

Worksheet #1 Describing the Knot

NOTE: Complete this document before you go on to Questions for the Knot. Once you've found the hottest constricted spot, begin to examine it in a spirit of exploration and fascination. Ask yourself, "What *is* this??" and breathe. Use following questions in order to help you get details and information.

Write your answers down if you want to, or just use the questions to support your process.

1. *Where* are the emotional knots that want my attention now? Examples: belly/gut/solar plexus, heart, throat, jaw, head, etc.

2. First one that I will focus on: _____

3. Describe the knot, including texture, color, visual image, movement.
Example: hard, soft, grainy, rough, splintered, gooey, black, red, tar, jungle, etc.

4. Breathe! Focus on a long, slow exhale to relax even deeper.
5. Ask for help from the masters, angels and teachers you've invited to your sacred circle.
6. TRUST. Use H.O.W. Be honest, open and willing to do this work.
7. Check again into this place. Describe any additional colors, textures or images you receive:
