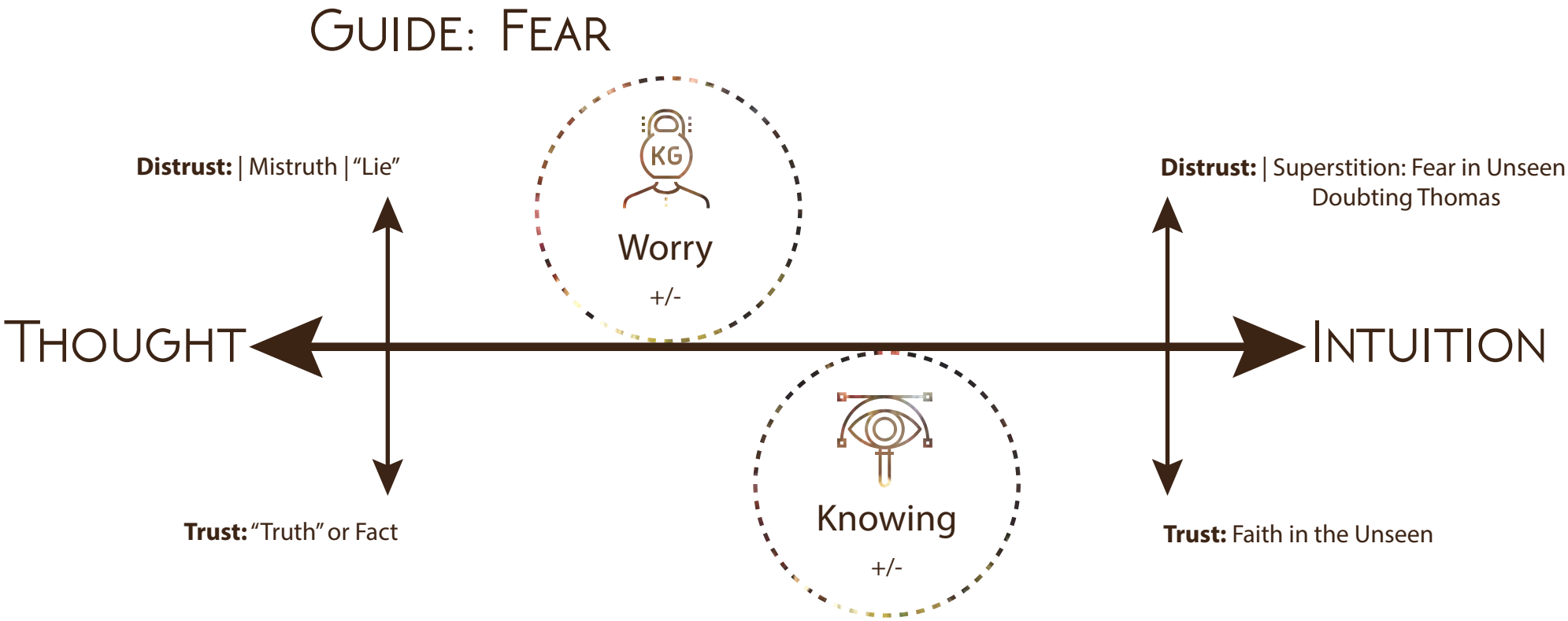
The Worry/Knowing framework

A Guide for Examining Your Thoughts



There is both shadow and light in our thoughts and inquiry...

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The Worry/Knowing framework

A Guide for Examining Your Thoughts

An energetic practice for thought mapping and thought discipline.

The worry/knowing framework examines what is going on in the collective, in response to chaos right now, and the tools that are being illuminated to support us in understanding how and why we are experiencing what we're experiencing in the face of chaos, in the face of disinformation, in the face of not knowing and the tremendous unseen and North energies. The worrying knowing framework gives you a foothold to looking at the levers that can support you in navigating your thoughts.

There is a shift happening in the collective as we move away from a strictly reasoning based culture rooted in our thoughts, moving into a knowing based culture, which incorporates our intuition and our somatic, knowing WITH our intellectual and reasoning skills.

There is this balancing happening, this continuum between thought and intuition and a remembering and an activation that comes with it. This is represented by the horizontal line you see across the framework between thought and intuition. What's interesting is that there are two recurring loops that often happen as we vacilate between thought and intuition.

One is worry, and one is knowing

Both have shadow and light aspects, both have their own pathways of inquiry, and both have their affirmations that support desired outcomes. What's important to know is that as we navigate the journey of integration between thought and intuition into knowing, we find our ourselves in recurring states of either worry or knowing. As we seek to counterbalance this worry with knowing, we have recurring worrisome thoughts that ping at our knowing. Understanding how these ongoing recurring loops work is helpful to integrating your intuitive pathways into your knowing pathways, your reasoning pathways, and understanding one of the key players in this dynamic is trust, or the lack thereof.

We could look at this entire framework flipped towards a different horizontal access, which is trust or distrust. And that has thought intuition as the North South. But I feel like it's important to look at this one first and to orient ourselves because of what it illuminates about fear and hope. First of all, above the Thought/Intuition line, we have the state of distrust. When we are not trusting our thoughts, we identify that as mistrust or a lie, we identify it as a mistruth or a lack of trust. An absence of truth, a lie, fake news. All of these things are when we doubt our thoughts or reasoning, or when we believe that we should not trust them. On the intuition side, distrust shows up in the form of fear in the unseen, the superstitions that can guide us based on distrust and also the concept of doubting Thomas.

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Mind is a truth or a fact, or at least that's how we've been conditioned to imprint it over on the intuitive side, we have trust of the intuitive state showing up as faith, to believe in our ability to assign meaning. Each of these states, the state of distrust or the state of trust, especially as they relate to thought and intuition have two guides, two totems, two archetypes that lead us forward. The guide for mistrust, more working into the shadow of worry is fear. The guide that navigate the journey into knowing is actually hope, so when you are identifying yourself in a state of worry, one of the things you can do is ask yourself where is fear present and what message does it hold for me?

It's important not to villainize fear. Don't run from fear, invite the knowledge that fear holds in order to move out of that recurring loop of worry. Similarly, when you are in the knowing, ask yourself where hope is at play, where has optimism creeped in, where has the state of being in the grace of knowing activated that East energy of hope within you? When you were stuck in worry, grief, fear, and invited hope when you were truly activated in the knowing state, let hope guide you, but invite fear along as a guide to show you the shadow. There's lots of interplay between these two and there's so much deeper we can go, but as you're using the practice of thought discipline and thought mapping, hold this framework in your mind's eye to be thinking not only about the thought, but what type of thought is it? Not only the origin of the thought, but where the thought came from and how it was seeded in your mind.

Begin to dip a toe into identifying the type of thought. Is it a worried thought? Is it a thought of knowing, is it a chaotic thought? Is it a peaceful thought? Is it guided by fear? Is it guided by hope?



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