Namaste in quiet capitals

6 inch (15 cm) hoop, 4.3 × 4.2 in (10.9 × 10.7 cm)



Colors by number: page 2.
Fabric: teal cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of teal cotton or linen.

An embroidery needle, size 9.

14 colors of floss (page 2): 2 skeins of DMC 3685 and 2 of DMC 3687; one of each other color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Stem stitch**, 3 strands
   Stems
2. **Long and short stitch**, 1 strand
   Lotus leaf, petals, fallen petal
3. **Satin stitch**, 2 strands
   Sepals, seed pod, seed pod top, water, floating pads, letters
4. **Stem stitch**
   1 strand: leaf veins, pad rims
   2 strands: leaf rim
5. **Straight stitch**, 1 strand
   Stamens
6. **Split stitch**, 1 strand
   Petal edges, petal veins, pad veins
7. **French knot**, 2 strands, two wraps
   Seeds, stamen tips

Take out lines that still show, press face down, finish the hoop or sew a pillow.

In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3346 Hunter Green	**6**	DMC 3687 Mauve	**11**	DMC 676 Light Old Gold
2	DMC 3345 Dark Hunter Green	**7**	DMC 3688 Medium Mauve	**12**	DMC 3053 Green Gray
3	DMC 3347 Medium Yellow Green	**8**	DMC 3689 Light Mauve	**13**	DMC 500 Very Dark Blue Green
4	DMC 3052 Medium Green Gray	**9**	DMC 819 Light Baby Pink	**14**	DMC 712 Cream
5	DMC 3685 Very Dark Mauve	**10**	DMC 729 Medium Old Gold		

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6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a ring is one French knot: mark a dot; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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