

Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Renee:

It's been ingrained in us that it's ... One time my mother said to me, "Well, if you'd had children, you wouldn't have had so much time to be so self-indulgent." That's probably true. However, there was a lot of healing that had to take place in order for that. For those of you who missed it, it's a really important question that one of the participants asked, if it's now appropriate to be making wind knots for some of the places in the world that need our support. This is like the Intro to Wind Knot class. I just think that we really need to keep the focus on ourselves for this one, but I also believe that whenever we step in and we decide what the outcome is for a community or a situation, that somehow we're still playing, like we're playing ... We're becoming the wind gods and that we know what's better or that we designed that. What did Angie say that was well said? I didn't see that. Let's get back to our personal knots now that we're moving into the aspect of tying the wind knots.

Wind whistling, what we've just started to learn and you just saw me playing, is an ancient art form of calling spirit. One of the things that I know about the wind spirits and trust me, it took me a long time to learn this, is that when you call, they come. You always have to be clear with your intention as you're moving through this so that you really know what you want. I'm going to say this again, for right now I really would prefer that people keep their intention on themselves and not sending off healing energy to other people, because the winds will take care of ...

Spirit doesn't need healers to create healing. We've all heard of spontaneous healing situations where all of a sudden someone was struck awake or that the enlightenment occurred. When we think that we have more power, that we somehow have power to do this, we get lost. For right now, it's best to just keep your wind knots. If somebody asks you to make them a strand, once you feel a little comfortable with it, then by all means, make them a strand. What that means is that you put in some of your power, right? The power that we're working with. You put in the wind power with your breath, and then they get to untie them when they want. You've got to be careful. You think like, "Oh, you know best," or somebody, when they need to be using these strands, but you don't. You really don't. You can deny people the dignity of their own healing when you get in the middle of it.



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Here's a part of the wind knot that I believe was really important to know. Last week, I was doing a journey with Sandra and in the process, we were recording the podcast, and I forgot what I was doing, but I was teaching a wind experience. I started to add an incantation into the wind experience. Even the more advanced students probably haven't heard it yet. When I put in the incantation, when I was blowing the wind whistle, and I used abracadabra because that's just a really old one, popular. One thing that I learned about abracadabra this morning was that the thing about saying abracadabra, and everyone try it, you can't say it with one breath. "Abra", you have to breathe in and say, you can't "abracada" ... It's not a word that you can say with one ... It's not a one breath word. There's a breath out, a breath in, and a breath out. Isn't that interesting? I thought that was very fascinating. There's, from incantations to ... shoot. I'm really sorry here. Hold on a second. Let me just stop the recording. One second. Don't let me ... all right.

How was that for a little magic? My friend is going to come and show him where it is. I apologize to everyone for that. I made a special trip yesterday and asked him if they could come after this class. Abracadabra, peanut butter, and jelly. Abracadabra. I love that idea. But what I saw when I did this, when I was blowing the wind whistle ... which we're going to use our breath when we're making our wind knots. What I saw was ... and people who see energy, I'd really love to hear this. What I saw was it took the energy and it broke it apart, like an energetic wave, and then it smoothed it back out into a new format. Just see if, when I blow the wind whistle, and say abracadabra in your own mind, see if you can actually see ... It looked like sound waves to me, breaking apart and then smoothing back out, almost like an EKG. Tell me what you see.

Could anyone see the waves of that coming up? I saw it really clearly the other day. I'm not going into the meaning of the word. I'm just using it as a word at the moment for this. I know that we are creating, but sometimes I want to get us from the literal meaning into the energetic of it. Some people could see that. The whole thing is for me, and we all visualize things differently, I could see particles breaking apart and then coming back together. Again, if I believe that the creation happens in the gap, it's in between those particles, that then come back together that the magic occurs. When we're making our wind



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

knots, it's our breath and the thought bundles of what we want to create. What I'm saying for all intents and purposes on these wind knots, especially the ones we're doing right now, are we want to keep our thoughts as clear as possible.

If were just doing them for prosperity, that's what we're doing these wind knots for, we're not defining what the prosperity is at the moment. We just want prosperity. Because what happens is you may say, "I want a new Maserati," but what if there's something even better? What if you're getting into the first spaceship going to Mars? We limit our prosperity by deciding what it looks like. When I was looking for a house up here, the realtor says, "God, you're really patient. You're really patient about all of this." Hold on one second again. I'm really, really sorry.

Brigid:

Did anyone else feel that statement? I'm trying to write it down. We limit our prosperity by deciding what it looks like. How many times have you predetermined what your prosperity would look like? I know I'm guilty of it.

Speaker 3:

Brigid, can you please say that again?

Brigid:

Renee just made the statement, "We limit our prosperity by deciding what it looks like." We limit our prosperity by deciding what it looks like.

Renee:

When I was looking for the house, my realtor kept saying, "Oh, you didn't get that house." I go, "Yeah, this one or something better." Now, if I kept getting caught up in the idea of what that better looked like, then I would have been in the fish shanty over across town and I wouldn't have gotten what I really



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

wanted. I think that the point of the discussion is that when you make a wind knot, it's this or something better, always. Can you see these?

What we're going to do now is, and this for all of the Wind Clan members who haven't done this before, is we're adding the invocation, the incantation into the breath when we go to tie our knots. What did she say? "We limit our prosperity by ..." Oh, that's Brigid. What we're doing is we're taking our breath and our thought bundles of what we want, and this time we're doing them for prosperity. We're going to put our wind breath, our incantation, and we're going to tie them into knots that then we can store to use when we need them. How does that sound? Are you excited about this idea?

I just want to show you something. Now, some of you have taken the Wind Work Basics, because I know that I saw you in that course and I know who you are. Now, what wind you call upon to put into your knots? This is where you could have some in-play or input, is that ... Say you want prosperity, but you need to have a new beginning. Your ideas, you need new ideas for prosperity because you've run thin on your ideas for prosperity. Well, you might want to call an Eurus the East Wind. But, say that you keep stomping through your emotions and you can't work with other people, you get in your own way, and your emotional needs and desires get in the way of your prosperity. You haven't figured out what you need and desire to be prosperous. Then you might want to call on Notus the South Wind to be in here. For today, I was using the east wind.

Maybe you've been great at creating. Over and over again, you can create and create and create, but you can't harvest. Or you've got a physical issue going on, so you have [inaudible 00:14:19] health. You could use the west wind for that. So, then if the north wind is, if you want to create a community and you haven't been very prosperous for support and in community, you might want to use call to Boreas the North Wind to help you with your wind knots for that. Does that make sense?

These Cardinal winds will come in and help you with a theme. Eurus, for my memories and beliefs, new ideas, new beginnings. Notus the South Wind for emotional needs and desires. Say you're in a bad



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

relationship and you need to be in a more prosperous relationship, you might call upon Notus. Right now, just survey in your life, what wind might be helpful to make you a prosperous knot, because we're all at different places in our cycle. Does this make sense, Brigid?

Brigid:

Yes, very much. Does anyone have any questions?

Renee:

What about some people who had never taken any of our Wind Work classes? Does this make sense to you? (silence)

All right. This is where we can start to bring the cardinal winds in and when you get more advanced in your wind work, and by taking some Wind Work Basics and some other classes, then you might start adding in more winds. What we're doing in the 10 month program is that, say I pulled [inaudible 00:16:16] for a month flag, I would make a wind knot for opening and closing doors. Well, sometimes that's how it goes, right?

It is not necessarily always the wind we want and sometimes the wind we need. Say you don't really know right now, like, "Renee, I'm so lost that I don't even know what you're saying." You could write ... If you don't, you can download Wind Spirit Cards. In fact, we'll put it in the coursework for you. But when you download, just pull out the Cardinal Winds and then you can pull one from the hat until you're really more comfortable with really defining where you're navigating from at any given time. Brigid, are there questions I need to answer out loud?

Brigid:

Here is a good question. She said that she is an overachiever and is it possible to bring in all of the cardinal winds at one time?



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Renee:

Yes. We once did an experiment one day. You know everyone does those seven day challenges and stuff like that? Remember, I brought this in and I didn't really know what to do with it for ... I've been learning what to do with it for the last few years. We had a five or seven day wind challenge. By day three, everyone's life was in topsy-turvy, chaos. We had to take a doldrums and no-wind day and didn't call in any more winds because what I had to learn was that when you call to wind, you want to send that wind home when you're done working with it. Because one time, when I was still seeing a lot of psychics, she said like, "Oh my God, you've got these 30 spirits with you." It was like, I kept calling up the wind, calling up the wind, calling up the wind, and I wasn't sending them home. Life was getting pretty breezy.

You have to be really responsible because remember, when you call, the winds are going to start to come. What you want to do is you want to be really respectful. If you were going to work with east wind to make a strand, and so you're an overachiever, you want a strand for each so when you got things going on, by all means do it. But send the east wind home when you're done with that ceremony, open a new ceremony, calling it. You can have four strands, but by all means I would not ever suggest unleashing one from each direction, or the winds are going to be coming at you from every which way. Does that help?

Brigid:

Yes, very much. Thank you.

Renee:

In our 10 month Wind Master program, everybody is working with one primary cardinal wind for the year, and then one of the 32 wind spirits from the book, each month. We're all like ... It's really nice. This month, I'm working with the same one as some other people. You get to start to see as people do it, what the experience is with it. It's really exciting.

Brigid:



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

I'm halfway through your book.

Renee:

Oh, good. Thank you. Well, I think. I'm hoping you're enjoying it. You're here, so that's a good sign. The wind knots, we're to the point of the wind knots. This is the technical part of this, is like, "How do you make a wind, Renee? That's what I came here for." The other part is the background of how do you hold the wind knot.

The [inaudible 00:20:09] sailors used to go to the wind witches, and you see here even in some of the diagrams, they would take these wind knots with them on the ship, so that they would assure a safe trip and a prosperous trip and a trip home. What you do is, we're going to learn how to tie the knots, but once they're tied ... When they needed a gentle breeze, they would tie a single knot, untie a single knot, and you untie it and you let it go. Two for a half a gale and three summons a storm. Now, they used knots over in Massachusetts, off the coast, when they got to America. They were using nickels and pennies and silver pences that they would infuse with the wind to throw them overboard in the same kind of concept. Is it a wives' tale or did they know that they had a relationship with nature that worked? My belief is that they had a relationship with nature that worked.

They would sell these wind knots to seafaring men. They would take these three knots and when they had a ... This is from an old book. I just wanted to show you how, that they were when they were ... They were selling the wind. I used to make jokes like, "Oh yeah, spirit, how funny are you? Here, you want me to sell the wind? I mean, come on." It's like, of all the things, I'm a used car salesman, but now I'm supposed to sell the wind? Well, the good news is there's a history of selling the wind, and I'm not selling the wind because the wind is out there for all of you.

What I am teaching is very practical ways that I've learned over time how to deal with things, and also tools and tricks that I've learned over the years about being a coach and a teacher and all of that, that I've worked hard to get. But the wind is for you. The wind is going to teach you, with or without me. But



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

once you brought the wind into your life, you're going to have a different relationship with the wind. If this is the only class you've ever taken.

Now we're going to learn how to tie a knot. This is very important. Can you all see me? I'm going to move back so you can see more of me. One of the things we learned early on is that it's important to know which side is your third knot so you don't accidentally unleash the third knot when you're not ready for it. But it will happen all on its own. The best laid plans of mice and men often go astray. So, this is our third knot.

We're tying these for prosperity. This is the interesting thing about teaching. When you're teaching in a group in person, if there's a disruption, somebody comes into the classroom, you can just deal with it here. Here, I've got to shut down the mute and do all of that, get the scissors. I'm trying to have these be more personal experiences. All right.

I have a strand about this long. It's about here. Now, I want these to be about ... We understand that power is that ... The power that we're talking about is to be able to hold the energetics so the prosperity can come in. The power is that we're going to invite spirit to enter into each knot so that we can have an experience with this. All right. I've located the one side. On here you have step-by-step instructions that we sent to you. So, you've opened up sacred space, which we did.

The other thing with the wind witches is that they didn't let other people see them tying their knots. I'm showing it to you for a demo and then I will untie it later. But if it's for personal, you don't want other people's energy into your personal power of your knot. You really want to be able to tie them privately. Even if they were sitting in a group, they would sit with their backs to each other. They would hide them below here. It helps to go out on a windy day. As I'm talking about this, the wind is picking up outside. If you're not in a place that you can go outside, because we do have some people who are stuck at home, you can use your wind whistle.



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

I would suggest using your wind whistle even if you're outside. If you don't have a wind whistle, we use our breath. Your breath is the kiss of the spirit, to kissing ... What we want to do is, so we're going to ... I'm getting ready to tie an overhand knot. That's one of the first knots you learn as a kid, where you go over here and then you slide it up through. All right. So, you've got here ... In here, this is when you're going to ... You're going to use your wind whistle, if you want, or you're going to use your breath, or you're going to try to catch that wind outside, and then you're going to use your incantation. If you don't want to use abracadabra, like Angie said, it's the Aramaic word for "I create". Maybe that sounds better. That could your incantation. I'm not saying what your incantation is going to be. I'm just playing with abracadabra right now because I liked the way the waves moved for me.

I'm going to actually go into here and I'm going to go ... because I'm doing it quietly, and you can't even do abracadabra quietly without even without breathing in and out too. That's a really interesting word. I tie that first knot. Remember, this is my gentle gale, my gentle breeze. Then I'm going to put in, when I need more energy towards prosperity, more power towards prosperity, I'm going to do a second one. I'm going to tie that. Then my third one, this is the all gale, all bets are off. So, then I have a strand of three knots. I've got this side, got wax on it or colored string or pencil, so that I can tell the difference between which knot is which knot. All right. Right now, I'm going to untie one just so you can see it. I want to give us all, this group, prosperity since we're all here. I did this as a group demo, so I'm going to untie prosperity. Again, I did my incantation and I untied that first knot. Do you feel the energy of that? Anyone? Brigid? Anyone there?

Brigid:

I definitely did. Kat is asking a question here. Is the incantation before the breath or after?

Renee:

I do it while I'm doing the breath. It's a coordinated move. You know what? I'm wrong. When I did it, I was like ... I did the incantation right at the end of the first breath.



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Brigid:

She's also asking, "Do you say anything when you open the knot?"

Renee:

I did the incantation again. But you could say thank you.

Brigid:

Rosemary is asking if you can do the process of tying again.

Renee:

We've got our knot. We've got this now, right? This is the space in here of where we're storing the prayer. I'm going to do it this way so you can see it, but you're going to get a breath, and I'm going to put this in here. I'm going to put this string through here because it's hard to do it all. I close my eyes, and that's how I do it. I say the incantation. It's powerful with the incantation. It's just really, really ... I can see that it adds a lot of power to it. This is like a new move with these wind knots that I think they're really a powerful move. I'm really looking forward to everyone trying that and telling us. I guess for this class, we'll go over to the Wind Clan to do this.

This is your deepening process to actually go out in nature and make your wind knots today. We're not going to actually do it on this call because I want to take you on a journey as an ending, but I'm going to get some questions first and get all of that out of the way. Because once we do the journey, it's how I like to end it, but we're going to do a journey about power, because I think that if you ... Understanding the power part is so crucial to having the prosperity, and learning how to contain it into a knot, so that your power is coming from a really sourced place of clarity. You can create that. You don't have to wait for a strong wind. We're not weather stalkers, like those people chase weather trackers like, "Oh my God, there's a hurricane. Let me go out and tie some wind knots." Other questions? Wind stalkers. What comes out my mouth.



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Brigid:

I think I had my new vanity plate.

Renee:

I know that's a great one. You start furthest away from your waxed end or your colored end. You tie your least ... You tie your gentle wind first. Your second wind is your middle wind. The third wind is your most powerful wind. That's how you do it. Yes. Yes. The wind you brought in is your cardinal wind. When you're calling into the directions at the beginning, Linda, you would call in to Eurus help you, or Zephyrus to help you for this. Say you've decided that you're really needing some good health and prosperity right now, so you want to work with the west wind for your wind knots. You could face west and you could call to Zephyrus the West Wind to help you. Now, maybe you don't know. That's okay too. Just pull a wind out of the hat and see which one wants to help you do this. Well, that's a picture. That's why you can't get yours to look like a picture. But I mean, truly, it's the same knot that you use when you're tying a shoe. Can you see it, Brigid?

Brigid:

Yes. Angie's asking how often do you do this wind knot. Once a month? Question mark?

Renee:

Well, you're doing them once a month [inaudible 00:34:17] with your monthly winds in your [inaudible 00:34:20]. You know? As you need them. Some people, you know what happens. There's a lot of people like, "Oh, I'm never going to undo that third one." I say, undo a whole charm. I say, do a whole charm. My fingers are in the way. I'm not quite ... Here's my hand. Here's some looped around it. Then I'm going through the center, and I've got the loop. All right. And then you have your knot. You pull them tight because if you have a [inaudible 00:35:13] or you put them somewhere, they'll untie themselves. What we want to talk about is, then you want to keep them on your altar. All right.



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Over here, on the one side is the 10 month program. We're making wind knots for each. To keep them all straight, I just put them in between each month. But you might have an altar in the house, or you might have an altar, altar. You want to keep them somewhere sacred. Or you might want to have a little cavern, a little pouch to put them in. You want to keep them somewhere sacred. They're magic. They're charms. Okay? Any more questions on them?

Brigid:

I will just say to be mindful of where you hide them. I've actually forgotten where I've hidden my knots, and then I find them way after the fact.

Renee:

Way after when you needed the most. Yes, you could have more than one knot, but for this one, I would really, the thing that I would say to start with, is before you make two, why don't you make one and undo them all, and see how they help in your life. I mean, we're like a culture of more. If one wind knot's going to give me power, five are going to give me way more power. But only when you unleash the wind. Now, we are going to unleash the second wind for this group so that you all have the energy to go out and make your knots. I'm not going to undo this third wind knot right now because I don't want to unfurl you and send you off packing.

Brigid:

Tom is asking what is the significance of three knots.

Renee:

That's how they used to make them, but when we did it with ... We've done a whole directional one where we've made a wind knot for each direction. It gives you a starting point so then you can see what's a little bit of wind, what's a little bit more wind, and what's a lot of wind. Sometimes we don't even know what those things. All right. Any more questions before we go to the journey and end this?



Wind Knot for Power and Prosperity

Renee Baribeau, ©All rights reserved 2021

Brigid:

Not that I've seen.

Renee:

Let me tell you what the deepening exercise is now. You're going to make a strand of wind knots, and make sure you have an altar or a sacred place to put them on.