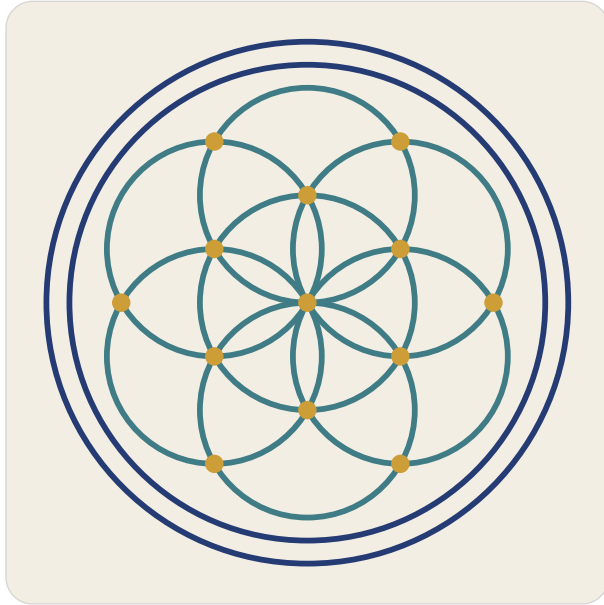


Seed of life

Sized for a 6 inch hoop (15 cm). The stitched design is about 3.8 × 3.8 in (9.7 × 9.7 cm).



Which color goes where.

Floss

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

Stitches

- **Back stitch**, 2 strands
Seven circles
- **Stem stitch**, 2 or 3 strands
Outer rings
- **French knot**, 2 strands, two wraps
Knots

Three ways to transfer the pattern

1. Fabric you can see through

Tape page 2 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 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.

3. Iron-on

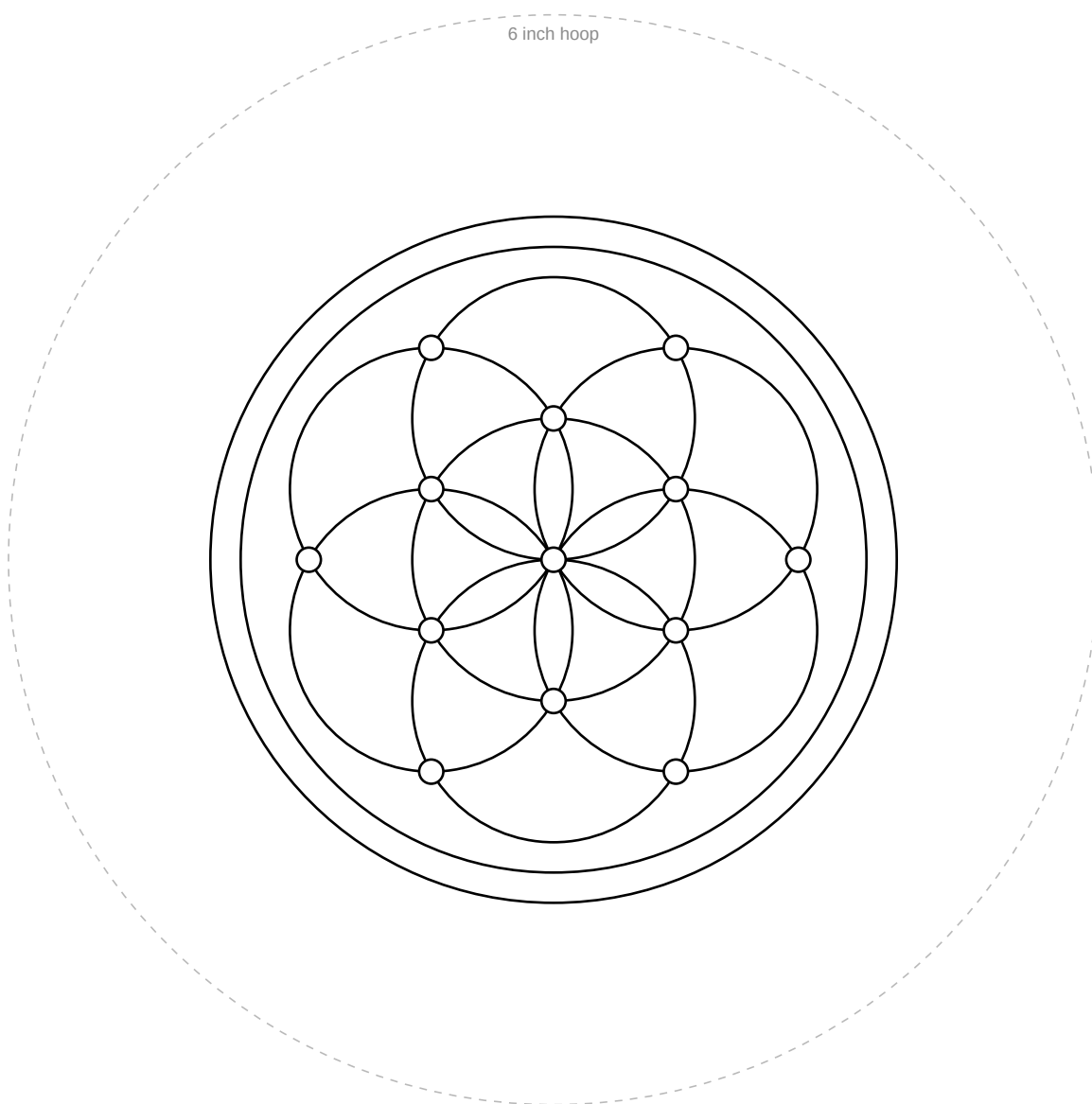
Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

Seed of life

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.

**1 in**

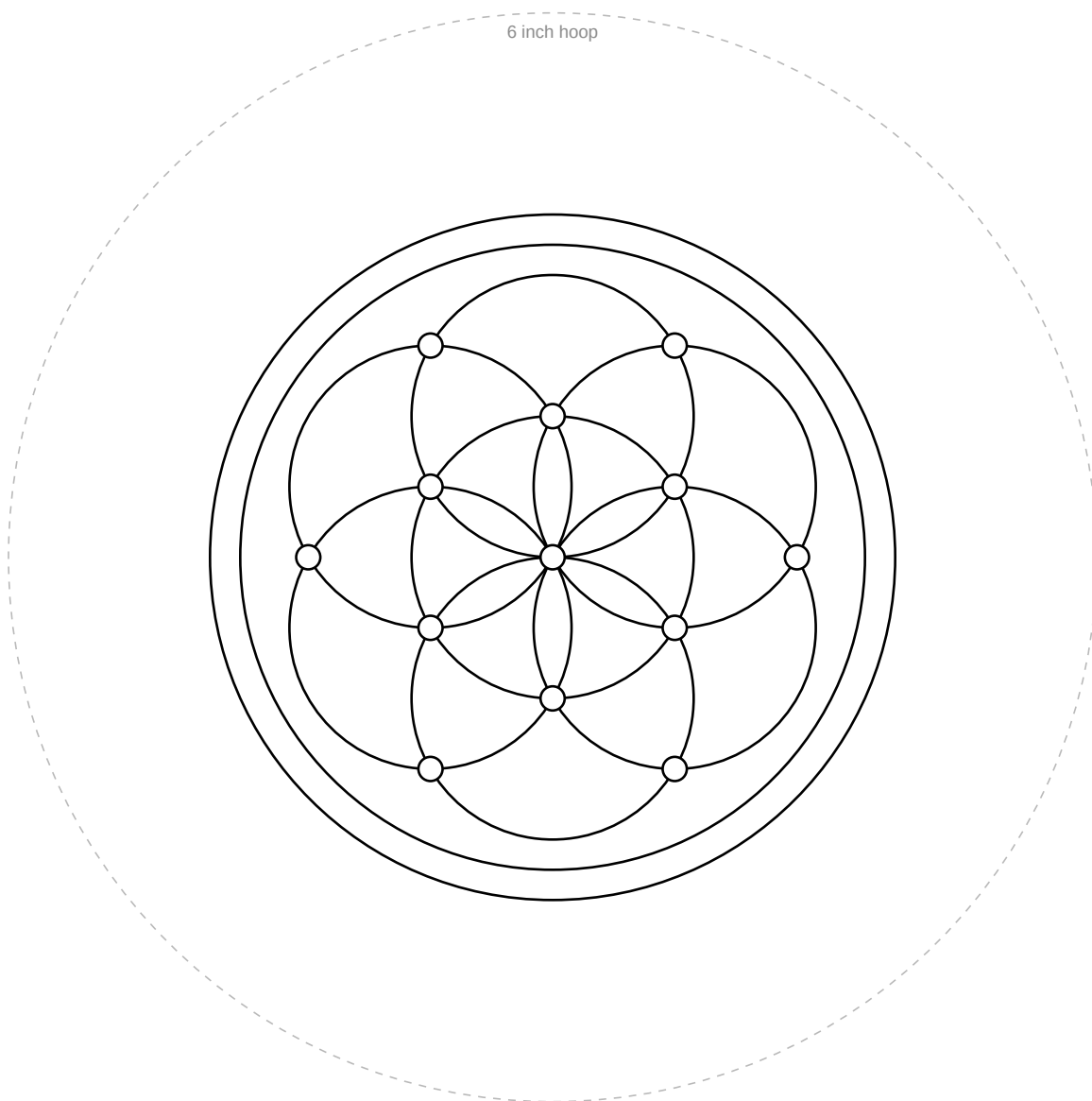
25.4 mm

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

Seed of life

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.