

About the book, *The Soul Search* by Kat & Curtis Knecht

Hi Kat!

I'm writing to you from Ho Chi Minh City, Vietnam, where I just finished reading your book...every word. Bravo! Awesome! OMG...so great! Congratulations to you both!

I read a lot of different parts of your book in random order, as soon as I got it, and over the last year. But I just read it through from front to back, all in order. I started a couple months ago, reading a bit before bed, through the first couple of chapters. But I finished reading it on this vacation. I loved it!

1. Your genuine uniqueness flowed out and over in the book. I would hear myself think: "Oh, that's so Kat," or "those are Kat's words exactly," or "now Curtis is writing/speaking," and "...I remember that story!"
2. It was so fun knowing and being around you for reiterations of the Soulsearch in it's previous forms, and hearing about it's journey...
3. I loved seeing my name TWO TIMES! of course. A very pleasant surprise mention on page 86!
4. Great storytelling! I loved all the stories...I couldn't wait for another story. I remember the train ride day you just focused on writing some of those stories... (And I felt a little twinge at your subhead "Like in Vietnam" talking about when Richard killed there. And here I am in Vietnam reading your book.)
5. Awesome metaphors...your use of metaphors, whether it's a theme for awhile or just in one sentence, is very entertaining and really helps clarify your point.
6. The visuals: I feel very lucky having so many actual pictures and visuals in my head that I enjoyed as I read your stories. Sometimes I'd be guessing: "Now is that their real name or a made up name?" cause I know some of names and stories!
7. Your humor: your down-to-earth, traditional, down home, slap-on-the back one liners and humor feels so good. So easy to connect to. I felt like I was reading the autobiography of a long lost sister... ;-)
8. Brilliant! The soulsearch concept, and how you teach it is brilliant. I remember you talking about how you wanted to structure the book. You had a vision and really executed on it. I loved the structure. It was so soothing for me, as you kept to your chapter by chapter organization.

9. Of course I couldn't help but think: they should do this with this content, or they could do this or that workshop, or produce these products, or write another book on just this topic, or start a YouTube Channel, or create a journal and/or planner product, or...or...or...

10. Practical. Your book and the soulsearch is so practical. I'm going to find a way to work it into my daily planning and interactions, especially at work. I'd love to get my arms around it (habit) and then share it with my team.

11. Honest and real! You and Curtis are just so honest and open in your book. I love the truth telling. It's amazing, after waiting to hear the Colorado story, and then hearing you tell it that one evening in Palm Springs; and now to seeing it told and be out in the whole world, is so amazing. Congratulations.

12. You have shakened/shookened-up my thinking for sure. I heard and felt my own stuff in many of your stories, teachings and examples, from the very beginning to the last few words. This not the end for me.

J... and I often enjoy answering questions on cards whether they are your Relationship Cards, or Table Topic cards, or others. Now I've ordered your Soulsearch cards. So hopefully we'll be playing a game with them soon.

I love you both! I am so honored, thrilled and grateful to have you in my life. Congratulations again on publishing your book. I hope your inspiration and Creative Action continues to bring this message around the world...it certainly is needed.

Love Always, B...

About Kat's Alchemy Circles

Hi Kat,

I wanted to write this so that I can give you feedback in real time. I think about this during the week and then I don't ever express it.

First of all, you nailed it today with transitions and the changes coming up. I will be missing the structure of classes and certification and the real time support those offer. So some grieving is happening. I am also looking at a year ahead without a clear sense of direction. I know God knows, it just has downloaded to me yet!

I also wanted to tell you that joining this group is something that I manifested that I didn't know I wanted. It is a prayer answered that the Holy Spirit in me cried out without me being totally conscious of it.

Meeting C... is a miracle - no accident. No coincidence. My husband and I have been praying for years to meet another couple who struggle like we do and are willing to work on it like we do. C... and I have met a few times outside the group and it has been the most extraordinary connection I have ever made in terms of identifying with the issues.

I have gone from being on an island feeling like an alien to finally connected to this Earth with AS. I believe C... and I will be collaborating at some level, somehow. We both are CTI trained, 12 steppers with AS partners. That is a pretty unique pairing, I think!

I am also learning so much about coaching as I get to observe you in action. It is seamless with you and the hour flies by - it reminds me of being in a CTI course. Thank you for your example and willingness to share your talent with us.

I hope G... didn't take offense with only one person giving feedback. I have just had a lot more caregiving responsibilities recently and especially today, that it felt like I just hit a wall and didn't have any words left. Nothing personal.

If you got through all of this, good for you! Thank you for your time. Sending you much love and light.

H....

About Kat & Curtis's 21 Day Manifesting Journey

Hello Curtis,

Thank you for the reminder, I have been wanting to write about this.

I loved this 21 day journey! It truly felt like a journey!

The topic I chose to manifest was to complete my website. What happened by the end of the 21 days was something completely different and a joyful surprise.

I had a lot of stress surrounding my website, mostly because it was published online and not finished. I had a friend who had offered to help me and we worked together a little bit, then we both got busy and we couldn't seem to connect. My website felt like it was hanging out there like a flag of all my unfinished business. It had been this way for months and months.

I began the journey by focusing on What I Had, instead of What I Did Not Have. What I realized during the first part of this journey is that instead of keeping my attention on my half finished website hanging out in cyberland, I turned my attention to what I loved about my work and the energy around it. It came to my attention that actually, my entire personal focus and business focus was in a state of transition. I was trying to create a website from an old iteration of what I wanted to present to the world and not what is emerging now. This led me to really look at

what I wanted to manifest from my deepest desires and dreams, what really had been tampered down by the "must do's" and the "should do's". When I really looked deeply, I noticed a prevalent voice that would creep up and say, "If I ever had my life to do over, I would dance more, I would be a dancer".

With more awareness of this voice, it became clear that I was unconsciously preventing myself from feeling and freeing this part of myself. I realized how simple it was to make dance a priority in my life. I laughed a lot about it! Wow! How hilarious and fun! What a revelation to me! "All I want to do is dance!"

What I did and what felt so right at the end of this journey was a huge surprise to me. I ended up taking my website offline completely and instantly felt such a relief! I now know that it will transpire as it needs to and it will come through when the time is right. I also realized a huge part of me is a bit bored...tired...ready for a change from hands on bodywork. I took a leap and enrolled in the Fundamentals course through CTI, to see if that is a route I wanted to take. I also applied and was accepted to the Psychology department at the University of Alaska to finally after 20 years complete my degree.

Silently I began repeating my new motto of "All I want to do is dance", and began to attend a weekly Zumba class to get my groove on. That led me to an even deeper truth and understanding of my newly revealed desire. With a bit of uncertainty and trepidation, I enrolled in a ballet class at the dance studio. I had some fearfulness that I would not be good enough and not accepted because I have never taken ballet. What I found instead was a small and wonderful group of women who are dedicated to expressing themselves through dance in a beautiful and inspiring way. They welcomed me right in and were more than encouraging.

My "all I want to do is dance" motto has spread to a few of my friends as well. My best friend signed up for ballet and another friend, who is prone to depression and in need of a support also joined. It is a wonderful, inspiring and best of all supportive group of women. A few of us have also signed up for a modern dance class that starts in January.

What I wanted to share and what was my biggest take away is that I began this journey with a very linear goal. This journey showed me a revelation of one of my deepest dreams and desires. It has also revealed to me a profound way of trusting and expressing myself in the world. It showed a place of wonder and an understanding of a higher potential of being and that by letting go of the outcome (or what I think will happen) and trust the journey, delightful and fulfilling surprises are there waiting to be discovered. And it was all so much fun!

Thanks for the inspiration Curtis and Kat!

Talk to you soon.

M....

About Kat's Leaders In Love Workbook

Thank you for your generosity, Kat. I will keep use it in that spirit and you can count me as a fan. In case this helps, here's a statement from of how that work impacted my life. Feel free to use it any way you want or to ask me to edit it.

"Developing my personal set of relationship values was incredibly helpful. Not only was it fun to take stock of what's important to me and put it into bitesize, catchy phrases with clear descriptions but it offered me language to use when clarifying my feelings and a way to navigate challenging decisions. Two years later I still feel like they are the foundation I use to approach any relationship."

Keep me posted on what it evolves into, I'll be happy to be a supporter and spread the word.

All the best,
J....

About Kat's Speaking & Sermons

Kat is a fabulous Truth student and minister who practices principle in her daily life. She is gifted with the talent to present Truth principles with simplicity, clarity and grace to those she encounters. Her ministry work at Unity of Ventura is highly regarded. Kat's constant positive energy and wonderful sense of humor create a winning presence. I cannot recommend Kat enough as one of your guest speakers. I guarantee that she will be one of your shining experiences at your church.

Rev. Cathy Jean Norman

www.unityofventura.org

About Visioning

A. P.

Thank you So much for your amazing visioning partnership. Your ability to hold space for both possibility and clarity is unparalleled. I am feeling super lucky to have you in my life.

A. M.

Kat has an exceptional way of pulling out the truth to discover what's really going on. Her style is loving and firm. You feel supported for your highest good. She has integrity and comes from her heart. I Highly recommend her work for anyone ready for personal growth and ready for the next stage of their life to take shape and blossom.

K. N.

Kat has a soft, steady and loving approach with her clients. This works a TREAT for me as I get to experience myself over and over again in so many different ways. Kat weaves her powerful gentle magic with me... fabulous!

D. V.

Kat & I have a deep and heartfelt connection. At times I feel like my life is scattered into a million little pieces and after one session with Kat, it's as if everything is all put back together. It enables me to move forward with a great sense of peace and confidence.

P. B.

Kat and I seemed to click almost immediately. She listened to what my needs and concerns were and helped me work through my issues to find clarity. You can't ask for more than that!

S. O

I really appreciate Kat's deep wisdom and intuition. She helped me grow my business beyond what I would have expected. Her masterful coaching skills have been immensely helpful to me in deepening my own learning - as a woman, coach and mother. I am so grateful for her talents, extensive knowledge, and dedication to this work.

B. B.

I'm stronger and more confident because of your belief in me. There are special people who have touched my life and aided me in being a better person and participant in life and you, Kat, are one of those people I'm lucky to have in my life.

J. B.

Being in this group has been very powerful, especially the clarity that comes each week. The Connection to my gifts and getting to hear everyone else's. The Support is huge. I've had a very abundant year, and I don't think it's any accident that I'm in the Circle and a lot of amazing things are in my life. I'm getting to Access my gifts, and what I do in this world, and getting clear on it. Kat has been an amazing support for that. Thank you.

Kat's Alchemy Circle Women once made up some limericks about the Circles.
Here are three:

There's a group of women that meet each week
It's to open our hearts to love that we seek
We find so much more with each opening door
Changing our worlds as we speak

There once was a gal named Kat
Who taught women about this and about that
Joyous laughter & tears that would help us for years
Offering so much more than a chat

There once was a gal named Ann
Who after learning from Kat now says, "I can!"
She has overcome fears, which used to bring her to tears
And now lives life to the fullest... Oh Man!

About the Sousearch Vision Workshop

A. M.

the Sousearch Vision Workshop is a magical experience. Kat and Curtis are masters in creating the space for self-exploration and discovery. Highly recommend.

A. A.

the Sousearch Vision Workshop with Kat & Curtis was one of the most amazing experiences. To feel the energy, and hear the hopes, dreams and challenges that everyone is working on, is so powerful. There's a unique power in a group setting like the one they facilitated and I can't wait for them to do another!

V. S.

Participation in the Sousearch Vision workshop got me moving to living my best life.

J. B.

Kat & Curtis did a fabulous job leading everyone through their visionary process. It was powerful and fun! What's so great about their Sousearch process is that I got to see what I'm already doing to move in the direction of my vision. I also got in touch with some limiting beliefs and I now have new tools so that I don't get stuck in fear. During the workshop, I made a commitment to draw everyday and I'm proud to say that I've honored my commitment! Being connected to my creativity everyday has brought more joy into my life and it keeps me moving towards my vision.