New age meditation at sunrise

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.7 × 4.7 in (11.9 × 11.9 cm).



Which color goes where: by number on page 2.

Stitch in this order

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

1. **Long and short stitch**
   strands by part on page 2
   Sun, far hills, near hills, water, rock, arms, trousers, neck and shoulders, blue tunic, silver hair, lotus petals
2. **Satin stitch**, 2 strands
   Red arch, color ripples, ears, silver braid, braid tie, reeds, cattails, lotus pads
3. **Blanket stitch**, 3 strands
   Indigo arch
4. **Chain stitch**, 2 strands
   Orange arch
5. **Stem stitch**, strands by part on page 2
   Green arch, cattail stems, pad edges, hoop edge
6. **Herringbone stitch**, 3 strands
   Blue arch
7. **Split stitch**, 1 strand
   Rock cracks, trouser folds, trouser edges, tunic folds, tunic edge, hair lines, braid edges, petal edges
8. **Straight stitch**, 2 strands
   Braid end, cattail tips
9. **Lazy daisy stitch**, 3 strands
   Violet arch
10. **French knot**, 2 strands, two wraps
    Yellow arch, moss

Floss

- **1 DMC 745 Light Pale Yellow** Sun (middle)
- **2 DMC 3821 Straw** Yellow arch, sun (dark), color ripples (shade 7 of 7)
- **3 DMC 712 Cream** Trousers (lighter), sun and lotus petals (light)
- **4 DMC 349 Dark Coral** Red arch and braid tie, color ripples (shade 3 of 7)
- **5 DMC 721 Medium Orange Spice**
  Orange arch, color ripples (shade 6 of 7)
- **6 DMC 988 Medium Forest Green**
  Green arch and lotus pads, reeds and moss (lighter), color ripples (shade 5 of 7)
- **7 DMC 798 Dark Delft Blue**
  Blue arch, blue tunic (lighter), color ripples (shade 2 of 7)
- **8 DMC 791 Very Dark Cornflower Blue**
  Blue tunic (darker), indigo arch, color ripples (shade 1 of 7)
- **9 DMC 553 Violet**
  Far hills (lighter), violet arch and petal edges and 2 more parts
- **10 DMC 3834 Dark Grape** Far hills (darker), hoop edge, near hills (lighter)
- **11 DMC 154 Very Dark Grape**
  Near hills (darker), tunic edge and tunic folds
- **12 DMC 3752 Very Light Antique Blue** Water (light)
- **13 DMC 931 Medium Antique Blue** Water (dark)
- **14 DMC 932 Light Antique Blue** Water (middle)
- **15 DMC 3787 Dark Brown Gray**
  Rock (dark), rock cracks and trouser edges, trouser folds (darker)
- **16 DMC 414 Dark Steel Gray**
  Rock (middle), braid edges and hair lines, silver hair (dark)
- **17 DMC 415 Pearl Gray**
  Trousers and silver braid (darker), rock (light), silver hair (middle) and 1 more part
- **18 DMC 986 Very Dark Forest Green**
  Reeds and moss (darker), pad edges and cattail stems
- **19 DMC 433 Medium Brown**
  Arms and neck and shoulders (middle), ears and cattail tips
- **20 DMC 801 Dark Coffee Brown**
  Neck and shoulders and arms (dark), cattails
- **21 DMC 434 Light Brown** Neck and shoulders and arms (light)
- **22 DMC 762 Very Light Pearl Gray**
  Silver hair (light), lotus petals (middle), silver braid (lighter), braid end

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them 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. Each small loop is one lazy daisy: come up at its point. 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 745 Light Pale Yellow	**9**	DMC 553 Violet	**17**	DMC 415 Pearl Gray
2	DMC 3821 Straw	**10**	DMC 3834 Dark Grape	**18**	DMC 986 Very Dark Forest Green
3	DMC 712 Cream	**11**	DMC 154 Very Dark Grape	**19**	DMC 433 Medium Brown
4	DMC 349 Dark Coral	**12**	DMC 3752 Very Light Antique Blue	**20**	DMC 801 Dark Coffee Brown
5	DMC 721 Medium Orange Spice	**13**	DMC 931 Medium Antique Blue	**21**	DMC 434 Light Brown
6	DMC 988 Medium Forest Green	**14**	DMC 932 Light Antique Blue	**22**	DMC 762 Very Light Pearl Gray
7	DMC 798 Dark Delft Blue	**15**	DMC 3787 Dark Brown Gray		
8	DMC 791 Very Dark Cornflower Blue	**16**	DMC 414 Dark Steel Gray		

How many strands

Long and short stitch. 2 strands: sun, far hills, near hills, water, rock; 1 strand: arms, trousers, neck and shoulders, blue tunic, silver hair, lotus petals.
Stem stitch. 5 strands: hoop edge; 3 strands: green arch, cattail stems; 1 strand: pad edges.

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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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