Rainbow flower of life

6 inch (15 cm) hoop, 4.8 × 4.8 in (12.2 × 12.2 cm)



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

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 9.

14 colors of floss (page 2): 2 skeins of DMC 3820; 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. **Satin stitch**
   2 strands, colors 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13
   Petals



Stitch in this order, continued

2. **Whipped back stitch**, color 14
   1 strand: gold circles
   2 strands: gold ring

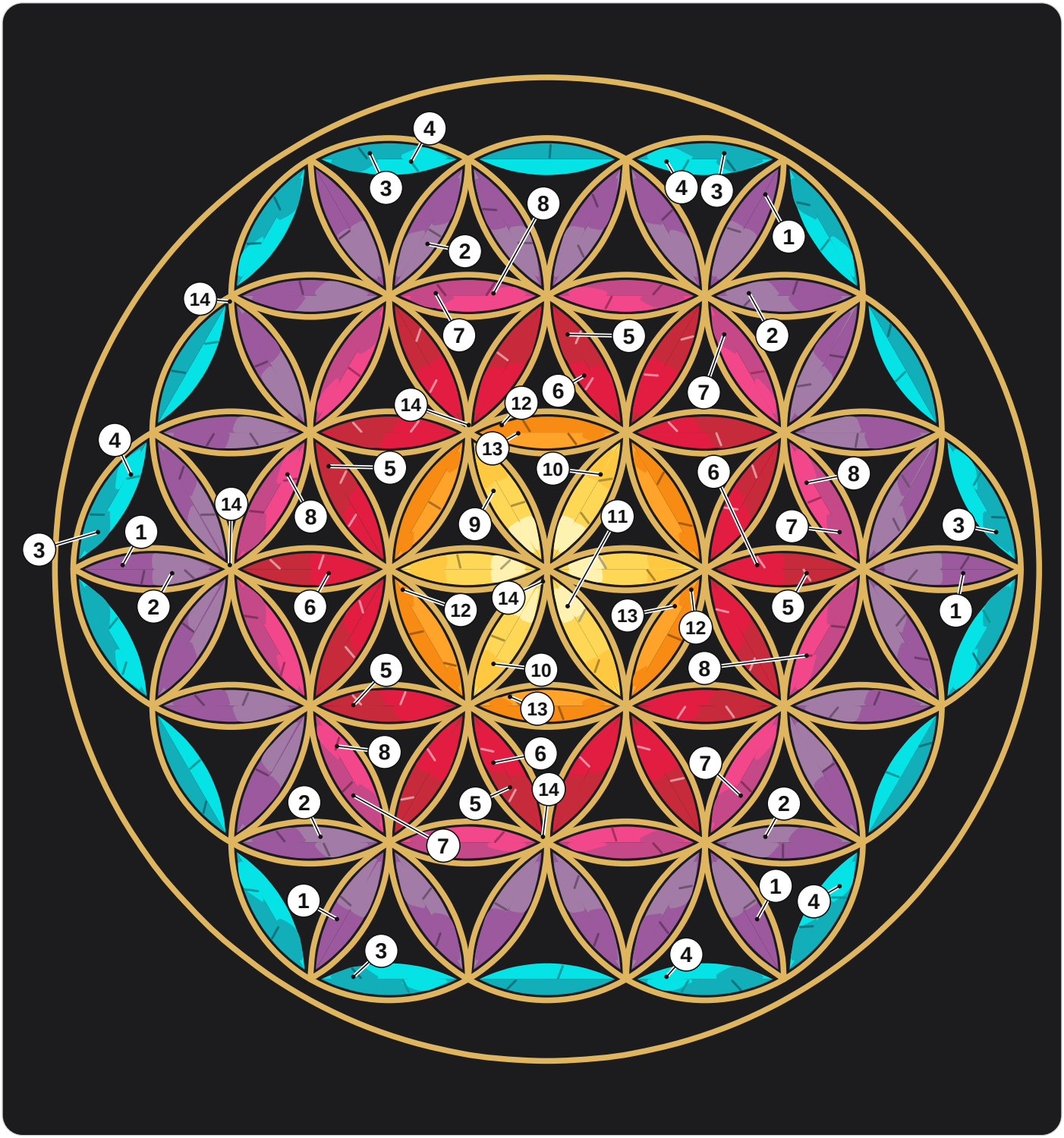
Take out lines that still show, press face down, finish the hoop or sew a pillow.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Rainbow flower of life

6 inch hoop

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



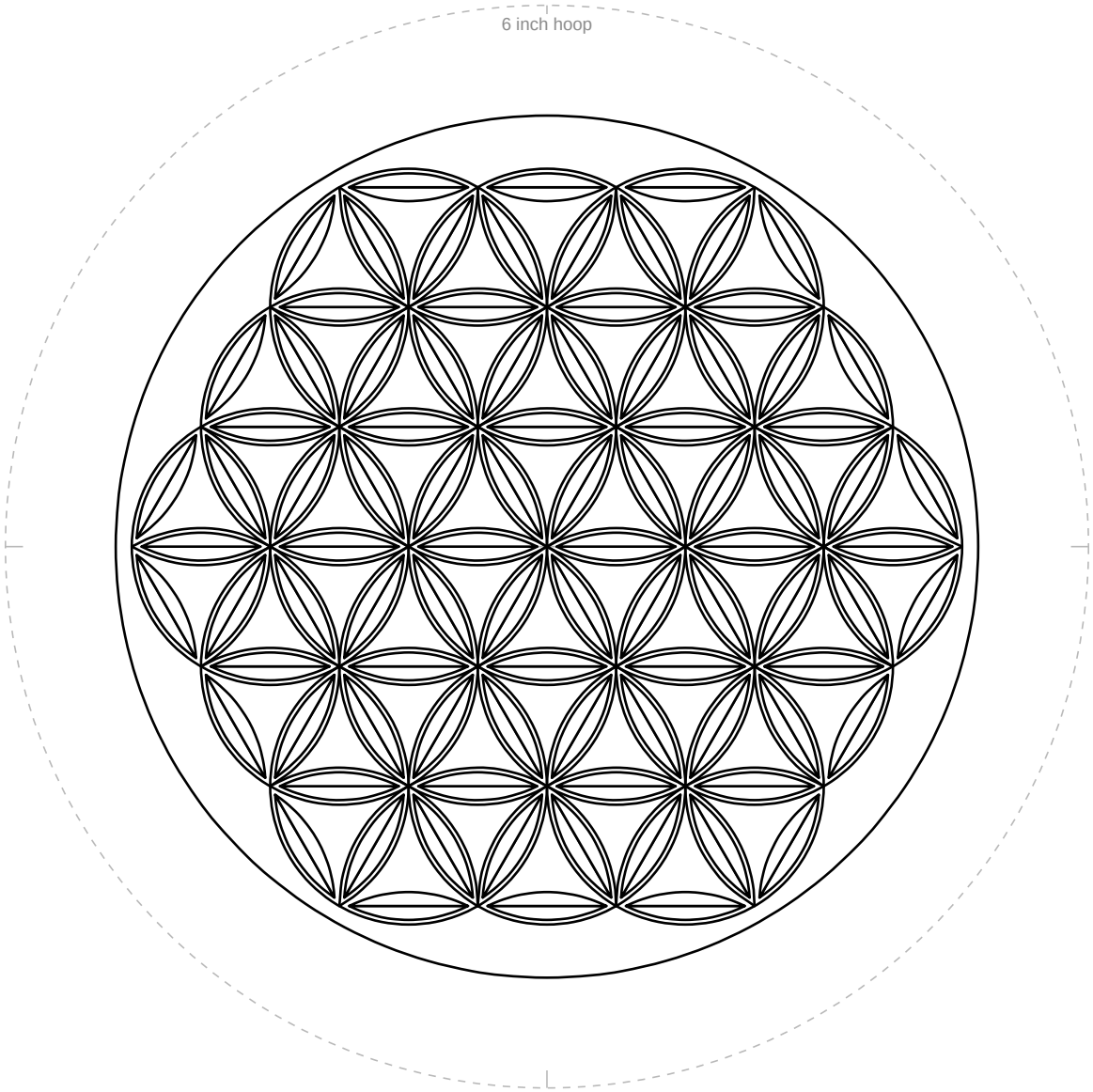
1	DMC 33 Fuchsia	**6**	DMC 666 Bright Red	**11**	DMC 727 Very Light Topaz
2	DMC 209 Dark Lavender	**7**	DMC 3607 Light Plum	**12**	DMC 970 Light Pumpkin
3	DMC 3844 Dark Bright Turquoise	**8**	DMC 3805 Cyclamen Pink	**13**	DMC 741 Medium Tangerine
4	DMC 3846 Light Bright Turquoise	**9**	DMC 726 Light Topaz	**14**	DMC 3820 Dark Straw
5	DMC 321 Red	**10**	DMC 725 Medium Light Topaz		

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Rainbow flower of life

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.



1 in
25.4 mm

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

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.