



Before we can know what natural warmth really is, often we must experience loss. We go along for years moving through our days, propelled by habit, taking life pretty much for granted. Then we or someone dear to us has an accident or gets seriously ill, and it's as if blinders have been removed from our eyes. We see the meaninglessness of so much of what we do and the emptiness of so much we cling to...It is fairly common for crisis and pain to connect people with their capacity to love and care about one another. It is also common that this openness and compassion fades rather quickly, and that people then become afraid and far more guarded and closed than they ever were before. The question, then, is not only how to uncover our fundamental tenderness and warmth but also how to abide there with the fragile, often bittersweet vulnerability. How can we relax and open to the uncertainty of it? — Pema Chodron ([Full Article Here](#))

Read the quote above in a reflective manner. How do you connect hard times in life to a warm heart? Can you see how your difficult seasons of life have led you to a more open, caring, and warm heart?

Emotional safety enables us the freedom to collaborate, dream, be wildly creative, share bold ideas, feel increased compassion, and express ourselves freely with one another.

Ellen Moeder

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Vulnerability is the birthplace of love, belonging, joy, courage, empathy, accountability, and authenticity.

Brene Brown



The Space for Love

In week four of our series, we explored the idea of a warm heart as the space made to offer love to another.

When we are warm-hearted we:

- Embody what the other needs to feel safe
- Show genuine interest in the other
- Add to the space of love without monopolizing it



Warm Hearted Space

Embody what the other needs to feel safe – Making spaces of safety for others means that we take on qualities that put the other person at ease. We are able to read the needs of the other and demonstrate actions that, in some way, meet those needs.

Show genuine interest in the other – Creating spaces of safety for others requires that our focus is other-oriented. We genuinely care about the things the other cares about. This doesn't mean we will share the interest as deeply but it does mean we share it authentically.

Add to the space of love without monopolizing it– When we create warm-hearted space, we engage by adding our voice, perspective, and energy to the space. Yet we do this in a way that doesn't monopolize or manipulate for personal gain. We add to the texture of the moment without becoming the sole focus of that moment.

Reflect/Discuss

Ponder the qualities of warm-heartedness. Then,

- 1. Think of a person that made space safe for you to love. Be grateful for them and reflect on how they demonstrated the qualities above.**
- 2. Determine one specific action you can take within each of the three qualities that will make safe spaces for others**

Going Deeper

Below is a link to an article by Heather Plett. The article explores how to hold space for another person that allows them to experience the moment, whatever that means for them. Read the article and reflect on how you might put it into practice. Click on the title below to access the article.

[What it Means to Hold Space for Someone by Heather Plett](#)