Easy seed of life spiritual symbol

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 4.4 in (10.7 × 11.2 cm).



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

Floss

- **1 DMC 743 Medium Yellow**
  Heart petals and outer petals (light), outer edge and center disc, notch knots (lighter)
- **2 DMC 3831 Dark Raspberry**
  Heart petals and outer petals (dark)
- **3 DMC 351 Coral**
  Heart petals and outer petals (middle), notch knots (darker), center knot
- **4 DMC 747 Very Light Sky Blue**
  Outer ripples and inner ripples (light), heart knots
- **5 DMC 3766 Light Peacock Blue**
  Outer ripples and inner ripples (middle)
- **6 DMC 597 Turquoise**
  Outer ripples and inner ripples (dark)
- **7 DMC 762 Very Light Pearl Gray**
  Circles

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.

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Heart petals, outer petals
2. **Padded satin stitch**, 2 strands
   Center disc
3. **Running stitch**, 3 strands
   Outer ripples, inner ripples
4. **Stem stitch**, strands by part on page 2
   Outer edge, center disc
5. **Back stitch**, 3 strands
   Circles
6. **French knot**, strands by part on page 2, two wraps
   Notch knots, center knot, heart knots

What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, in indigo. Embroidery needle: size 9 for 1 strand, size 7 for 2 or 3, size 5 for 4 (a lower number is a thicker needle). Skeins: one of each color is enough. An estimate for the 6 inch hoop, from the length of each line and the area of each filled shape, with a fifth added for tails.

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6 inch hoop

How to read it

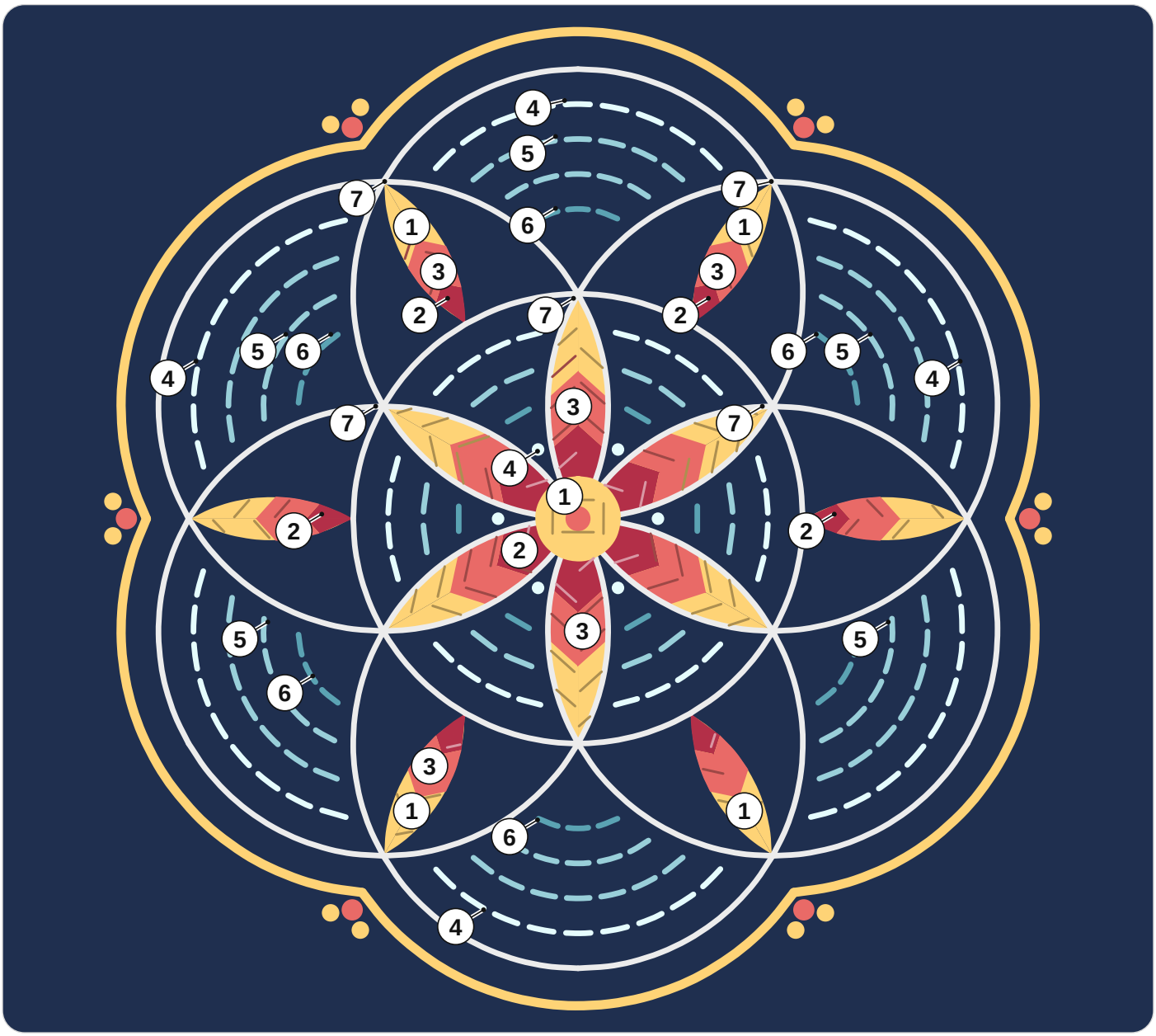
Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

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 dashed line is running stitch.

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.



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4 DMC 747 Very Light Sky Blue
5 DMC 3766 Light Peacock Blue
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How many strands

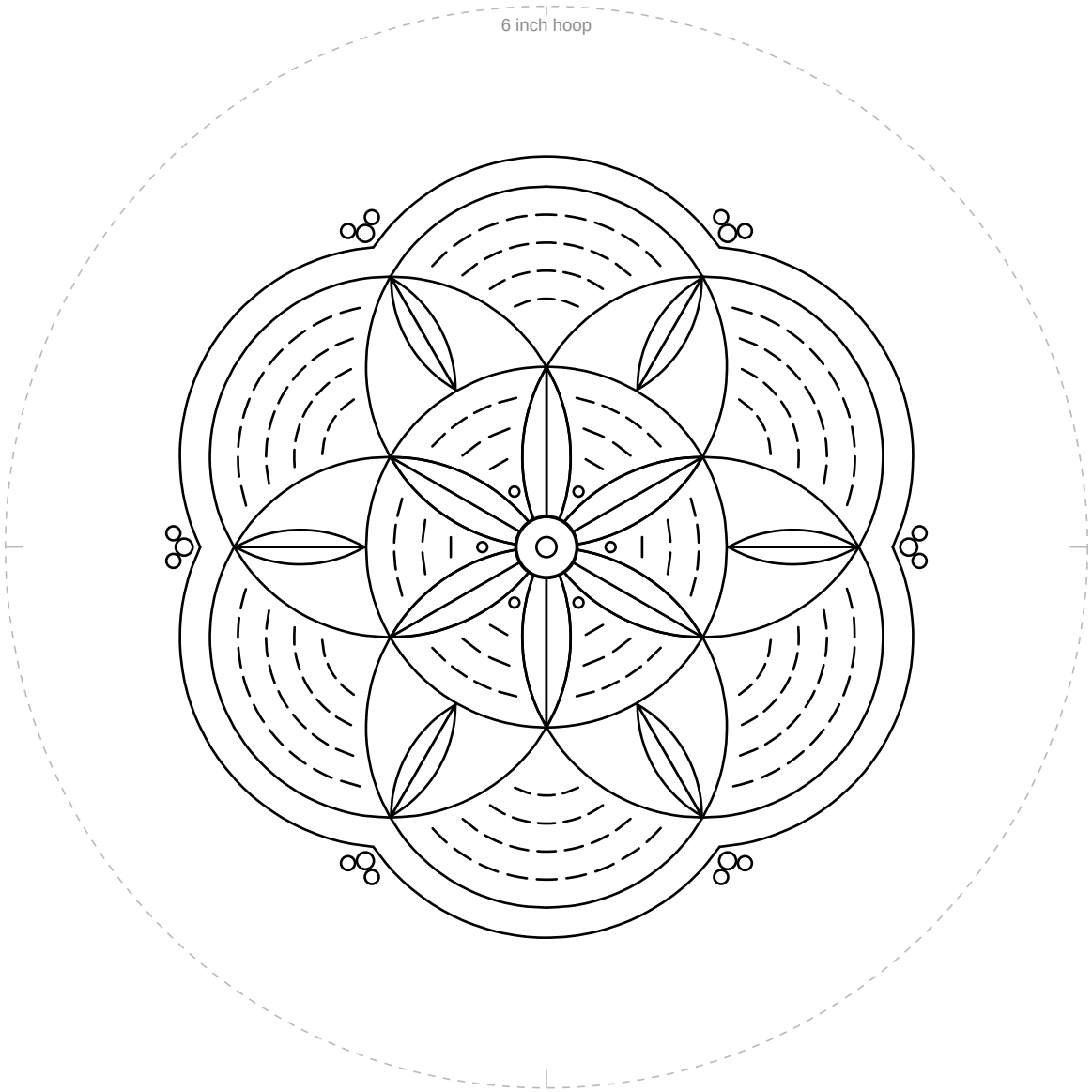
Stem stitch. 4 strands: outer edge; 3 strands: center disc.
French knot. 2 strands: notch knots, center knot; 1 strand: heart knots.

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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

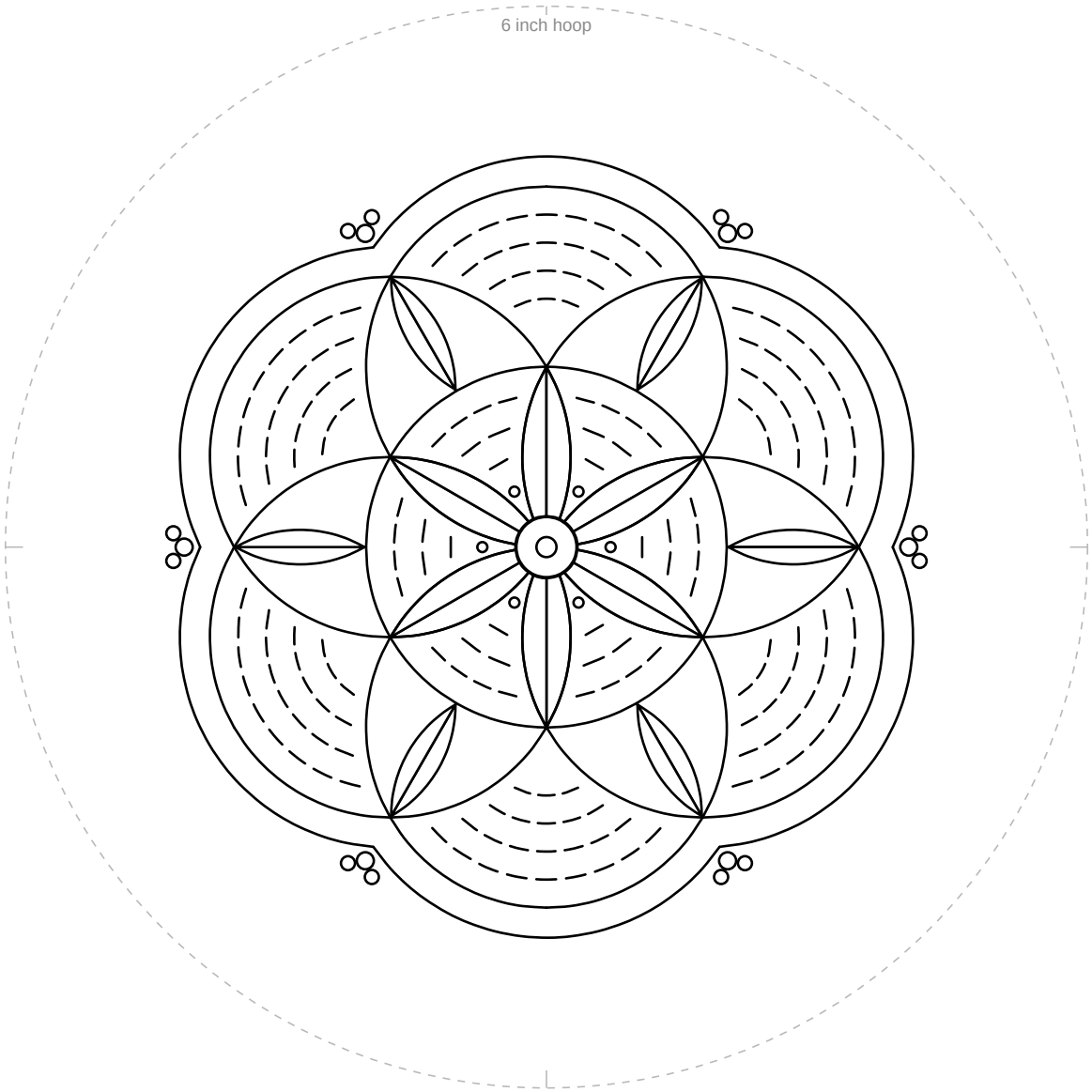
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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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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