

WIND KNOT



Tools Needed:

A piece of natural fiber rope or cord, 18" to 24",
a candle, & winds of varying intensity.
You will need to mark one side of your rope
with a colored string, paint, or marker,
so as to differentiate between each knot.



STEP 1: OPENING CEREMONY

Find a comfortable place to sit, like a rock or tree stump.

Begin by tuning in to the forces of nature.

Wind Breathing:

Inhale a deep breath of wind.

Feel it fill your lungs and expand into your belly.

As you exhale, remind yourself that your breath
is capable of reaching the other side of the world in a matter of days.
We are all connected through our breath, the wind.
Every out Breath matters. Energy + Wind = Form

Begin your knot ceremony with a wind invocation,
a prayer thanking all the people who have contributed to your knot,
all the knot makers who have come before you,
the plants that have offered themselves to the rope, and
the rivers, streams, rocks, trees, fire, and winds that are older than caves.

Ask that each knot be tied at the perfect moment.
Ask for guidance to remind you to release them
at the divine moment, and only for a sacred purpose.



Be mindful to pray for other people with their permission and a clear heart

STEP 2: TYING THE FIRST KNOT

Begin by tying an overhand knot.
Take your piece of rope, form a loop,
and pass the other end through the hole.

Repeat the following words:

**"I command the power of the wind to be placed
into this knot for safekeeping." "Abracadabra**

Like a surfer, wait for the perfect wave.
When the energy of the breeze feels right,
finish the first knot by securing it firmly,
but not so tight that it can't be untied when needed



STEP 3: TYING THE SECOND KNOT

Continue your connected breathing.
Prepare the second knot, and wait for a second, stronger breeze.
Repeat Step Two

STEP 4: TYING THE THIRD KNOT

Repeat a third time,
this time waiting for an additional wind to blow.

STEP 5: GIVE THANKS - SACRED ALTAR

Once you have completed your three knots,
thank the ancestors for showing you the ways
of this ancient wind practice.

End by saying, **"These powerful knots have been worth making."**



KNOT TYING STORIES



One wind believer experienced the thrill of untying her second knot prior to taking a licensing exam. Her first knot provided support for a family trip. After unleashing the power of her second knot, she finished her exam in record time and was awarded a state license.

Since the first two wind knots had produced the desired results, she decided to loosen the third knot, hoping to eliminate an unhealthy habit. However, at the mere mention of the third knot, other aspects of her life quickly unraveled, catching her by surprise. She quickly retreated from untying the third knot and placed the wind knots back on her altar for safekeeping.

One time I untied the third knot, and within days, I lost my job, which compelled me to move several states away. In retrospect, I see that this disruptive event was divinely orchestrated. Nature has its own sense of timing and consciousness. Of their own accord, winds blow whenever, and wherever they choose.

As you become proficient at knot making, you will learn how to use wind knots to harness your thoughts, emotions, and affect physical objects.

Your knots will become sacred containers of stored energy.

