

# Creating Safe Space for Every Soul

welcome.

# Before we begin . . .

**I invite you to choose one of the following micro-rituals for yourself:**

- Take three deep breaths, or . . .
- Place a hand on your heart and apply gentle pressure, or . . .
- Close your eyes for a moment and imagine your most favorite place in all the world.

**Go ahead. I can wait . . .**

# Hi, I'm Kyndall

Let's begin with why safety matters  
to me . . .



---

Rev. Kyndall Rothaus  
Poet. Pastor. Spiritual Director.

# Scanning for Safety

Discussion:

- On a scale of 1-10, how safe do you feel walking into any new environment?
- Walking into a spiritual environment? Church? Retreat? Spiritual direction session?

**physical safety**

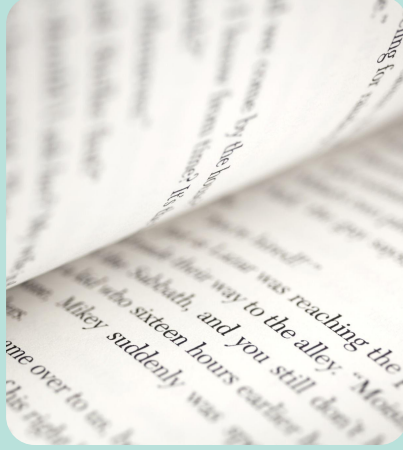
**emotional safety**

**psychological  
safety**

**spiritual safety**

# “I’m Fine”

by Larson Langston



# Gathering Our Collective Wisdom

## discussion question 1

What are some of the things that trigger in you the feeling of being unsafe in spiritual setting?

## discussion question 2

What signals do you look for to tell you that you are safe?

# adapt.

- curiosity
- the willingness to pivot
- the power of choice

# empower.

- understanding the power imbalance
- leveling as much as possible.
- encouraging self-discovery rather than offering instruction

# think brave.

- safe does not mean cozy or easy or a lack of pain or discomfort. safe is the freedom to be brave.
- mutual vulnerability . . . ? ? ?

# prompts

## question set 1

- Who might not feel safe with me?
- Where is my next growing edge?
- How am I going to learn? What time, energy, or resources will I contribute to this learning?



# prompts

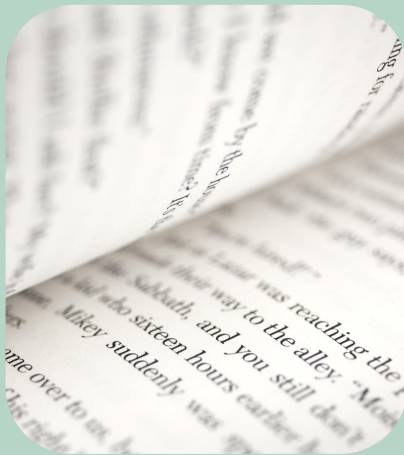
## question set 2

- What will I incorporate into my life or practice to create more safety?
- What questions do I want to ask my client/directee?

HELLO	01
INTRO	02
MAN OR BEAR	03
DEEPER THAN FINE	04
SIGNALS	05
SAFETY TIPS	06
JOURNAL EXERCISE	07
CREATING A WORLD	08

# “The Invitation”

by Oriah Mountain Dreamer



# thank you.

Want to connect further?

Find me in the following places:

- Instagram: @kyndallraerothaus
- Facebook: @kyndallraerothaus
- Website: [kyndallraerothaus.com](http://kyndallraerothaus.com)
- For extra brownie points, buy my books :)