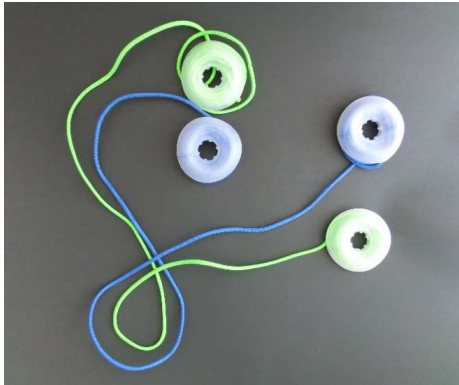


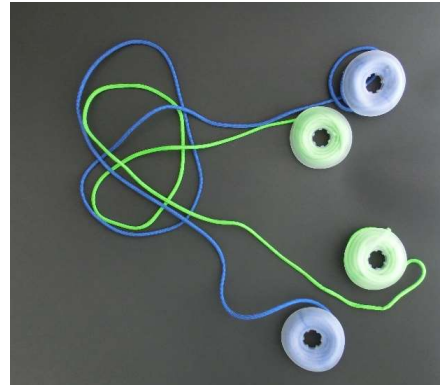
## Decorative starting knot for starting a four strand posament

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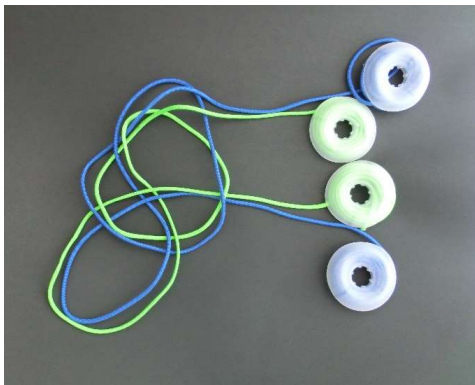
1. Form a loop, with the top ends laying to the RIGHT. The strands at the top are the ACTIVE strands.



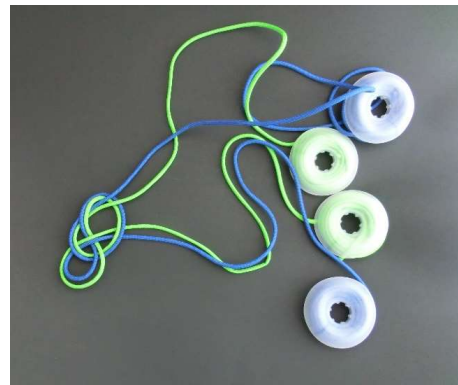
2. Take the ACTIVE strands and pass them OVER the first loop to make a pretzel shape.



3. Pass the active strands BEHIND the first loop, then over itself, then under the first loop.



4. Gently pull all the strands to tighten the knot. Arrange the strands so the strands stay in the proper order and the knot is flat.



5. Fully tighten the knot.

