



THE
KNOT
SPELL

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THE KNOT SPELL

*A tiny thread-magic guide for intentions
that need anchoring.*

A Little History (in plain English)

Knot magic is one of the oldest forms of spellwork.
Sailors used it to trap the wind.
Herbalists used it to tie protection around doorways.
Midwives used it to bless or release energy gently.

The idea is simple:
Each knot “holds” a thought.
Each knot “keeps” what you choose.
Each knot “releases” when you’re ready.

This makes it one of the most beginner-friendly, no-fuss practices—no tools needed beyond a string, a ribbon, or even the tie from a gift bag.

A knot spell can traditionally use either 7 or 9 knots, and both have deep roots in folk magic. The nine-knot spell—sometimes called a witch’s ladder—is the classic version used to build and store energy toward a wish or intention. Each knot “charges” the cord, and the ninth knot seals the work. It’s powerful, traditional, and wonderful for long-term manifestations.

But for this guide, we’re working with seven knots.

The number seven has its own magical lineage: it's tied to protection, good fortune, cycles of nature, and the influence of the stars. Many cultures view seven as a sacred, liminal number—one that creates a bridge between the earthly and the celestial. A 7-knot spell is often used as an amulet or charm, especially during times when you want a little extra steadiness, clarity, or cosmic support.

So think of this version as the “everyday magic” knot spell: simple, elegant, protective, and easy to work with whether you're brand new to energy work or you've tied your fair share of wishes into string.

Knot of One — “The spell's begun.”

This is your starting point.

Name your intention out loud or in your heart.

It doesn't have to be fancy — just honest.

Knot of Two — “My intention's true.”

This knot anchors your why.

It's the clarity knot, the “this matters to me” moment.

Knot of Three — “So it shall be.”

A gentle sealing knot.

Think confidence, commitment, and a small inner yes.

Knot of Four — “Strength at the core.”

Grounding and steadying.

Good for shaky days, tender emotions, or overthinking spirals.

Knot of Five — “Let my magic thrive.”

Momentum!

This knot helps shift stuck energy and move things forward.

Knot of Six — “What I seek, I fix.”

Clarity and understanding.

Perfect when you’re trying to see a situation clearly or find your next best step.

Knot of Seven — “Bless what’s given.”

The soft landing.

This knot adds gratitude and grace — always a good finish.

What To Do With the Finished String

- Carry it in your pocket
- Tie it around a candle, journal, or mug
- Keep it on your altar or nightstand
- Wear it as a bracelet or tucked in a scarf
- Release it by untying the knots when the spell has completed (untangling = releasing)

A Simple Example

For confidence before a tough conversation:

- Knot 1: “The spell’s begun.”
- Knot 2: “My words are clear.”
- Knot 3: “I trust myself.”

Carry it in your pocket until the moment is done.

🐾 Finney’s 2¢:

“If your string ends up slightly chewed... that’s just extra energy work.”

