

Do you seek clarity?

Are you longing for a guide in
these uncertain times?

Do you have an “existential
knot” that is leaving you feeling
stuck in life?



An existential knot (x-knot) is a complex personal issue, saliently experienced in the felt-sense, accompanied by difficulty in describing what the issue is. With an x-knot one's mental models are entangled, with thought loops leading to difficult emotions. When one tries to "solve" the issue on their own they are met with frustration and confusion, which elicits a sense of stuckness. The encouraging news is that x-knots can be unraveled through practice. The practice for untying x-knots is philosophical inquiry.

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