



TRIPLEVISION WELLNESS

Choosing Someone to Hold Space

*A calm guide to choosing a facilitator for deep inner work
and ceremony*





Why this matters

Some of the most meaningful experiences of a person's life happen in these spaces. So can some of the most harmful. The biggest factor in which way it goes is not the setting, the tradition, or even the work itself. It is the person holding the space.

Choosing that person well is not about fear. It is about discernment. When you know what to look for, you can move toward this work with a settled, open heart instead of crossed fingers.

This guide gives you two things: questions to ask yourself before you begin, and questions to ask anyone you are considering working with.

How to use this

Take what serves you. You do not need to ask every question here. And you can change your mind at any point, even late, even after you have paid or committed. Saying no is always yours to keep. A good facilitator will welcome every one of these questions. Anyone who does not is already answering the most important one.

PART ONE

Start with yourself

Before you look outward, turn inward. Give these questions real time. Sit with them in a journal rather than only in your head, and let your answers surprise you. Your readiness matters as much as their skill.

- Why now? What is drawing me to this, and is the timing coming from me or from someone else?
- What am I hoping for, and is that hope realistic? This work can open things. It is not a shortcut.
- How is my mental and physical health right now? Is there anything a facilitator should know to keep me safe?
- Who is my support after? Who can I lean on in the days and weeks that follow?
- Do I feel free to say no? If I feel pressured or swept up, that is information worth listening to.

There are no right answers here. Writing them down is how you arrive clear, and a first taste of the reflective practice this work asks for.





PART TWO · QUESTIONS TO ASK A FACILITATOR

Training and lineage

This is where the most is hidden and the most is at stake. Charisma is not training. The most risky facilitator is often a confident beginner: someone who sat in a few of their own experiences, felt called, and began holding space for others.

Ask about their training

- Who did you train with, by name, and for how long? Was it a genuine apprenticeship or a short course?
- Are you still learning? Do you have mentors or supervision you are accountable to?
- What do you do when a situation is beyond your experience?

Ask about their relationship to the roots

- How are you connected to the indigenous and cultural origins of this tradition?
- Do you have relationship with the communities and elders it comes from, and did they give you what you carry?
- How do you give back to and support those cultures and lineages?

Reciprocity, not extraction. A true carrier of a tradition honors its source, knows what is theirs to share and what is not, and makes sure something flows back to where it came from.

Before and after care

The experience itself is the smallest part. What happens on either side of it is what decides whether it becomes lasting change or an overwhelming memory. Many spaces pour all their attention into the day and leave people alone before and after.

A strong facilitator does not wait for you to chase them. They initiate this. They offer a meeting or a group call before the day, so you can meet them and one another, ask your questions, and be asked in return. That effort is a mark of real leadership, and its absence tells you something too.





Ask about before

- How do you prepare people beforehand? What do you screen for? Health, medications, and mental-health history all matter.
- Will we build some trust and understanding before the day itself?

Ask about after

- What do the following morning, and the following weeks, look like?
- Do you offer integration support, or point me toward it?
- How can I reach you if something surfaces days or weeks later?
- What is your plan if I find myself struggling afterward?

If someone cannot tell you what the next morning looks like, take that seriously.

The rest of what matters

Ask what you need to feel safe. None of these are rude. All of them are fair.

- **Experience.** How long have you held space, and for how many people? What is your own practice?
- **Safety.** How do you keep people physically safe? Who else is present, and what happens in an emergency?
- **The container.** How many people are in the space? What is the ratio of support to participants?
- **Consent and ethics.** How do you handle consent, touch, and boundaries? Do you work with a code of ethics? This is where real harm has happened in these communities. It is fair to ask directly.
- **The person.** Do you have your own mentorship and support? Humility is a green flag. A guru posture is not.
- **Transparency.** What are the costs, clearly? Is there any pressure to commit or add more?
- **References.** May I speak with someone you have worked with?





A quick gut-check

Trust the quiet signals as much as the answers. How you feel in someone's presence is data.

Green flags

- Welcomes your questions
- Names their teachers and lineage plainly
- Is in relationship with the roots and gives back
- Initiates the conversation and offers a pre-gathering or call
- Screens you and prepares you
- Offers or refers integration
- Reachable afterward
- Humble about their limits
- Clear, unpressured pricing

Red flags

- "Just show up," no screening, no prep
- Vague or grandiose about training
- A tradition assembled from many, with roots in none
- No follow-up, no integration
- Discourages therapy or outside support
- Guru dynamics, love-bombing, pressure
- Blurred boundaries around touch or intimacy
- Promises to cure or fix you





THE SHORT VERSION

Take this with you

A pocket list for a first conversation. Screenshot it, or print it, and bring it along.

Ask yourself

- Why now, and is the timing mine?
- What am I hoping for, and is it realistic?
- How is my health, and who is my support after?

Ask them

- Who trained you, for how long, and are you still learning?
- How are you connected to the roots of this work, and how do you give back?
- How do you prepare and screen people beforehand?
- Do you initiate a meeting or call before the day?
- What does the next morning, and the weeks after, look like?
- How do you handle consent, safety, and boundaries?
- May I speak with someone you have worked with?





The work on either side

Choosing well is the first step. The deeper work lives on either side of the experience: preparing with intention beforehand, and integrating gently afterward, so that what you touched becomes part of how you live.

That is the heart of what we do at TripleVision. Rich D'Amaru offers preparation and integration support, in small circles and one to one, drawing on more than fifteen years of cross-cultural spiritual study and trauma-informed training. Whatever path you choose, and whoever you choose to walk it with, this is the work that helps you arrive ready and make sense of what follows.

A structured 8-week preparation and integration program is in development. Join the list at triplevision.life to hear when it opens.

However you choose to walk this path, may you do it with good people around you.

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This is guidance to support your discernment. It is not medical, psychological, or legal advice.