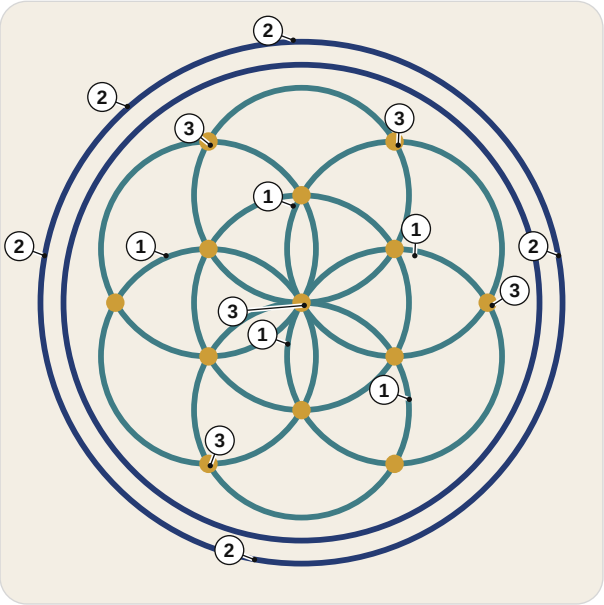
Seed of life

6 inch (15 cm) hoop, 3.8 × 3.8 in (9.7 × 9.7 cm)



A number is a row of the list.

Floss

- **DMC 3809 Very Dark Turquoise**
  Seven circles
- **DMC 336 Navy Blue**
  Outer rings
- **DMC 3852 Very Dark Straw**
  Knots

What you need

A 6 inch (15 cm) hoop.

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

An embroidery needle, size 7.

One skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 2 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 2 on top; trace with a ballpoint.

Iron-on pen: go over page 3, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

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 with a small knot on the back; end under a few stitches.

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. **Back stitch**, 2 strands
   Seven circles

2. **Stem stitch**, 2 or 3 strands
   Outer rings

Stitch in this order, continued

3. **French knot**
   2 strands, two wraps
   Knots



Take out lines that still show, press face down, finish the hoop.

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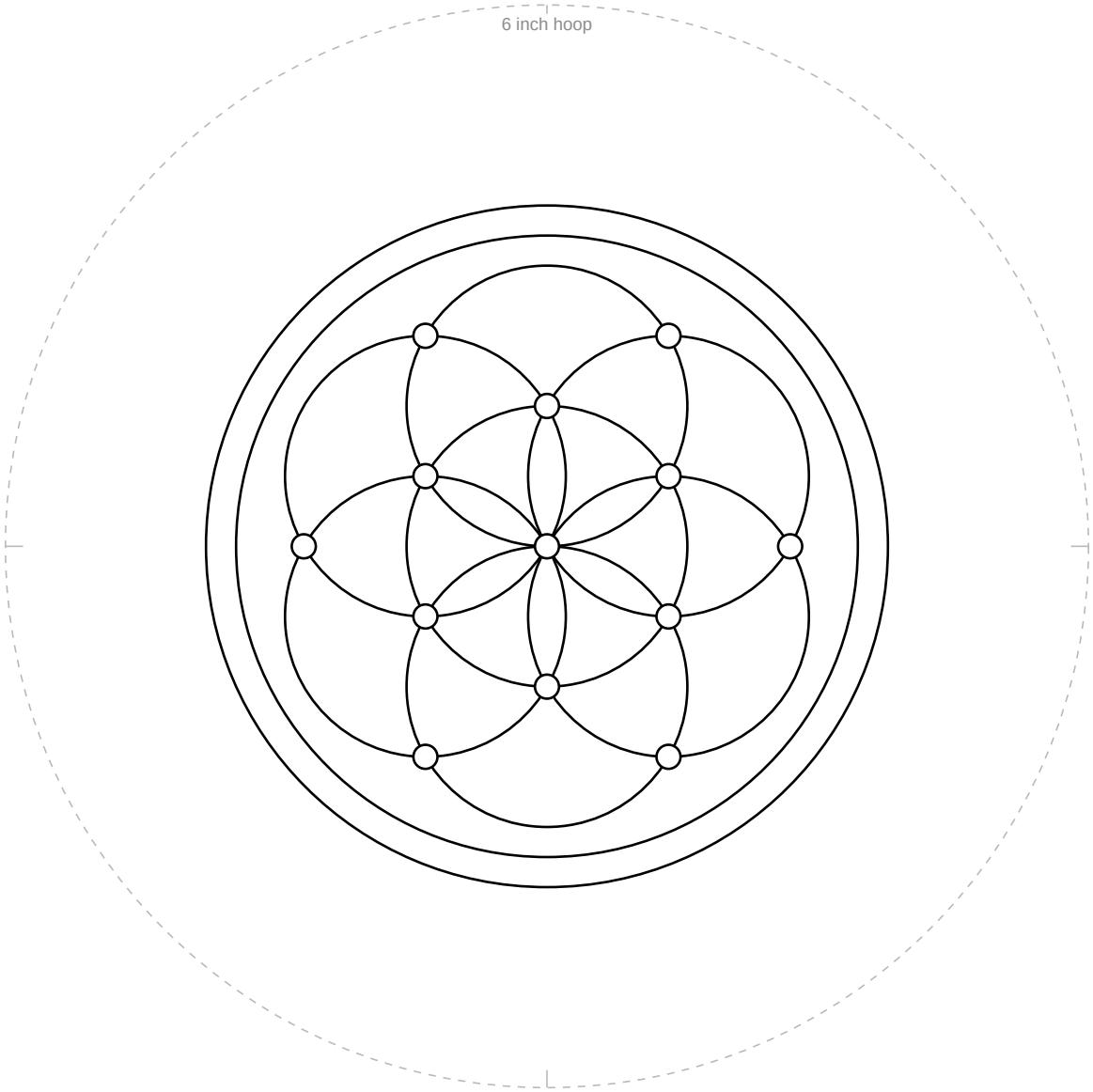
Seed of life

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.
On the drawing a ring is one French knot: mark a dot.



1 in
25.4 mm

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

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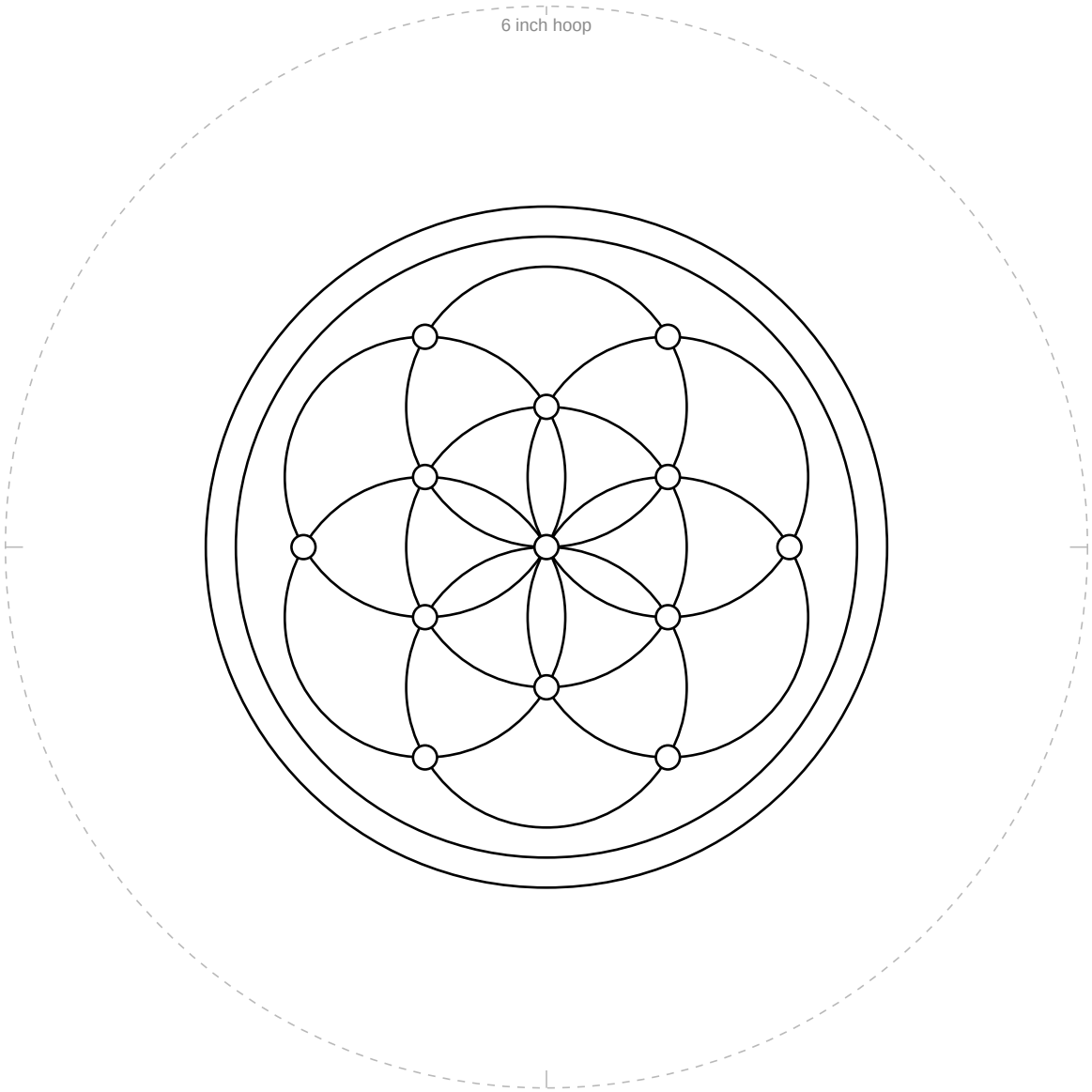
Seed of life

6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



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