

Wind Knot for Power and Prosperity

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Renee:

We're in the process of building a teaching platform called Windwork.org and you will be the first group of people who are actually going to be having their coursework over on that. So after this class today I'm going to invite you over there and maybe within the next day I'll be adding you all to the website, but you're going to have to sign in and log in and do all of that and that's where you'll be accessing the recordings of this and you'll also get to see some of the other classes that we have recorded.

Renee:

One of our goals in 2021 was to get a really good recording of all of our classes. And today this Wind Knot for Power and Prosperity is actually introducing some new wind technology to help with the power and the prosperity of the wind. And we're going to have a conversation here about what is power. I forgot to talk about what is prosperity, but for me, prosperity is that you're doing work that you love, and that you're in a congruency with your life, that you can have meaningful ideas that you can actually launch, that you're emotionally regulated in your life.

Renee:

One of the biggest causes that people can't have what they want is because of emotional deregulation, which means we can't manage and work with our emotions. And that doesn't mean you can't have emotions, it means that the emotions have to be, "Oh, that's just a feeling. Okay. Well, I've seen that feeling before. All right." And that you can take that pause to step back long enough to respond and not let it run you.

Renee:

When I was first, oh, I don't know, in my 20s there I was very early into the psychiatrist's office and the psychiatrist told me when I went into rage, I should turn around and look to see who just hurt me. Because at that time I was so emotionally dysregulated that I couldn't see the



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connection between my rage and my feelings being hurt and hopefully over time, I've gotten better with that, but not always.

Renee:

If I'm tired, if I'm angry, if I'm lonely, all of those things, hungry, sometimes they'll creep in or if I've just worked extra long week and I don't even really know that, "Oh yeah, that just happened again." It happens less and less frequently. Can you hear me? Okay. I just wanted to make sure. All right. So if you can't hear me, there might be something on your volume, so Brigid could help with that.

Renee:

So our emotions are regulated and one of the things, and we're going to talk just a little bit about it, but this isn't the Wind Work basic, we're going right into the wind knots here, is that you also can harvest what you've sown so that you can actually go to the... Last night I was very excited, cooked dinner, pulled the carrots from my garden, pulled the cauliflower and had vegetables from my garden. So to me, that's a very successful way to know that I was prosperous last night, because I could physically go out to my garden and get some food.

Renee:

Now, it could be way bigger than that, like having 25 new students in the Wind Work class today. But one of the things that we forget to do is just to be grateful for the cauliflower and the carrots we can take out of our garden at any given time. And then really prosperity for me is when there's the community buy in, when the community is supporting my work.

Renee:

You could have the greatest idea and be emotionally regulated, having a good harvest but your idea's in growing corn in the community, it's not feeding your community. It may be for somebody else, but you're not getting that support. So to me, the idea of prosperity isn't 100 K



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or a new house. I mean, those are all great things. And I just got done building a tiny house, so I do like the physical manifestations of the rewards for the hard work that I've put in.

Renee:

Prosperity for me today is just as exciting to go grab the strawberry out of the garden as it is to have a new pair of shoes. And when we get to that place, it's funny when we start to appreciate the light from the candle, the light from spirit multiplies in our life. So if you're here because you want to get the 100 K or the new home or all of that, this probably will be a good place to start, but that's not the kind of magic that I'm hoping to have transcend in this gathering today.

Renee:

It is a gathering of shamanic peoples. I don't know if your shamans or how you identify. I don't know how you identify. In this group, we try to identify in a way that is respectful of all other things on the world, and I often don't get that right. So forgive me right up front if I say things that offend you, I'll try not to. But if you have some smudge, if you have a candle, hopefully you've made yourself, turned off your phone and all of that and I'd just like to start by smudging the area a little bit.

Renee:

A lot of you have never taken a class with me before, so you might've heard me on the Shamans Cave or another way, but I'm kind of irreverent and really I'm known as the practical shaman, but the practical shaman is really kind of redundant because really all shamanism is practical. It was concerned with the health and wellbeing of the community, the livestock, making sure there was longevity and also the spiritual, emotional, and physical healing of the tribe.



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Renee:

One time I was up on the mountain in Salcantay and it was really cold. Let me just tell you. It was really, really cold. And we were going to do this Despacho ceremony, which is a give back. And the [Pacos 00:07:29] were in there laughing and having some room. And I was getting madder and madder at the moment because I was really cold, first of all, and second of all, it was like, "This is a ceremony let's get serious."

Renee:

The truth is the word enlightenment is enlighten up. So they laughed and they had this whole thing going on. And so what we did was... What I've learned to do is like, "Wow, I need to lighten up." So we generally... Where'd that go? I guess I'm at the end. Wait a second. Wait a sec. My slides' all off. All right. There's something with my slides. All right.

Renee:

One of the things we'll do when we get there is when we open this really sacred space, we're going to laugh and we laugh as a community and we undo our things, our mute buttons and we laugh, because I've learned enlightening up and laughing is just such powerful medicine.

Renee:

The other day, somebody in one of my other advanced classes, I realized that they didn't realize that this was shamanism, that these practices are shamanic in nature, that we actually are trends. We actually mediate with spirits in order to achieve the power and the results that we want. And so shamans know that if they travel outside of time and space, and the whole notion of Wind Work is really moving out from a linear landscape of time, into a more sacred cyclical landscape.



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Renee:

That was our rights, our inherent nature before we started to divide by, and I say this because there's a lot of new people that we've started to speak the same religious languages. And so before that, people spoke the same community languages, and then all of a sudden we went from outdoors, living in nature, into the indoors with doors and windows. And all of a sudden we went from having a direct revelation of nature into where we needed an intermediary and the intermediaries became the priests and the community leaders and things like that.

Renee:

So we lost connection with absolutely listening to the wind. And so when I first started to write Winds of Spirit, one of the first working titles, there was many, was When God was Wind. And if you go through all the different traditions, Ruach is a wind, Nirvana is a no wind, the holy spirit is a wind, Om is a wind. It's all wind. And in order to get people speaking the same new languages, the winds became bound and tied into different theologies and cosmologies.

Renee:

What happened was those intermediaries started to tell us what happened and we listened to them for advice. And even in my own life, for years, I mean, I must've spent thousands and thousands of dollars on psychics over the course of the years, looking for somebody to tell me what my next steps are, what I was going to do, how I was going to do it.

Renee:

What I realized was once about two years into the book that I wasn't calling anyone anymore, because I would go out and take a wind walk, which is something we cover in our Wind Work basics, which we will be offering in October. Is that you go outside in nature, you ask the wind for direction, and you can see videos on this and how to do this, but you go outside in nature and you ask the wind a question.



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Renee:

As you start to develop your relationship with these wind spirits, you'll get your answers. Truthfully, I haven't called a psychic for information in a very, very long time. I do have a couple of friends that we trade card readings with every once in a while, but it's more almost for validation. But now I will get direct revelations. In fact, the more and more I go, I realized this book was pretty much a direct revelation with a lot of research to back up those direct revelations, and it gets...

Renee:

I learned more and more about what was really revealed in between these words and in between these pages, and I don't say that I'm some powerhouse, so I'm thinking, "Wow, how lucky I am that I was listening that day." One of the things... Wind knots, and they date back to the lap sailors is that they are a way of accumulating and storing power.

Renee:

It's really nice, you know when you have those really days where you feel really, really powerful, but then another day where you feel a little lethargic? Well, wouldn't it be nice to have a wind knot that you could undo and give yourself a little bit of extra juice, and that's what the sailors used these for. They would go to the wind witches, the wind witches would tie them a strand of knots for particular sailing trip, and then they would have these knots and then they would untie them to the degree that they needed power.

Renee:

The first one was for was just a gentle breeze. The second one was when they needed a little extra oomph, maybe they were caught in the doldrums, which is the place of no wind. And then



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the third one would be all hell could break loose because everything would be turned upside down and everyone said, "Well, why would I ever unleash that third wind knot?"

Renee:

Well, sometimes your life needs to be turned upside down so you can turn right side up, and there's these knots that can help empower you to do that. And a lot of times I find with beginning wind knot tires is that they hold onto that third wind knot for so long that the wind will untie it itself. And trust me, there's a lot of people in here who could tell you, "Yeah, in fact, this morning in our 10 month program, we made prayer flags for every month where we actually pulled a wind spirit card, which..."

Renee:

Again, we're not going to talk a lot about these today because we only have two hours for this. And lo and behold, there's a wind knot that was untied on my... We tied a prayer flag for each month and then a wind knot for each wind as well. And I went out there and a couple have been untied without me even being over there. So I don't know if the cat did it or the deer did it, or the wind did it, but sometimes spirit has a hand in all of this. Always has a hand in all of this.

Renee:

Now, if we stay in integrity with all of that, what I was talking to you about, that medicine wheel, which I'll go into a little bit further, a little bit deeper, then the power that you're using is going to be in alignment with, hopefully, your highest and best god at all times. And so one of the things we're going to look at today is, how do we use our power? Because we all have our power, but whether or not we're always using it well is left to be seen. And we're going to see that today, because later on, we're actually going to take a journey to see how we transact power.



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Renee:

A little bit of housekeeping and then we'll dive right into the whole ceremonial part and hopefully everyone should be here by then, is that we have an apprenticeship program and I would love if Brigid, you would pick two people who are in our apprenticeship program just to give one minute of what they've gotten from this apprenticeship, because our application for next year's 10 months apprenticeship is opening soon.

Renee:

Last night I got an email from one person in our group that said, "It is so powerful that I'm retaking it again next year." And so it's been a combination of teaching every month. The people who want to teach it, hold space for these monthly meetings and we've had guest speakers come in, but I would just like to hear it from maybe one person now and maybe one person later who really has had a life-changing experience with the apprenticeship program.

Brigid:

Kat, would you be willing to hop on here? Oh, Angie raised her hand too.

Renee:

Okay. Angie would be good.

Angie:

I'm not really a wind person when I started and I had no idea what the wind was and I was totally clueless, and it just changed my life. I moved to a tropical island. I reassessed my relationships with people that I was close to. I've started a new business. I've found that in my life, I had no joy, I was not living a life of joy.

Angie:



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It just exploded on so many levels, and I'm only in month seven and it's just been a miraculous life-changing experience on an individual personal level, but also in a community level. So I'm very appreciative to Renee and the Wind clan and all the winds that have come forward. And it's just been a truly transforming experience on a personal level, work level and everything else. So thank you so much.

Renee:

Thank you, Angie. At the end we'll ask if there's somebody else who would want to share too. Love to hear it. Kat's had some pretty awesome experience as well. So we're going to do it again next year. It's been so powerful. And then right before the class, we have a fall retreat in Denmark, Maine, and there's now going to be a waiting list to join us, but it's going to be an amazing wind-filled experience. And we probably will do and offer some of it out as virtual as well. We're working on the logistics for that as how we go.

Renee:

All right. If you need to take a break today, take a break. And there might be a break where I'm going to have to take a break because there's deliveries to an island, a very strange and I try to organize it afterwards. And if they come, I'm going to have to take a break because otherwise it will be another week before I get something. So that might be a forced break and Brigid can step in.

Renee:

We will do a fall Wind Work basics and I will let you all know when that is. That's going to be in October after the Wind Retreat. And then also mark your calendars because we will be doing a Fire Tenders Gathering. And if you have something to teach and something to share, we're going to be doing a call for people who want to do that. But if you've never done our Fire Tenders Gathering, for seven to 10 days, people hold alter spaces for each other.



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Renee:

So it's the community that does the work because all of the reason that I do this and all the reason that we're here is to build community because we need each other, we need our communities. It's very, very important that we have that space together, especially with viruses and things that are here to stay, that we need to go back to basics, back to our communities, back to where we can actually make a difference. And that's why I teach to help people build communities and build stronger tools for resilience in your life to navigate these changing winds. Okay.

Renee:

Before we open up the sacred space, I just want to say that this is the process we're going to be today. We're going to prepare our tools and space. We're going to move from linear to sacred time, and we're going to do that with a opening prayer and laughter. Then we're going to look at our relationship to power. Then we're going to do some magic where we're going to call upon the winds of spirit.

Renee:

Then there's a technical aspect of tying the ropes that we're going to talk about storing your power, and then we'll move into magic and miracles. That's pretty much the format for today. Are there any questions before we get started? Can you put them in the chat, and Brigid can ask me at various times? Let's start.

Renee:

Again, it's some of the deeper teachings, but for the last maybe 14,000 years, we moved into this place where human beings became the commodities, where we were human doing. I mean, it's a little bit... This Wind Work is really at the basics of something that might take another 250 years or longer to change, unless there's something like a cataclysmic event, which we're hopefully trying to outsmart.



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Renee:

That where we moved to the cycles of nature automatically, because when it got dark in the winter and cold, we would go inside. There would be less daylight. When the Inuit they knew when the ice was starting to melt, where they would move from their winter home on the ice tundra to their summer home where their vegetation would grow and that they could grow enough food for the seasons.

Renee:

We've become so out of sync that when I was a kid I could find my way in any new town, give me a week. Well, the other day we're over there navigating over the main land, this little town on Everett and we're listening to Siri, going around in circles. We don't have... We've lost our maps and our maps used to be a lot more ingrained to us. So establishing your connection with the wind and the sacred cycles of time and space can help you learn to re-navigate.

Renee:

I didn't put it as a deepening exercise, but a deepening exercise would be going into a new town, maybe with a paper map instead of the turn-by-turn instructions with Siri or whoever else you might use for your directional space and learning to reorientate yourself into the world, because I just can't help but think how lost we're all going to be the day that the internet really goes down and we can't find our way to the grocery store anymore because we've turned over our power.

Renee:

One more place we've turned over our power, we started doing it 12,000 years ago when we turned over our power of interpreting nature to the priests and the rabbis and those who were in charge. And now we've turned over our navigation to a mechanism of a phone. So we're really lost, we're really out of sync and it's really time that we start to use these wind tools to get ourselves back into harmony. It's just that so simple.



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Renee:

I numbered it so that you could understand the processes that when you go back through these slides that you get the sense of, "Okay, when I'm moving into nature, this is what I'm going to do. I'm going to..." We're moving towards the sacred, we're moving towards the cyclical. We're going to step outside of the human doing into the human being for this next bit of time. And what we're going to do is we're going to laugh together.

Renee:

When's the last time you laughed and had a good belly laugh? So I invite everyone. And a friend of mine used to say, "If you think anyone's looking at you when you're laughing or singing, close your eyes, because really they're not." Most people are really mostly concerned with themselves and so if you think we're all judging the quality of your laughter, keep your place on mute.

Renee:

But for those brave souls who are getting ready to get in the boat with us and launching towards this wind knots, unmute yourself or Brigid you could unmute people and let's laugh. [inaudible 00:26:42] we can do it. I'm just thinking there's people thinking, "Oh my God, [crosstalk 00:27:21]. I must've signed up for the wrong class."

Renee:

I'm calling on the divine winds, Eurus of the east, Notos of the south, Zephyrus of the west and Boreas of the north, be here with us today. Help us navigate our lives. Help us remember that the wind feeds us, the wind renews, the wind is prosperous, and the wind loves to hear our laughter. The wind reveals and the wind expands. The wind is generous. That all life and all creation begins with the wind. The wind offers us a sweet, sweet melody. Thank you winds. Thank you, thank you for being here today.



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Renee:

We are grateful for this experience and for this teaching and this amazing blessing and all of these new wind believers, uh-oh. Brigid, you might just want to go through and make sure everyone's muted besides for me. The first exercise, and I can see some people are driving, so you might repeat this later, is to go through and write down. How do you use power in your life? Just take a few minutes to write down.

Renee:

I know, Tom. I felt the winds coming in too. They were really excited. They were pleased with the laughter we had. How do you use power in your life? Write down maybe 10 ways. If you can come up with 10 ways that you know how you use your personal power in your life. Now, it could be healing, it could be manipulation, and please don't judge them. Because for me, I know in my own life that I had to learn about my powers as a sorcerer in order to understand how I wasn't out of relationship with my divine destiny.

Renee:

Sometimes I even think that that was part of my divine destiny to know the nature of myself as a magician in ways that didn't serve me, but I still could get what I wanted. And I'll tell you a story about it after you spend a minute and just think about the last week or two and how you've used your power in your life to get for yourself.

Renee:

On your worksheet, if you printed it out, there's a place for notes on the back. So you could use that or you could have a journal, hopefully. So just review your last week and think of all the times you said, "Oh yeah, I got that parking spot," or, "The contractors all showed up."

Renee:

Yes.



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Brigid:

We have a question here. [Dee 00:33:14] is saying, "Sometimes I don't even feel like I have the kind of power you were speaking about. Could you please give a few examples?"

Renee:

Do you ever get a parking spot that when you go into the grocery store? When you're thinking about somebody and they call on the telephone? Brigid, you got a couple?

Brigid:

One of the...

Renee:

You keep muting yourself.

Brigid:

This is me using my power. One of the ways that I wrote that I actually often engage with is vulnerability.

Renee:

Is what?

Brigid:

Vulnerability.

Renee:

Oh, there's that? And there's always that power over, like if you have a partner and you know their weaknesses and you use power in order to get what you want like, "Oh, this is a good day.



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Dad's going to be generous with the wallet. I'm going to go to get an ice cream." We're not talking about the power where you heal somebody from cancer, which is a really nice use of power too. We're talking about more of how I get from point A to point B type of situations in here.

Renee:

In the apprenticeship program and in other classes, we go way deeper with looking at these, but we don't want to get ourselves into a power jam. If you're taking a wind walk and you're looking for an answer for something and you get a sign from the universe, that's a use of power. A silly one that just popped into my head is that you turn on the vacuum cleaner and suck up all the dirt in the carpet. Another use of power.

Renee:

We're just looking at power and we don't even realize some of it sometimes. How about if you pick up your drum or rattle and you go on a journey, that's a use of power. You're transacting with the divine. I know we have an attorney here so I would imagine she uses her power to get for her clients. Or another person here does readings, so they probably tap into this power to give people accurate predictions.

Renee:

Oh, we have somebody who's having a baby. So she's been using the power of her divine feminine to grow a human being. I mean, what more use of power is that, to hold yourself responsible to birth another child? To birth a child, not even another child, just a child in



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general. I know I got some real power hitters in this class. Anyone want to give me a... Anyone want to dare speak up? Linda, how can you use power in your life?

Linda:

I don't know if there's another Linda. Is it me?

Renee:

Yeah. Just you.

Linda:

Okay. All right. Sorry, I didn't know which Linda, so-

Renee:

Sorry to pick on you that way, but-

Linda:

Yeah. No, that's good. So I just finished a week of clients. So it's the recognizing of all the different ways of using power and then even with the dog. That's one way. And then another is with my dog being really... I'm working on ensuring that he has some good behavior. So even... It's like I put my power cross.

Linda:

Then somebody I loved this week, I was very strong with them and said, "Stop. No more talking about that." Very, very [crosstalk 00:38:48]. A full act to power to say that. So it was just... And then how almost every word I say, how the power behind that and whether it's teaching, whether it's trying to influence somebody or whether it's trying to avoid somebody. I've got somebody that was out for a walk and I wanted to avoid him.



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Linda:

So it's just the recognition and the flow, how much I always am using my power to create flow, but it's have that dance or relationship, exactly as you said that. Transacting with the divine all the time in all the different manifestations. There's a whole bunch of them. Thank you.

Renee:

Thank you for allowing me to pick on you. There's so many ways that we don't even know that we're in a power play with the divine all the time. I have the same conversation with my cat. She wants to go out at 5:30 in the morning, and I think it's a little too early with the coyotes out there. So we've had to have a conversation about she can't wail at the door at that hour. I try. Some days it's better than others.

Renee:

It's really important to start to think about power and Linda mentioned something we're going to talk about later about words and power. And there's a new step that I've added into the wind knots that you're going to be the first to hear about today and it was revealed to me when I was doing... It's been coming, but I haven't said it out loud. So this is the first... You're going to hear the new power of some of the wind stuff.

Renee:

We were talking about that we wanted to find out that relationship with the power, but then we have to... And Linda, that was a beautiful segue because we're going into this next part of this wind breath to know that we're not separate, we are nature. One of the biggest parts of this work is that we became separate when we went from the outside to the inside. We closed that door on our magic.

Renee:



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That's where we closed the door. And so now we've got to maybe put our toe back out in the water or put our toe back out in the wind as it would be, and test it and try it. I mean, for the last few years I would be shocked and amazed all the time about that I'd pull the wind out of the wind sack. That would be just the wind I was talking about. And I mean, that's happened so many times that I just can't even imagine to tell you.

Renee:

I had to learn to trust in the wind over and over and over again, because first of all, recognizing those little places of power and everything, but then to build upon that and start to rely upon it, that takes a little bit of time, because remember you're not breaking just your pattern, you're breaking ancestral patterns that go way back in order to regain our magic.

Renee:

The first thing that if you're struggling and I don't who that was who's struggling with the power is that you're not alone. There's millions of people out there who aren't on this class, who don't even know that they have a right to power. The opening line of my new book is this, that you deserve to be here and you have the right to magic. We all have the right to magic. We just have to remember that.

Renee:

We have to remind ourselves. Whenever you go to change something, you got to remind yourself over and over and over again that, "I have an inherent ability to create and magic is my birthright," which is a whole new set of circumstances from everything else that we've ever been taught and ever been trained, unless you... And we've got a lot of advanced shamans here.

Renee:

There's the combination of people here who, some people, this is like, "Wow. Oh, I didn't even know that I was disconnected from my nature and my magic." So we are nature and that is



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everything and that's enough. When I was talking about power before and I was talking about that there's also a misuse of your power. Many, many years ago, and I said that I had to learn a lot of...

Renee:

I don't break a lot of bad habits, but there was somebody that I wanted to have a relationship with and they lived across the street and it didn't all end up well, but one time I did this candle magic where I... We're talking like in my 20s, that's been a few decades now, but I did this candle trick. And then I went down to the river and I tossed the candle in the river and sure enough, I go home and I was in the yard, but then I decided to go to the mall and I go to the mall and I'm down this back hallway.

Renee:

I don't even know why I was behind Sears in the back hallway, but here I come face-to-face with that person that I just done the candle magic on. And there was every reason in the world why that person wasn't the ideal person for me. And the lesson was, you know Renee, you are pretty powerful. You can create any kind of magic you want, but the magic isn't always worldly.

Renee:

There's a wind god, I'll call it Ilmarinen, who can create anything he wants in a smithy and he loses his beloved and he goes in and he creates a new puppet. A puppet is a representation of that person, and it's this gold statue and it's probably worth lots of money, but it didn't fill his heart, it didn't fill his soul. So as you're practicing magic, you have to be really careful that what you're creating is worldly, that it creates community, that it creates service.

Renee:

Then the magic is really, really amazing when it really starts to show up in your life as strawberries that you can eat in the garden. So when we learn to exchange that energy with



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magic, I believe that it happens in the breath and I believe a step further that not only does it happen in the breath, but it happens in the exchange in the breath.

Renee:

So why I believe that's true is that when you're born, your spirit comes into your body. When you come out from the womb, when you get air in your lungs and you start to breathe, you start to have life. You have a life before. I'm not saying that you don't have a life, but it's more contingent upon the core to other people's lives. But as your independent self, when you take that first breath, your spirit starts to shine.

Renee:

When you leave and if there's people, like this image shows, when you leave and some people can see it, and I know I have a couple of people in my group who work with hospice, that last breath goes out and you become lifeless with no wind. And that's why Ruach, holy spirit, it's wind, it's breath, it's spirit. That spirit comes into you through your breath and helps you navigate in this vehicle that we call our bodies for as long as you are.

Renee:

Then when you leave, your spirit goes back to the wind. It goes back to nature. And so the wind and the breath is everything. Your breath provides you access to your magic and learning to work with that breath in order to have that magic is absolutely everything. And you've been doing it all your life. What we're inviting you to do here today is to do it with a little bit more foresight.

Renee:

So let's take a look at our breath. I'm going to invite you to close your eyes, and I'm going to set the timer just so we have what we know. Hold on. And I'm going to set it for 10 seconds. I want you to just pay attention in your own awareness of what you're doing in that 10 seconds. How



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many breathes you take, how many breathes out, you hold your breath and just really become aware of what happens in your own breath cycle in 10 seconds.

Renee:

Ready? So did 10 seconds go by fast for you or slow for you. Put it in the chat. Did you hold your breath for 10 seconds? Fast, fast, fast, fast, fast, fast. Okay. Did it go... Okay. It went by fast for everyone. All right. Now, we're going to try it different. Now, we're going to try breathing in for 10 seconds, holding it for 10 seconds, breathing out for 10 seconds and staying empty for 10 seconds.

Renee:

So you can count to yourself 1001, 1002. So breathe in and if you can't get to 10, five is okay, seven is okay. See if you can breathe in. See what happens when you breathe in for 10 and hold it and then breathe out and hold it and really pay very conscious attention to this, and I'm not going to set the timer. So of those four states, did you have a favorite? Did you like breathing in? Holding it, breathing out?

Renee:

Or were you like me on that, breathe out and staying empty? I was like... It's so hard, you'd take that big gulp in. So if you had that big gulp in at the end, then you're probably not ready for 10. And you're probably thinking to myself, "What does this have to do with wind knots?" Well, it has everything to do with wind knots, because it's in the gaps that the magic occurs.

Renee:

So learning to move into the gap in order to create change is really what this work fosters. So not all of you have wind whistles, but what we do in the Wind Work is we start to add the wind whistle to this breathing out process, which is really dynamic. I love it. So say that, "I'm going..." This time we're going to breathe in, we're going to do it again and this time when we exhale,



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we're going to imagine our breath going out into the belly of the earth, down into the core of the earth and really connecting us with the molten lava.

Renee:

All right. So start breathing in and whatever that comfortable number was for you, go there. Now, on that wind breath out, Imagine bringing the air down out your coccyx bone, out your sacral, down into the earth. Remain empty. And on this next wind breath in, we're going to bring in Eurus, the east wind, the wind of new beginnings, new ideas. And when we breathe out, we're going to actually imagine merging with Eurus, the east wind, so that we can be open to a new experience.

Renee:

On our third wind breath, we're going to do it again. We're going to imagine connecting ourself with the big community of everyone who's here and everyone who's ever going to take this class and holding this space for the sacred wind knot tying.

Renee:

Now, just scan your body from your toes up to your head and see or feel if there's more spaciousness inside now that you've expanded your awareness out through your breath. And you can just put that in the chat and you'll feel more present. So one thing is if there's no other thing you take away from here is this ability to breathe and become present. Because one thing I know about magic is it's a present moment experience.

Renee:

When I first started doing healing work with people and I wasn't really practiced at it, because we all start somewhere, one of the things that I noticed is when I would open sacred space and I'd start to rattle or do whatever I was doing at the time and doing these processes, that I found



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myself present. And that happened when I would be cooking before that is that I'd start cooking and I'd find myself present.

Renee:

It's in these wind moments, these present moment experiences that we become present and available for magic. And it's from this place of presence that the magic becomes more and more powerful. And so this breathing provides the alchemy. It's like a chemical ingredient. The breath is the chemical ingredient to turn energy into form. And we all have this capacity.

Renee:

As we become more and more aware of it, we can channel it into areas that... Like I said, I want people to become of service in their communities to other people. You could use it to be self-serving, but I don't know. I just don't believe that that's why we're here at the moment. I think the group thing is way more important in being able to share.