

"The Weaving" Toolkit: The Quick Guide [THIS KNOT THAT]

CORE IDEA: Life is a dance between two moves:

- **KNOT (~):** Curiosity, flow, questions (soft body, open mind)
- **CRYSTAL (Δ):** Clarity, boundaries, answers (firm posture, focus)

THE DANCE

- **Stuck?** Switch to **KNOT**—ask "What if?" Soften your body.
- **Scattered?** Switch to **CRYSTAL**—define one action. Firm up.

INSTANT BODY SCAN (Somatic HUD)

- **Knot Mode (~):** Soft jaw, relaxed shoulders, deep breath
- **Crystal Mode (Δ):** Tight jaw, firm posture, chest breath

COMMUNICATION HACK: Display vs. Weave

- **Display Mode (Δ):** "Here's why I'm right" (creates conflict)
- **Weave Mode (~):** "Help me understand your view" (creates connection)

BELIEF AUDIT (5 min)

1. What's one strong belief?
2. What evidence *challenges* it?
3. What would change if it weren't true?

DAILY GAME

- **Morning:** Set one Crystal (Δ)—"I will focus on X."
- **Throughout:** Notice your mode— ~ or Δ?
- **Evening:** Thank or update your Crystal.

ULTIMATE MOVE

1. Ask: "What is aware of this thought?"
2. Then: "What is aware of THAT?"
3. Rest in the awareness itself.

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