Breathe chakra flower bookmark

Sized for a 6 inch hoop (15 cm). The stitched design is about 1.7 × 4.8 in (4.3 × 12.2 cm).



Which color goes where: by number on page 2.
Fabric: black cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Padded satin stitch**, 2 strands
   Gold sequins
2. **Satin stitch**, 2 strands
   Cut leaves, poppy bud, poppy pod, sunflower heart, hellebore stamens, iris beard, lettering
3. **Fishbone stitch**, 2 strands
   Leaves
4. **Long and short stitch**, 1 strand
   Poppy bud, poppy petals, marigold petals, marigold cup, sunflower petals, hellebore petals, forget-me-nots, cornflower petals, and 3 more
5. **Couching**, 3 strands
   Frame
6. **Stem stitch**, strands by part on page 2
   Stem, stalks, leaf ribs
7. **Straight stitch**, 1 strand
   Stamens, hellebore stamens
8. **French knot**, 1 strand, two wraps
   Stamens, sunflower seeds, hellebore stamens

Floss

- **1 DMC 3820 Dark Straw**
  Frame, lettering, gold sequins and stamens, hellebore stamens (middle)
- **2 DMC 3345 Dark Hunter Green**
  Leaves, stem and cut leaves (darker), cornflower cup (dark) and 2 more parts
- **3 DMC 988 Medium Forest Green**
  Hellebore petals (darker), leaves and stem (lighter), stalks and 7 more parts
- **4 DMC 3348 Light Yellow Green**
  Hellebore petals (lighter), marigold cup and cornflower cup (light) and 1 more part
- **5 DMC 321 Red** Poppy petals and poppy bud (dark)
- **6 DMC 815 Medium Garnet**
  Poppy petals (darkest), sunflower heart, sunflower seeds (darker)
- **7 DMC 350 Medium Coral** Poppy petals (light)
- **8 DMC 351 Coral** Poppy petals (lightest)
- **9 DMC 900 Dark Burnt Orange**
  Marigold petals (dark), sunflower seeds (lighter)
- **10 DMC 741 Medium Tangerine**
  Marigold petals (light), sunflower petals (dark)
- **11 DMC 970 Light Pumpkin** Marigold petals (middle)
- **12 DMC 972 Deep Canary** Sunflower petals (middle), iris beard
- **13 DMC 726 Light Topaz**
  Hellebore stamens and sunflower petals (light)
- **14 DMC 798 Dark Delft Blue** Forget-me-nots (darker)
- **15 DMC 3325 Light Baby Blue** Forget-me-nots (lighter)
- **16 DMC 3746 Dark Blue Violet** Cornflower petals (middle)
- **17 DMC 791 Very Dark Cornflower Blue**
  Cornflower petals (dark)
- **18 DMC 156 Medium Light Blue Violet** Cornflower petals (light)
- **19 DMC 208 Very Dark Lavender**
  Iris falls and iris standards (dark)
- **20 DMC 550 Very Dark Violet** Iris falls and iris standards (darkest)
- **21 DMC 209 Dark Lavender** Iris falls and iris standards (light)
- **22 DMC 211 Light Lavender** Iris falls and iris standards (lightest)

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 3820 Dark Straw	9	DMC 900 Dark Burnt Orange	17	DMC 791 Very Dark Cornflower Blue
2	DMC 3345 Dark Hunter Green	10	DMC 741 Medium Tangerine	18	DMC 156 Medium Light Blue Violet
3	DMC 988 Medium Forest Green	11	DMC 970 Light Pumpkin	19	DMC 208 Very Dark Lavender
4	DMC 3348 Light Yellow Green	12	DMC 972 Deep Canary	20	DMC 550 Very Dark Violet
5	DMC 321 Red	13	DMC 726 Light Topaz	21	DMC 209 Dark Lavender
6	DMC 815 Medium Garnet	14	DMC 798 Dark Delft Blue	22	DMC 211 Light Lavender
7	DMC 350 Medium Coral	15	DMC 3325 Light Baby Blue		
8	DMC 351 Coral	16	DMC 3746 Dark Blue Violet		

How many strands

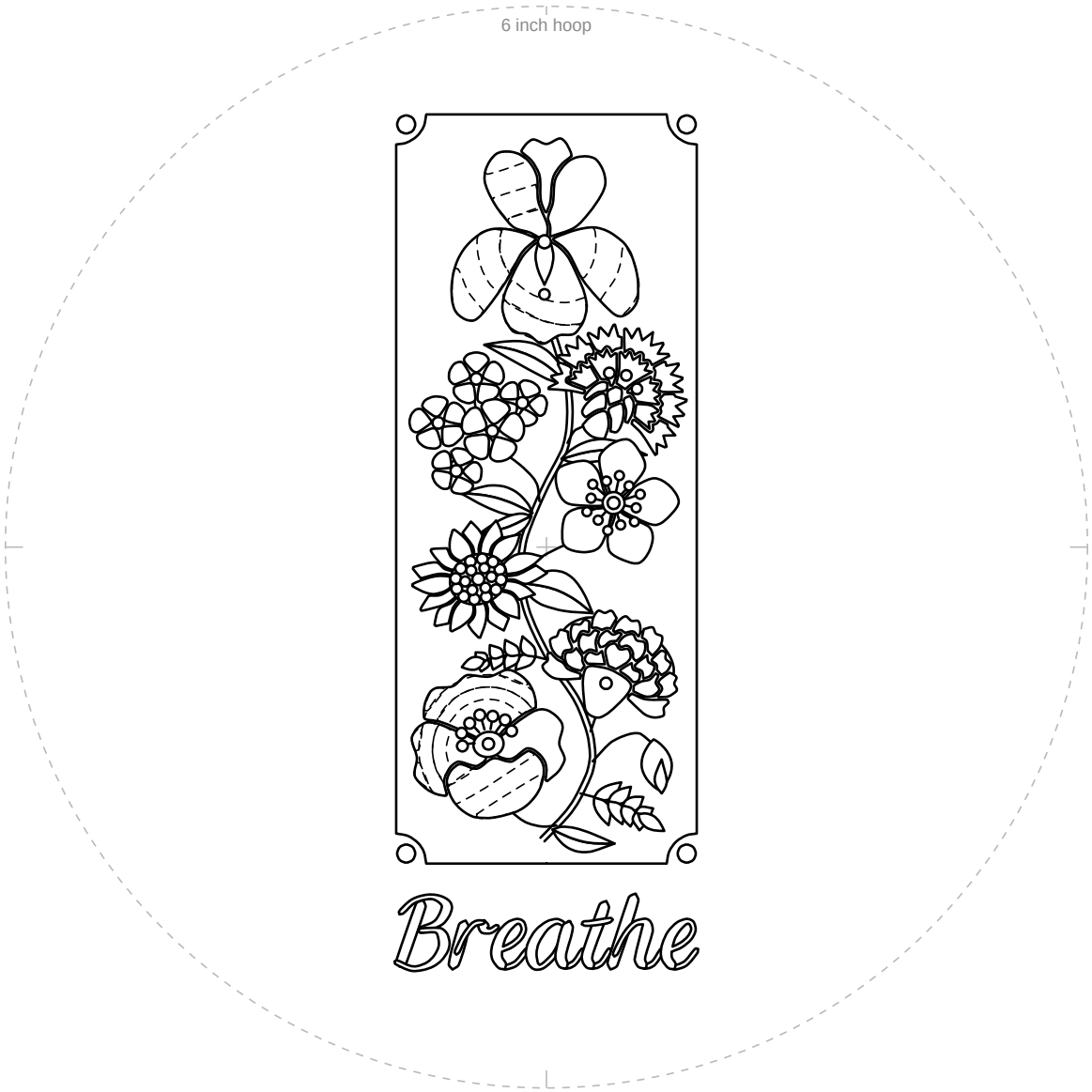
Stem stitch. 3 strands: stem; 2 or 3 strands: stalks; 2 strands: leaf ribs.

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6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

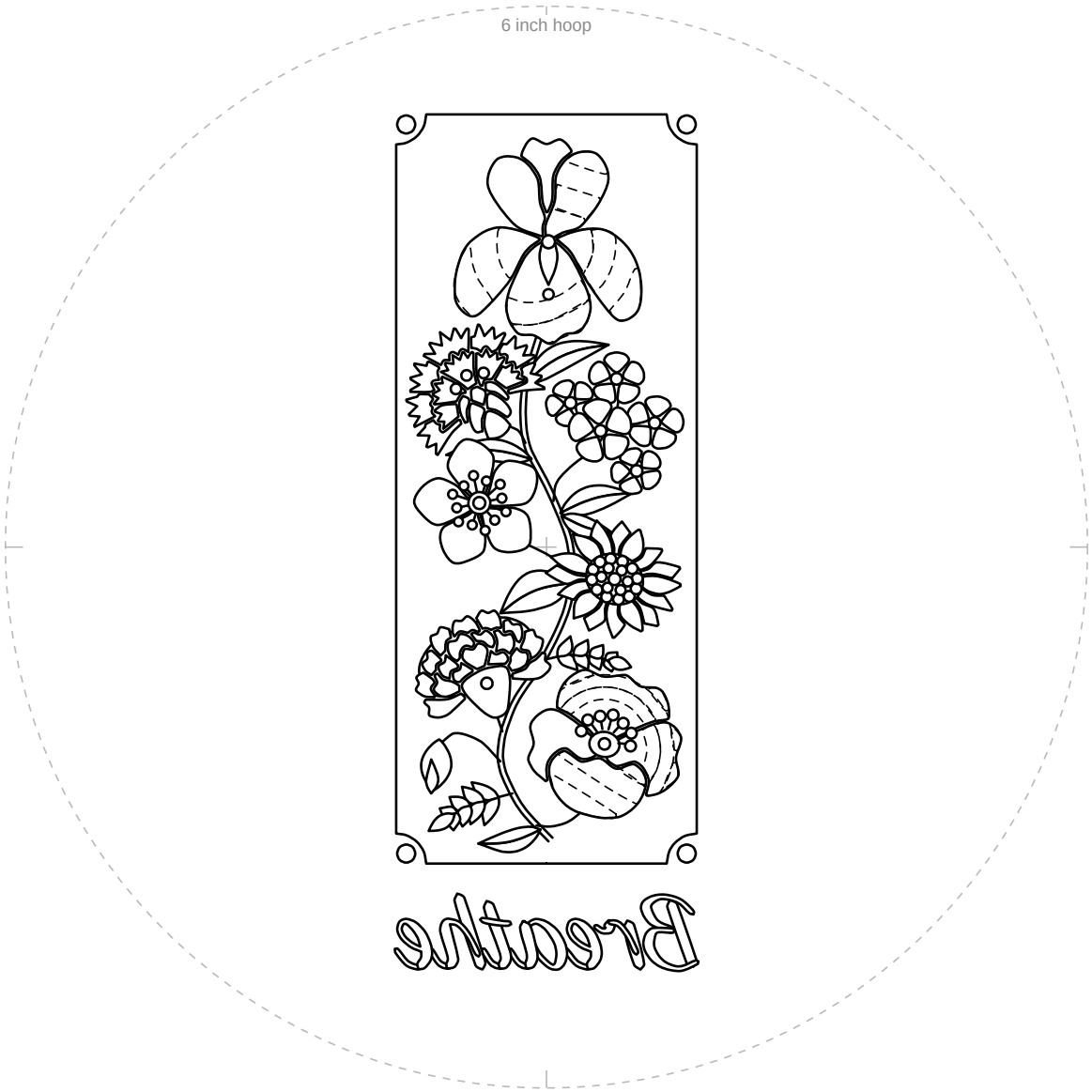
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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