

Untying the First Knot

Know Thyself

Olytis · Sun Nov 1 · 7 PM ET



Welcome

On the phone? Press mute.
Unmute to speak.

Follow the slides:
**[olytis.com/call/
first-call/](https://olytis.com/call/first-call/)**

★ **7:00** Welcome

★ **7:10** Teaching

★ **7:30** Stillness

★ **7:40** The Circle

★ **7:55** Close

Three lights

✦ Hermetic

✦ Gnostic

✦ Rosicrucian

The Knot of the Soul



A knot in a fine gold chain.

Pulling makes it tighter.

Slow down. Find the loose loop.
Ease it.

First Light: Hermetic

“As above,
so below.”

The small mirrors the great.



Second light · Gnostic

The Spark, Bound in Matter

Spark

In every person

Wrapping

Fear, busyness

Forgetting

We forget

Gnosis

Waking up



Third light · Rosicrucian

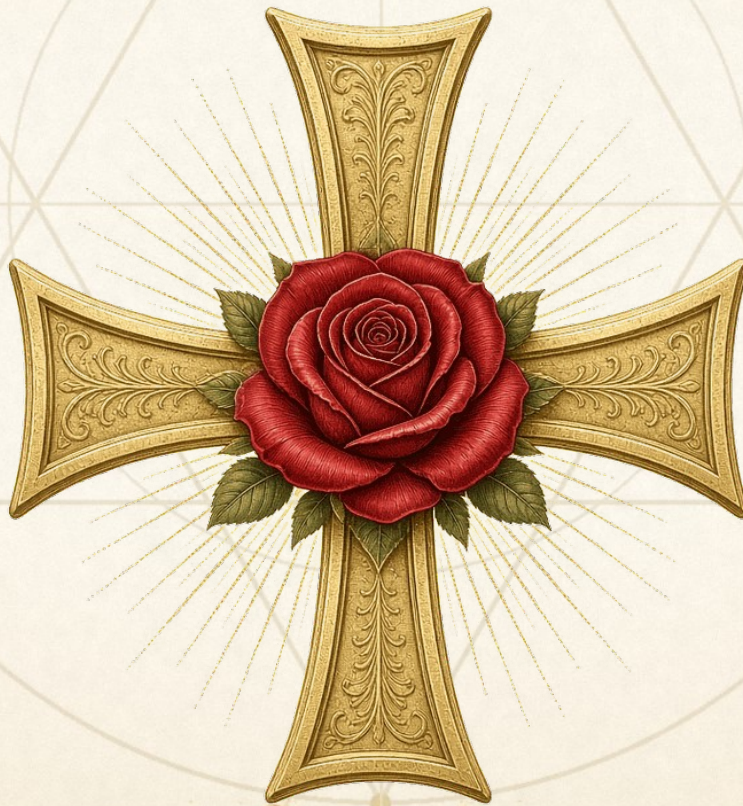
The Rose Blooms on the Cross

Spirit

The vertical

Matter

The horizontal



Heaven

Above

Earth

Our body, our
limits

Bringing it together

Temet nosce. Know thyself.



Hermes

The pattern is
whole.



Gnostics

The spark is in
you.



Rosicrucians

It blooms here.

Practice

Stillness

Breathe toward the knot.



The Circle

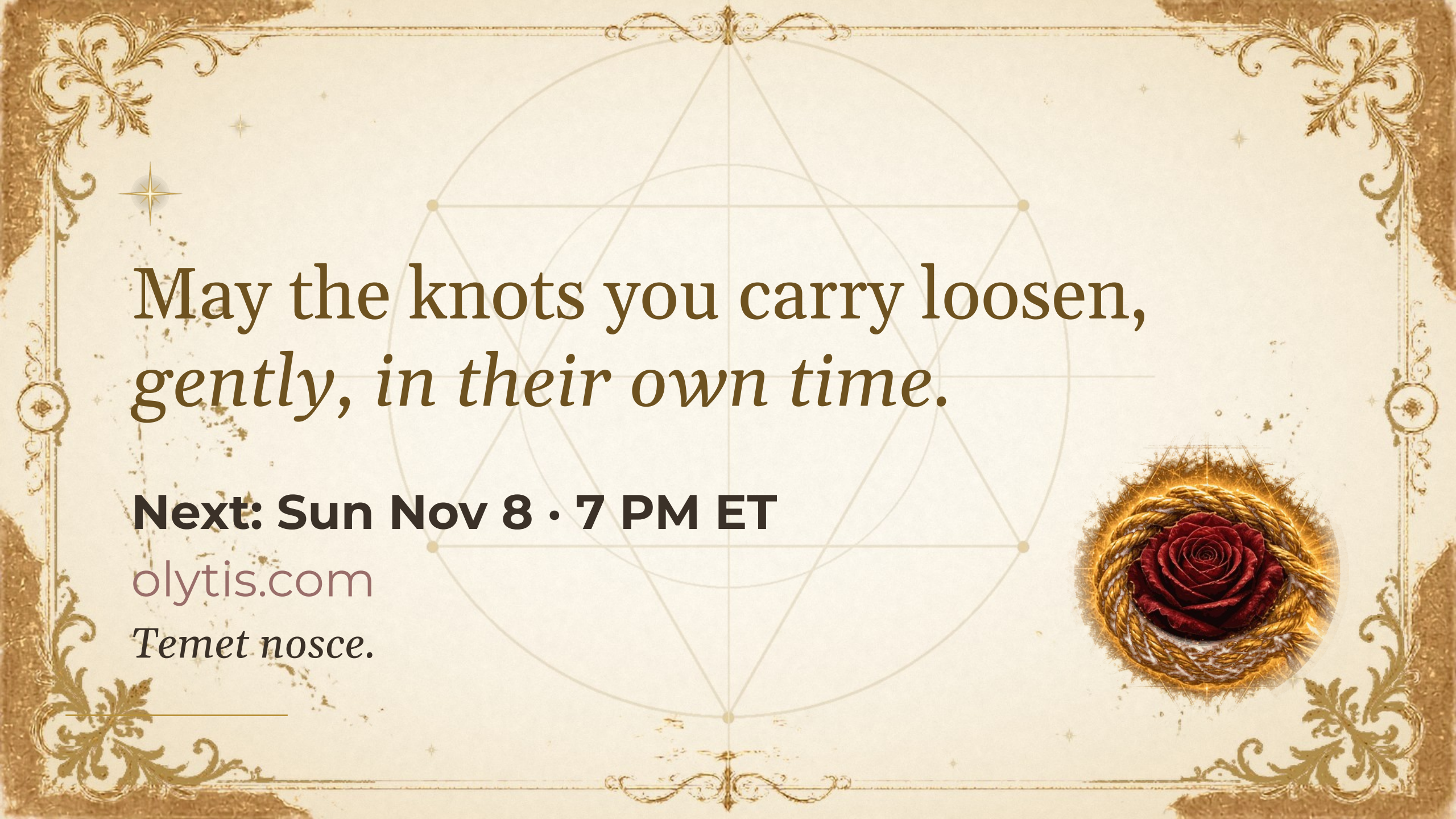
Name one knot
to untie this year.

Passing is welcome.

Just say "pass."



A word,
or a sentence.



May the knots you carry loosen,
gently, in their own time.

Next: Sun Nov 8 • 7 PM ET

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Temet nosce.