

## Worksheet #2 Questions for the Knot

- Where is the knot in my body?

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- What am I feeling emotionally when I tune into the knot? Am I afraid to look at it or feel it? Am I getting spacey, numb or disassociating?

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- Is there a vision, image or memory that comes to me? What is it?

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- How do I hold the other people in my image, vision or memory – as better than me? or worse? more powerful? terrifying? as stupid or unworthy? as evil? I notice the ego's need for power imbalance in my story in the following ways:

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- Is there anyone else with me, perhaps a supportive or neutral figure? Who is it? Am I alone?

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- How old am I inside the knot?

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- Where have I felt this sensation and emotion before in my life? What is the feeling tone that I am experiencing?

Note: This incident is not isolated; it is connected to a string of other times and places in your life when you've experienced the *same feeling tone* before. It has a note, a sound, a vibration. Is it familiar? Be still and listen and let the memories arise naturally from your subconscious mind. Some memory, or perhaps a string of them, will probably come up. They were other healing opportunities you didn't recognize at the time. You didn't have the maturity, readiness or skills to deal with it then, but you do now. If nothing comes up, that's OK.

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- Describe your feelings as they arise, layer by layer. As you learn from them, release them from your body, heart and mind with your long, slow exhale.

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- Check in again with the area of the body you've been working with. How does it feel now?

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- Observe to see if your attention goes to another spot of constriction. Move with it, and if there are more places, repeat the process until you feel complete with the knots.