Easy zen stones and enso circle

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.1 × 4.5 in (10.4 × 11.4 cm).



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

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.

Floss

- **1 DMC 3799 Very Dark Pewter Gray**
  Enso
- **2 DMC 930 Dark Antique Blue**
  Base stone and ripples (darker)
- **3 DMC 932 Light Antique Blue**
  Base stone and ripples (lighter)
- **4 DMC 301 Medium Mahogany**
  Top stone and fallen leaf (darker), leaf stalk
- **5 DMC 402 Very Light Mahogany**
  Top stone and fallen leaf (lighter)
- **6 DMC 3053 Green Gray**
  Middle stone (lighter)
- **7 DMC 3051 Dark Green Gray**
  Middle stone (darker)

Stitch in this order

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

1. **Satin stitch**, 2 strands
   Enso, base stone, middle stone, top stone



2. **Fishbone stitch**, 2 strands
   Fallen leaf



3. **Running stitch**, 4 strands
   Ripples

4. **Stem stitch**
   strands by part on page 2
   Leaf stalk, base stone, middle stone, top stone

What you need

Easy. A 6 inch (15 cm) hoop, and a 9 inch (23 cm) square of plain cotton or linen, in blush pink. Embroidery needle: size 7 for 2 or 3 strands, 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.

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 301 Medium Mahogany
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7 DMC 3051 Dark Green Gray

How many strands

Stem stitch. 4 strands: base stone, middle stone, top stone; 2 strands: leaf stalk.

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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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Easy zen stones and enso circle

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.
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