you have and how much money you earn, it is in your capacity to serve, give, create and love from a whole, integrated place.

Otherwise, we are not truly in service. As service is not giving without equal measure of receiving. So, we must re-examine and consistently deepen our self care practices as our business expands.

Real service is a devotional act. When we serve from our practice of connection, trust, deep listening and love we are the divine in action. The energy available to us exists in not how much we do but how much we align to our calling. Timing is everything, so often less is more.

Learning how to feel into your calling, how to make decisions, activating your internal navigation system resonance field are all key components in preparing ourselves to serve. If you want to hold space you had better be a master of being held first.



# WHAT IS THIS CONTAINER?



This container is more than a 'how to hold space'. What we are offering is a deep and connected space to return home to yourself and resource yourself from the inside; to give rise to your natural expression.

From here you will naturally attune to your surroundings and by utilising deep listening, contemplation and intuitive knowing you will remember your unique way of holding space.

Because the space we hold for others is the space we hold for ourselves. We are the medicine we want to see in the world. You will learn to prioritise yourself, knowing that this foundation enables you to weave your unique essence into the world. with strength and inner peace.

Throughout the journey, you will be uncovering your wisdom in the sacred container of ceremony. By sitting in ceremony we learn to attune to the group field and carry the ways we are held into our holding.



# THE COURSE LAYOUT



We will journey together in two 6 week long courses, Held, and Hold. There will be an assimilation phase in between. Each week we will have a 2 hour call and sharing space available on Signal. You will also receive a complete medicine box from our apothecary.

Held:

Week 1: **The Power of Intentions and Commitment**

Week 2: **Receptivity as a Vessel for Service**

Week 3: **Earth and Spirit Allies;** our Support Team

Week 4: **Trusting Self as a Guidance System**

Week 5: **Blockages, Challenges, and Fears;** Deprogramming Old Stories

Week 6: **Heart Before Head;** Following the Heart while Employing the Head as a Faithful Servant

Hold:

Week 1: **From Ideas to Form;** The Steps to Birthing your Offering

Week 2: **Set and Setting;** Safe Space and Preparing Space for Practice

Week 3: **The Flow in Form;** Be in your Body, Connect, Intuit and Serve

Week 4: **Universal Laws of Holding Space;** the Do's and Don'ts

Week 5: **Slowing Down;** the Expanding and Contracting Creative Process

Week 6: **Integration is Embodiment;** Where Embodiment becomes Enlightenment

This course will include access to an online platform, containing additional resources that hold the practical requirements to support your journey as a practitioner.



# HELD MODULES



## **Week 1: The Power of Intentions and Commitment**

Where do you decide 'yes' or 'no' from? What intentions do you set and why? This module will explore the physical process of living with integrity to help us hold and model clear boundaries in our work.

## **Week 2: Receptivity as a Vessel for Service**

Openness, vulnerability, honesty; how do we hold our humanness as practitioners? In week 2 we dive deep into the medicine of our truth so we may invite this into our work.

## **Week 3: Earth and Spirit Allies; our Support Team**

Who are our guides, and how can we work with them to build safe containers for ourselves with energetic protection and power?

## **Week 4: Trusting Self as a Guidance System**

Who is my highest self and how can I listen to that wisdom? Week 4 takes us deeper into our narratives about 'decision making, planning and goal setting'.

## **Week 5: Blockages, Challenges, and Fears; Deprogramming Old Stories**

Where can we release limitations and build new stories to build resilience and the confidence to serve?

## **Week 6: Heart Before Head; Following the Heart while Employing the Head as a Faithful Servant**

Once release has been found, how can we hold ourselves accountable to our dreams moving forward? This final week is a deep listening exercise with our hearts to find the way back to divine expression, over and over.

# HOLD MODULES



## **Week 1: From Ideas to Form; The Steps to Birthing your Offering**

Using integration work from Held, we will start Hold by weaving ideas into actionable form. What is this shape and where are we going?

## **Week 2: Set and Setting; Safe Space and Preparing Space for Practice**

The importance of environment. Week 2 will be a journey through the art of space-making.

## **Week 3: The Flow in Form; Be in your Body, Connect, Intuit and Serve**

Are you receptive to the cues? Can you read the energy in the room? To serve we must be deeply connected to the needs of those we are holding; we must be receptive and prepared to pivot.

## **Week 4: Universal Laws of Holding Space; the Do's and Don'ts**

Everything you want to know about the practical needs for setting up your containers.

## **Week 5: Slowing Down; the Expanding and Contracting Creative Process**

Can you find peace with the natural flow of serving as a business? There is work to find balance and flow between the spaces for creative growth and restorative care/reflection.

## **Week 6: Integration is Embodiment; Where Embodiment becomes Enlightenment**

Here we will walk through the process of embodiment and daily practice so you know how to assimilate this work, reflect and grow as a space holder.

# BESPOKE OPPORTUNITIES



We'll shape this course to your unique intentions, hopes and challenges. We will send you a questionnaire to capture your requirements but for now here are some journal prompts for you to dig deeper into your calling as a space holder.

1. Where am I most in need of being held?
2. Where did my self-healing journey begin?
3. Where do I feel my highest sense of purpose lies now?
4. What are my biggest dreams or returning desires?
5. What tools/medicines do I want to work with and why?

With this course you will be held 1-2-1. The human process of expansion is challenging, and we work together to alchemise resistance. This will prepare you with the courage to face your fears to show up in integrity. The more vulnerable and open we can be in this process, the more we can hold..

Blessings,  
Annabelle x

