



The Prosperity Knot

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History of the knot:

I've seen this knot throughout my travels in various places as a type of mat or decoration made from a thick rope. According to The Ashley Book of Knots, it is a type of basket weave knot called the Prolong Knot because it can be made any length and it is commonly used as a mat for stair treads on ships.

It wasn't until after I learned the knot, and had given several away as gifts, that I came across the name "prosperity knot" in the book "Chinese Knots for Beaded Jewelry" by Suzen Millodot. According to Suzen, its name comes from the fact that it has the appearance of a large number of "double coin knots." The "double coin knot" represents two overlapping coins and denotes great prosperity and long life.

Recently that I ran across a knot worker named Maggie Machado. She is a wonderful woman full of enthusiasm for both knot work and recycled art. Although I am a basket weaver by trade, I dabble in other art forms and it was Maggie who introduced me to the idea of using knots as jewelry. Maggie, in all of her wisdom, came up with this "connect the dot" style of making this knot so that it would be easier to teach, and so it is. Thank you Maggie!

Materials

3 yards of 2mm satin cord (of one color or two 1.5 yard lengths of two different colors)

Using Reiki & Intention

Before you begin, focus on what your intention is for this project. Are you making it for yourself, as a gift for a friend or loved one, or are you simply enjoying some creative expression time? What energy do you want this knot to carry?

If you don't consciously have a plan for what your are going to do with the end product, don't worry, it will likely present itself to you at a later date! The reason I like to focus on my intention is because it helps focus my mind as I work.

Activate Reiki in your hands. If you have your level one attunements, ask for the Reiki to start flowing. If you have level two or higher, use your intuition about which symbols to add in. This may vary from piece to piece depending on your intention.

My preference is to call in all the symbols I know. I think of it like baking. Each symbol being an ingredient, only since Reiki has its own intelligence, it knows how much of what ingredient is needed. My job, as sous-chef, is just to gather the ingredients together and let the magic happen.

Once Reiki is activated, focus again on your intention. Say it out loud or simply hold it in your heart.

You can use the Jacki-Kiri-Joka-ho method, as described in William Lee Rand's book "Reiki, The Healing Touch" to remove and "negative energy" that the materials might have picked up as they were being made, shipped, stored, etc. You've already called in the symbols at this point. Take your project materials into your non-dominant hand. Take in a deep breath and then, using a chopping motion, cut through the air above the materials.

Another method, if you have your level two attunements, is to use the distance symbol to build a bridge of light to the light. Thank the unwanted energy for its service and ask that it make its way to the light.

With either method, take some time to fill your materials back up with Reiki energy. You can do this by holding the materials in your non-dominant hand

and "beaming" Reiki with the other. Ask Reiki to continue flowing throughout the project.

Making the Knot

Cut out one of the "connect the dot" graphs included in this pattern. You might want to photo copy it before you use it so you will have an original graph. One graph is used for each knot you make.

Use an awl, sharpened pencil, nail or any object with a good sized point to poke holes in the graph where the circles are.

Remember as you begin the knot to hold your intention in your heart. Continue to ask Reiki to fill the knot with the healing energy needed to manifest this intention. Try chanting the symbols out loud or to yourself as you work.

Next, take your cord and weave in and out of the paper graph in numerical sequence. Where there is a solid line between two numbers, your cord should be on top of the paper, where there not a solid line, your cord should be behind the paper. [Image 1]

Start by feeding your cord down through hole number one, up through hole number two, across the top of the graph to hole number three and down. (Leave a tail of approx. two feet at the beginning. Once you are finished with the knot, you can use the tails to make it into a necklace.) Continue in this fashion until you have come up through hole #36.

Tips: hold the graph paper in your non-dominant hand while feeding the cord with your dominant hand.

You might find it useful to melt, tape or glue the end of the cord you are feeding through the graph so that it feeds in and out smoothly and without fraying.

Have your cord trace the general outline drawn on the graph (don't pull tight or you might get your cords tangled and out of order). [Image 2]

After going through hole #36 [Image 3 & 4], take the same end of the cord and go back through hole one and start the same thing over again. [Image 5] Essentially, you are retracing the path of the first cord. This can be done with a second cord of a

different color if you prefer.

When doing this second run through, make sure to stay on the same side of the first cord so that the two cords are always laying next to each other and not twisting around each other. Don't worry about the graph tearing. That's the next step. [Image 6 & 7]

Once you are finished feeding the cord through the second time, tear off the paper graph. Gently hold on to the cord while slowly tearing away at the paper. The knot might get a little distorted. Don't worry about that.

Next, tighten the knot. Start at one end and slowly tighten the cords until you get to the other end of the knot. It may take several passes to get it to your desired look.

Tie the ends of the two tails together into a knot (at your desired length) to use it as a necklace. You can also add beads or other decorative knots to the cord. Remember, if you want to make lots of knots in the neck cord portion, you might need to start with a longer cord and leave a longer tail.

Spend a moment in gratitude to yourself and to Reiki for the beautiful creation you have made! [Image 8]

Variations

Keep experimenting! You can use different sizes, styles or colors of store bought cordage or even make your own. You can also embellish with beads or charms. You can use different numbers of cords in a single knot (by retracing the knot as explained earlier), and if you use more than one, try making each a different color.

Sources

Ashley, Clifford W., "Ashley Book of Knots," Doubleday & Co., Inc., New York, 1994.

Millodot, Suzen, "Chinese Knots for Beaded Jewelry," Search Press, Spain, 2003.

Rand, William Lee, "Reiki The Healing Touch: First and Second Degree Manual," Vision Publications, USA, 1991.

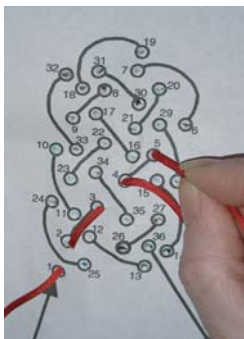


Image 1
Starting the knot.

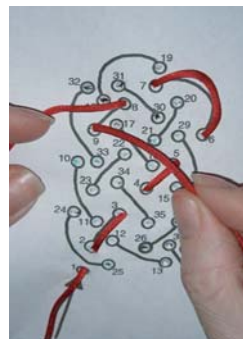


Image 2
Following the curve of the graph with your cord

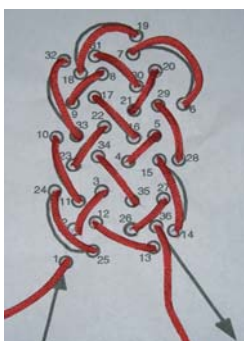


Image 3
First round through the graph is complete. (front view)



Image 4
First round through the graph is complete. (back view)

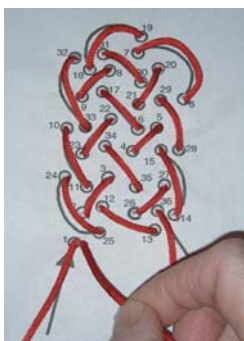


Image 5
Starting the second round through the graph.

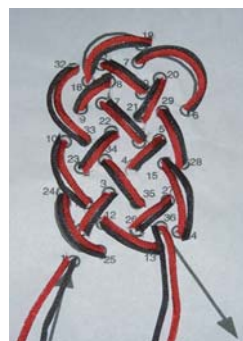


Image 6
Second round through the graph (shown here in a separate color) is complete. (front view)



Image 7
Second round through the graph is complete. (back view)



Image 8
The finished knot with optional embellishments.

