XSTITCH



ISSUE 11 · NAMASTE · £8 · #XSTITCHMAG

3609 BELFAST



18[1] *(gold)*



2127



2095



3131[2] *(copper)*



720

|||| 12,6 / cm = 32 ct.

140 cm · 55"

48 x 68 cm

△ 100 % LI

[1] 95% LI, 5% met. PES

[2] 96% LI, 4% met. PES

3984 MURANO



3009 *(vintage)*

|||| 12,6 / cm = 32 ct.

48 x 68 cm

140 cm · 55"

△ 52 % CO · 48 % MD

XSTITCH

A MODERN CROSS STITCH MAGAZINE

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CLICK HERE AND ENJOY SONGS WHILE YOU STITCH WITH OUR COLLABORATIVE YOUTUBE PLAYLIST!

CROSSSTITCHNESS

OCIE HEATON - THE
ER OF INTENTION

- TOOLED UP

STITCHFINITY -
EART CHAKRA

INY MODERNIST -
ST LIKE A TREE

MATHYSPHERE - A
BY MOONLIGHT

STITCHFINITY -
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IN LIFE IS VIBRATION

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3346	437	3778	632	543

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Welcome to the eleventh edition of XStitch Magazine - Namaste!

As with every magazine there's no knowing how it's going to turn out - we launch the themes, invite responses from our growing cohort of cross stitch talent and see what happens. In this case we've got twenty-one designs from fifteen designers all of which touch on the theme of Namaste with their own initimable aesthetics!

We welcome Doodlecraft Design to the family with respectful greetings and relish the rebranded return of Stitchfinity who provide us with seven chakral charts for you to tune into!

We've some great articles including a feature on the wonderful LoveQuilts charity, and also a rather unusual interview with Stephen Russell, the Barefoot Doctor. The interview itself is wonderful, exploring the magic of mindfulness, but the curious fact is that the good Doctor passed away a day after finishing the interview, possibly gifting us his final thoughts before leaving this earth plane.

We dedicate this issue to him and hope you enjoy his words.

As always, we value your views so don't be afraid to get in touch via whatever medium suits - astral projection is also acceptable!

May the power of stitch soothe your soul and bring joy to those around you!





CHAKRA STITCH

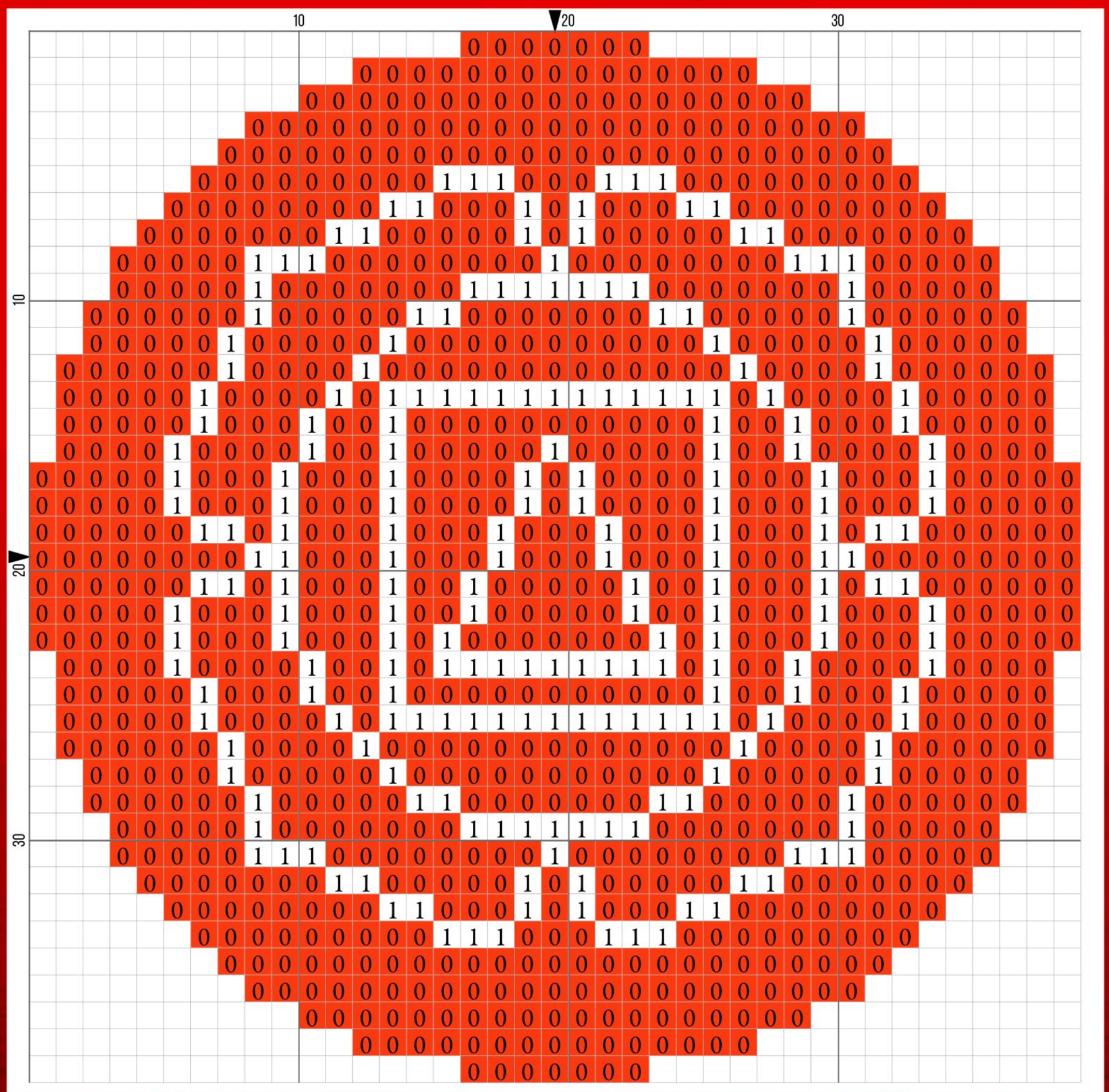
CHAKRAS ARE ENERGY CENTRES.
THESE ENERGY CENTRES SEEM TO HAVE THREE FUNCTIONS. THEY PICK UP ON ENERGY, THEY PROCESS IT AND THEY GIVE IT OUT.

IF SOMETHING'S OFF KILTER WITH ONE OF YOUR ENERGY CENTRES, YOU CAN GET A BIT IMBALANCED AND IT MIGHT AFFECT YOU IN SOME NEGATIVE WAY, LIKE ILLNESS - PHYSICAL OR MENTAL.

THERE ARE SEVEN OF THESE ENERGY CENTRES. THEY ARE REPRESENTED BY COLOURS AND SYMBOLS AND ARE LINKED TO AREAS ON YOUR BODY. THEY ALSO COME WITH A HANDY MESSAGE, SO YOU CAN REMEMBER WHAT THEY DO.

IF YOU'D RATHER SPEND YOUR TIME DOING YOGA THAN STITCHING, BUT WANT THE LOOK AND FEEL, WHY NOT JUST STITCH THE OUTLINES? IF YOU WANT YOUR CHAKRAS TO GLOW WITH ENERGY, YOU COULD REPLACE THE WHITE FLOSS WITH GLOW IN THE DARK?

CHAKA KHAN
I FEEL FOR YOU



STARTING AT THE BASE OF YOUR SPINE IS THE BASE OR ROOT CHAKRA.

THIS IS REPRESENTED BY RED.

ITS MESSAGE IS 'I EXIST'.

IT'S ALL ABOUT FEELING SECURE. IF IT'S NOT QUITE BALANCED, YOU MIGHT EXPERIENCE FEELINGS OF INSECURITY.

DESIGN SIZE	2.8 X 2.8 INCHES	
STITCH COUNT	39 WIDE X 39 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC 606	BURNT ORANGE-RED
1	DMC COTTON WHITE	WHITE

TREE OF LIFE

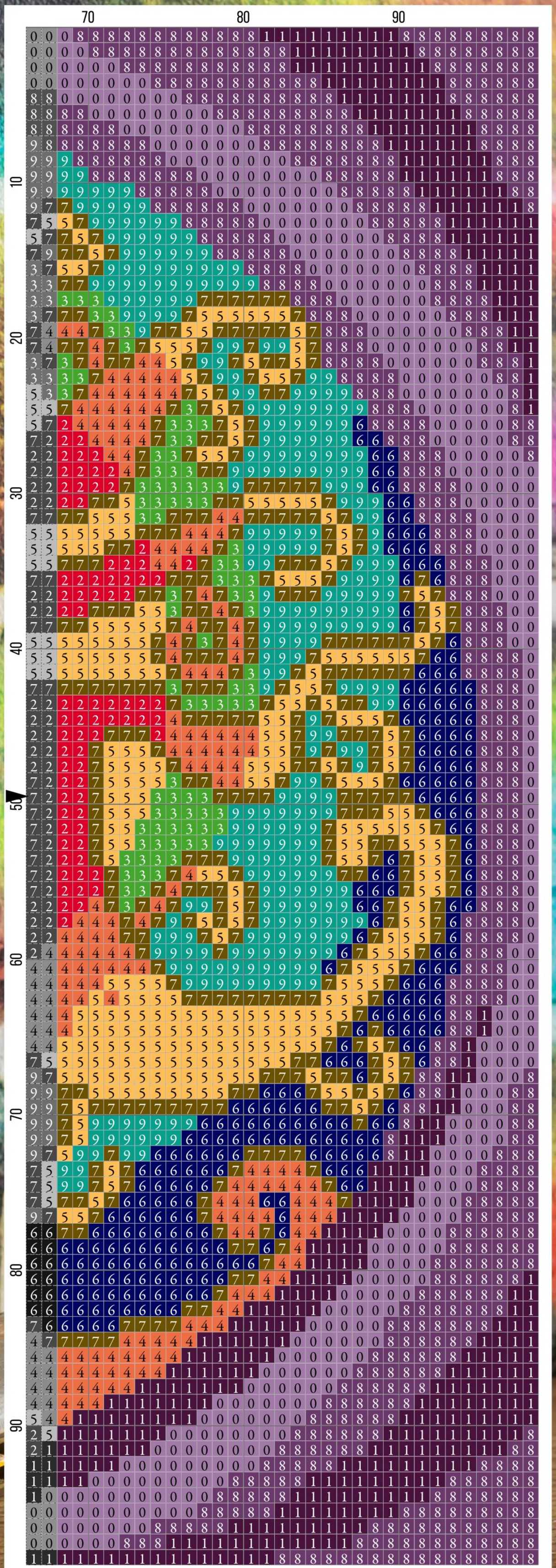
THE SYMBOL OF THE TREE DATES BACK TO ANCIENT TIMES. MULTIPLE CULTURES STILL HAVE VARIOUS BELIEFS AROUND THE TREE AND WITHOUT DOUBT IT IS VERY SPIRITUAL.

THE TREE GIVES US SHADE AND SHELTER, TEACHES US STRENGTH AND PATIENCE, SHOWS US THE WAY OF BEING STEADY AND GROUNDED. IT IS OFTEN ASSOCIATED WITH IMMORTALITY AND REBIRTH. TREES SEEM DEAD IN WINTER, BUT AWAKE AND START A NEW LIFE IN SPRING.

WHAT IS A TREE TO ME? IT BRINGS HARMONY AND PEACE TO MY MIND. YOU CAN FIND MANY OTHER INTERPRETATIONS, BUT BETTER SIMPLY LET YOUR OWN TREE GROW..

COLDPLAY
ATLAS


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"A TREE THAT LOOKS AT GOD ALL DAY, AND LIFTS HER LEAFY ARMS TO PRAY..."

JOYCE KILMER

DESIGN SIZE	7.1 X 7.1 INCHES
STITCH COUNT	99 WIDE X 99 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 209	LAVENDER - DK
1	DMC COTTON 550	VIOLET - VY DK
2	DMC COTTON 666	CHRISTMAS RED - BR
3	DMC COTTON 702	KELLY GREEN
4	DMC COTTON 720	ORANGE SPICE - DK
5	DMC COTTON 742	TANGERINE - LT
6	DMC COTTON 820	ROYAL BLUE - VY DK
7	DMC COTTON 829	GOLDEN OLIVE - VY DK
8	DMC COTTON 3837	LAVENDER - UL DK
9	DMC COTTON 3844	BRIGHT TURQUOISE - DK

EVERYONE NEEDS A HELPING HAND

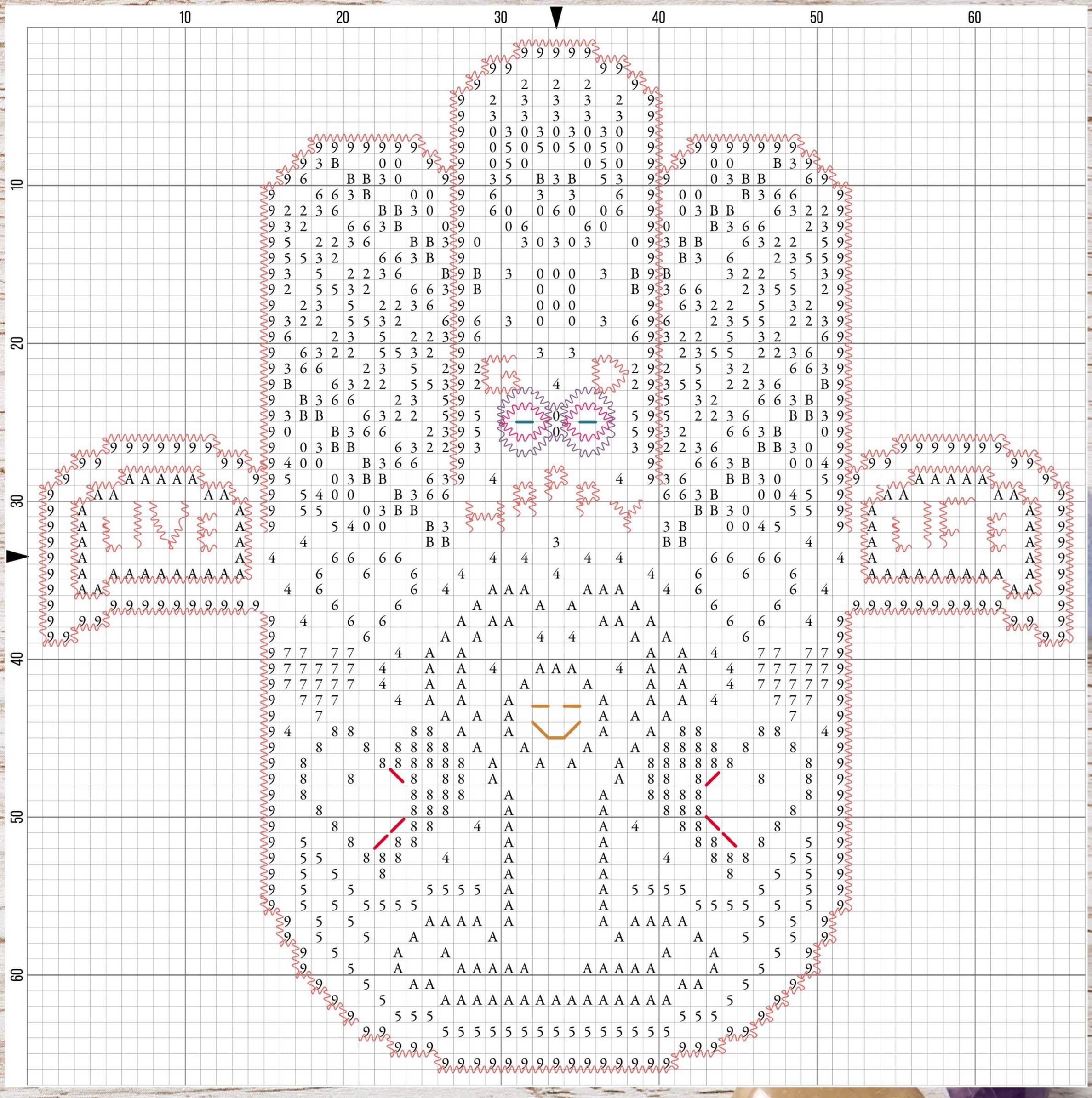
THE HAMAS HAND IS AN ANCIENT AND UNIVERSAL PROTECTIVE AMULET.

MAY THIS DESIGN BRINGS ENJOYMENT, HEALTH, HAPPINESS, LUCK, GOOD FORTUNE AND ENJOYMENT STITCHING IT.

DESIGN SIZE	4.7 X 4.7 INCHES
STITCH COUNT	65 WIDE X 65 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/118 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 208	LAVENDER - VY DK
1	DMC COTTON 352	CORAL -LT
2	DMC COTTON 517	WEDGEWOOD - DK
3	DMC COTTON 518	WEDGEWOOD - LT
4	DMC COTTON 562	JADE - MD
5	DMC COTTON 601	CRANBERRY - DK
6	DMC COTTON 603	CRANBERRY
7	DMC COTTON 666	CHRISTMAS RED - BR
8	DMC COTTON 725	TOPAZ
9	DMC COTTON 976	GOLDEN BROWN - MD
A	DMC COTTON 3746	BLUE VIOLET - DK

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 208	LAVENDER - VY DK
	DMC COTTON 351	CORAL
	DMC COTTON 517	WEDGEWOOD - DK
	DMC COTTON 601	CRANBERRY - DK
	DMC COTTON 666	CHRISTMAS RED - BR
	DMC COTTON 976	GOLDEN BROWN - MD



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BIDAN

LECTURE



Our aristocratic columnist negotiates the notion of namaste.

A Namaskar is a greeting. You put your hands together, bow your head slightly and say 'namaste'. It's mostly a sign of respect, and has no real translation into actual words. People have tried, in fact, many have, but they always come up short. Simply put, it doesn't mean anything. But it also means everything. To explain this, let's go on a little journey together.

It's hot. Really hot. Now, I don't mean hot like India, I mean hot like a mediocre English summer which all British people pretend is as hot as the sun. I was on the tube, packed full of both commuters and tourists on a sunny Friday evening. running late. What m worse is that I rushed door, grabbing a jacke things, so I was not havi time. In turn I slowly go as I was getting more an angry at myself for leav late for my meditation cl the irony here is that I wa to a class to help me liv moment.

But I got there, and jus it started. It was my fir into meditation and th my journey there, I jus into it. My mind was flips and I couldn't get zone. But there were tw



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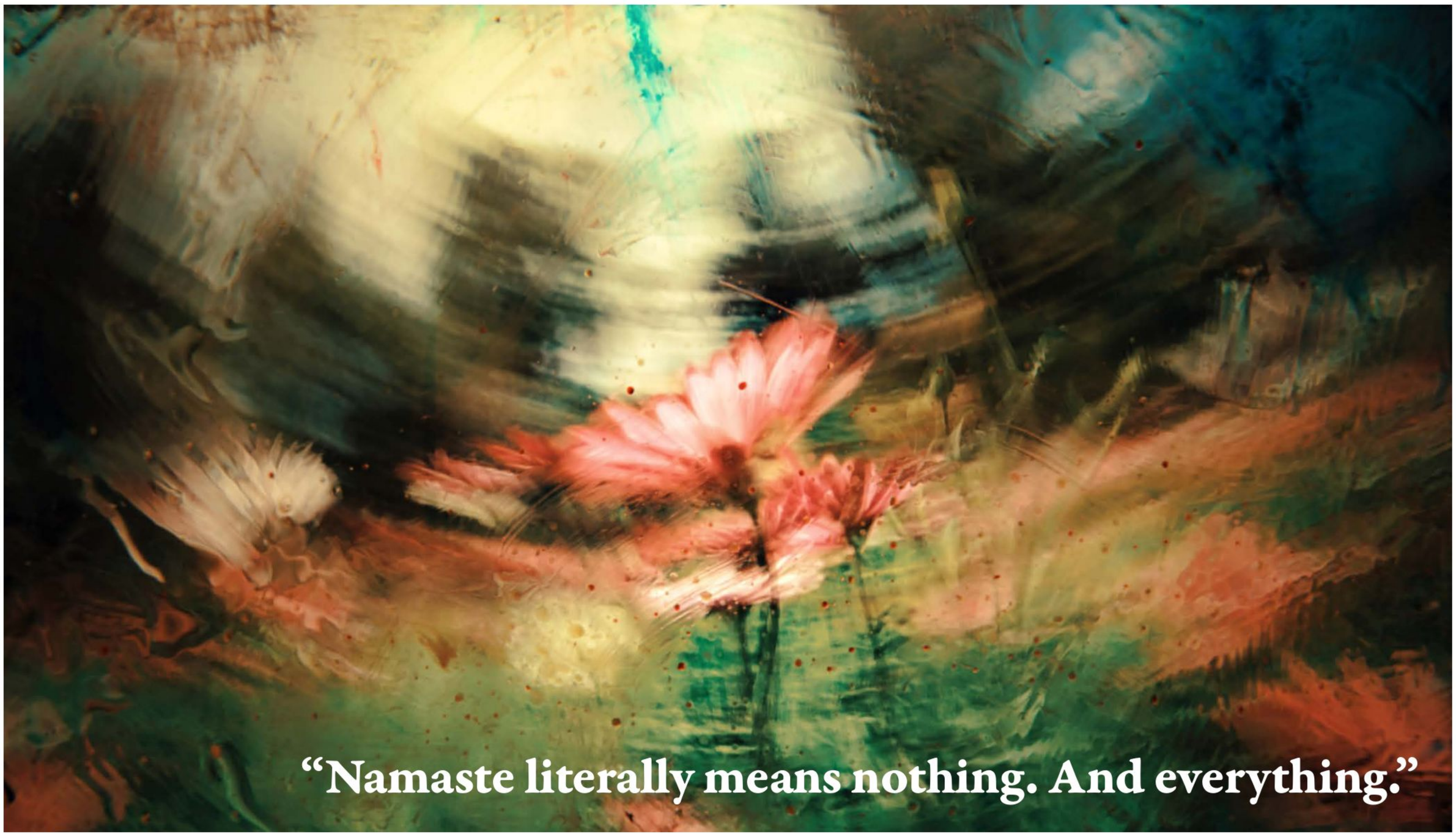
I remember clear as day, some ten years later. The first was the teacher, or more specifically, what she said at the end. I won't divulge the whole statement, but she said 'namaste' to end the session.

I giggled. Why wouldn't I? Up to this point I had only ever head namaste as a greeting, specifically, a greeting when meeting, not when ending something. To my brain, that's what it meant, effectively 'hello'. This was of course, well off the mark. But I didn't learn that until much later.

I was working at a big data analytics company, and many of my colleagues were spread across the globe, with a big part of the company outsourced to India. As with many big companies, everyone was expected to speak English, even in chats. And one day, after saying hello I thought to myself, maybe just this once, I can buck the trend.

I happened to know where the office in India was based, and knew that namaste was the traditional greeting, so I said that instead. To me, it was just a nice gesture to my colleagues and friends in a different country. But to them, it meant to much more. It was a sign that I respected them as equals, that I wanted to know about them on a personal level, that I was willing to go out of my way to get into their world and ingratiate myself, when not only was it not needed, but wasn't expected, or even accepted.

This is when I started really getting into cross stitch. And when my understanding of namaste opened up. The second thing I can remember about that meditation class was a lady in the corner, knitting, whilst meditating. I was in awe at the time that should could do something so complicated whilst meditating, let alone the



fact that it was something so complicated while her eyes were shut.

But, now, knowing more about cross stitch, and meditation, I know better. I don't know about you, but I cross stitch watching TV and movies. If someone asked me if I could cross stitch with my eyes closed I'd scoff at them, “no way” I'd exclaim. But I do pretty much exactly that. I sit there, eyes glued to the screen, sometimes so much I forget to blink, and whilst I'm keeping up with the latest exploits of some superhero, I'm stitching away. Usually perfectly too, although I'm convinced those counting errors happen thanks to the TV. Whilst I don't sit in a room with nothing but the gentle sounds of waves, whale song or a Tibetan singing bowl, I do meditate when I stitch.

For a long-time cross stitch has been known to be calming, taking you into the moment, freeing your mind. I started suffering with anxiety recently, and whilst I do sit and meditate daily, it's not as calming as cross stitch. For over a decade everyone one of us has been meditating in our own way, placing stitch after stitch in a repeating pattern, like rosary beads on a bracelet. To us, cross stitch is meditation. We might not realise it, we might not even plan for it to be the case. Hell, I swear at my cross stitch more often than I'd like to admit, but its still cathartic. Something to shout out without offending anyone.

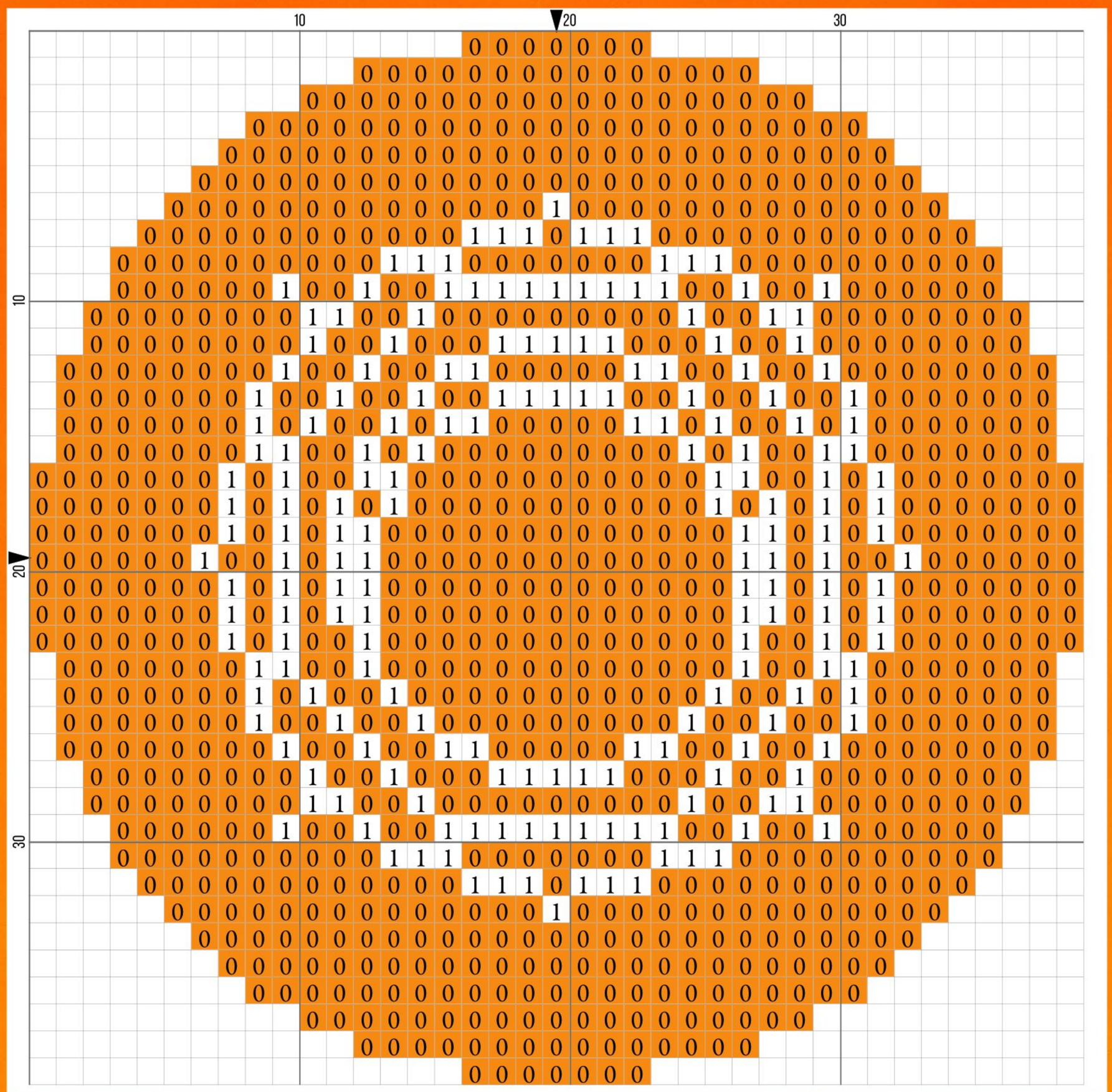
This, is kind of how the word namaste works. It's a word that means nothing, but to others, it means so much more. It's been appropriated as a greeting, a word to represent meditation, a word to represent cultures and feelings.

Words are more than just their sounds. Many people know that its polite to ask “how are you?” when meeting someone. The answer, is “OK, thanks”. Those words mean nothing. It's just the sign of respect that you show. But what if you want to know more? What if you actually want to know how someone is? My friends now ask me “how's the cross stitch going?”. It's a sign that not only are they interested in me, but as non-stitchers they can recognise that your hobby is the thing that allows you to get emotion out, to really get to know you.

Namaste is a great word for this purpose, but there are other words in other languages with similar stories. Konnichi-wa was actually part of an ancient Japanese saying “how are you feeling today?”, it meant more than just hi. But konnichi-wa has its history in a sentence, in a meeting. Namaste, doesn't. Namaste literally means nothing. And everything.

I'll end by stating the whole phrase my meditation teacher said. I don't remember her, I don't remember the class, and frankly, it was a decade before I tried it again, but this phrase stayed with me. “Namaste - whatever it may mean to you”. And I think that for us, that phrase can be edited slightly.

Enjoy your cross stitch - whatever it may mean to you.



LOCATED IN THE LOWER ABDOMEN
IS THE SACRAL CHAKRA.

IT IS REPRESENTED BY ORANGE.

ITS MESSAGE IS 'I DESIRE'.

IT'S ALL ABOUT EMOTIONS, SEXUALITY AND CREATIVITY. IF IT'S NOT IN BALANCE, YOU MIGHT FEEL OVER OR UNDER EMOTIONAL, OR BE DEPENDENT ON A SUBSTANCE THAT GIVES YOU PLEASURE.

DESIGN SIZE	2.8 X 2.8 INCHES
STITCH COUNT	39 WIDE X 39 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 970	PUMPKIN - LT
1	DMC COTTON WHITE	WHITE

PAPER FORTU

NAMASTE
NI HA



UNE

E, KONNICHI WA.
AO, SHALOM.



GREETINGS. SURE. BUT THEY ALL MEAN MORE. THEY HAVE A HISTORY. A FEELING. A LIFE OF THEIR OWN.

THIS ISSUE I DECIDED TO MOVE INTO A BIT OF SIMPLE ORIGAMI. WITH GREETINGS IN DIFFERENT LANGUAGES HIDDEN INSIDE.

DESIGN SIZE	8 X 8 INCHES
STITCH COUNT	112 WIDE X 112 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 310	BLACK
1	DMC COTTON 606	BURNT ORANGE-RED
2	DMC COTTON 910	EMERALD GREEN - DK
3	DMC COTTON 973	CANARY - BR
4	DMC COTTON 995	ELECTRIC BLUE - DK

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 310	BLACK
	DMC COTTON 552	VIOLET - MD

SHIKAMOO

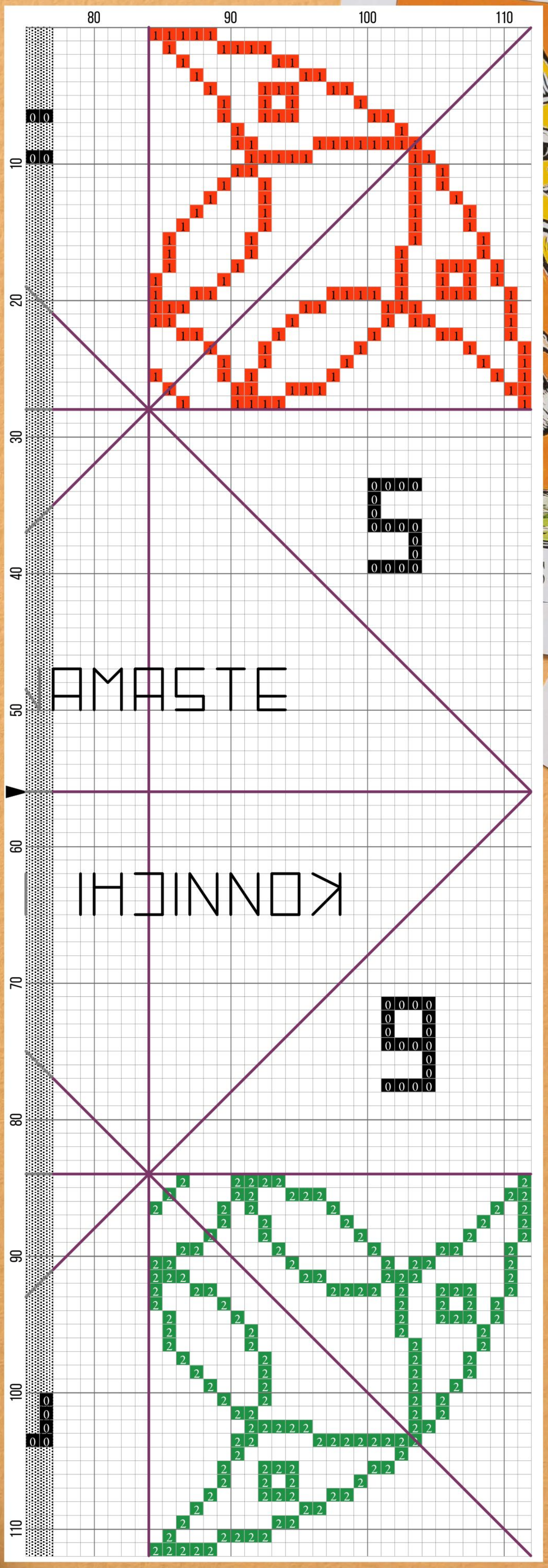
SELAM

ZDRAVSTVUYTE

OHAYO

GOODBYE

SHALOM





HOW TO FOLD:

WITH THE STITCHING FACING DOWN, FOLD THE FOUR CORNERS EQUALLY INTO THE CENTER.

FLIP THE PIECE OVER, AND REPEAT THIS FOLD.

FIT YOUR FINGERS INTO THE OPENINGS AND OPEN.

NENA
99 LUFTBALLONS

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PAINTED PACHYDERM OF PEACE



IN INDIA THE ELEPHANT IS PRIMARILY A SYMBOL OF THE WISDOM OF KINDNESS. IT IS A VERY FAVORABLE SYMBOL. THEREFORE IMAGES OF ELEPHANTS CAN ALSO BE FOUND AS AN ELEMENT OF ORGANIZATION IN TEMPLES. IN HOME DECORATION. DEPICTED ON CLOTHES AND AS POPULAR SOUVENIRS.

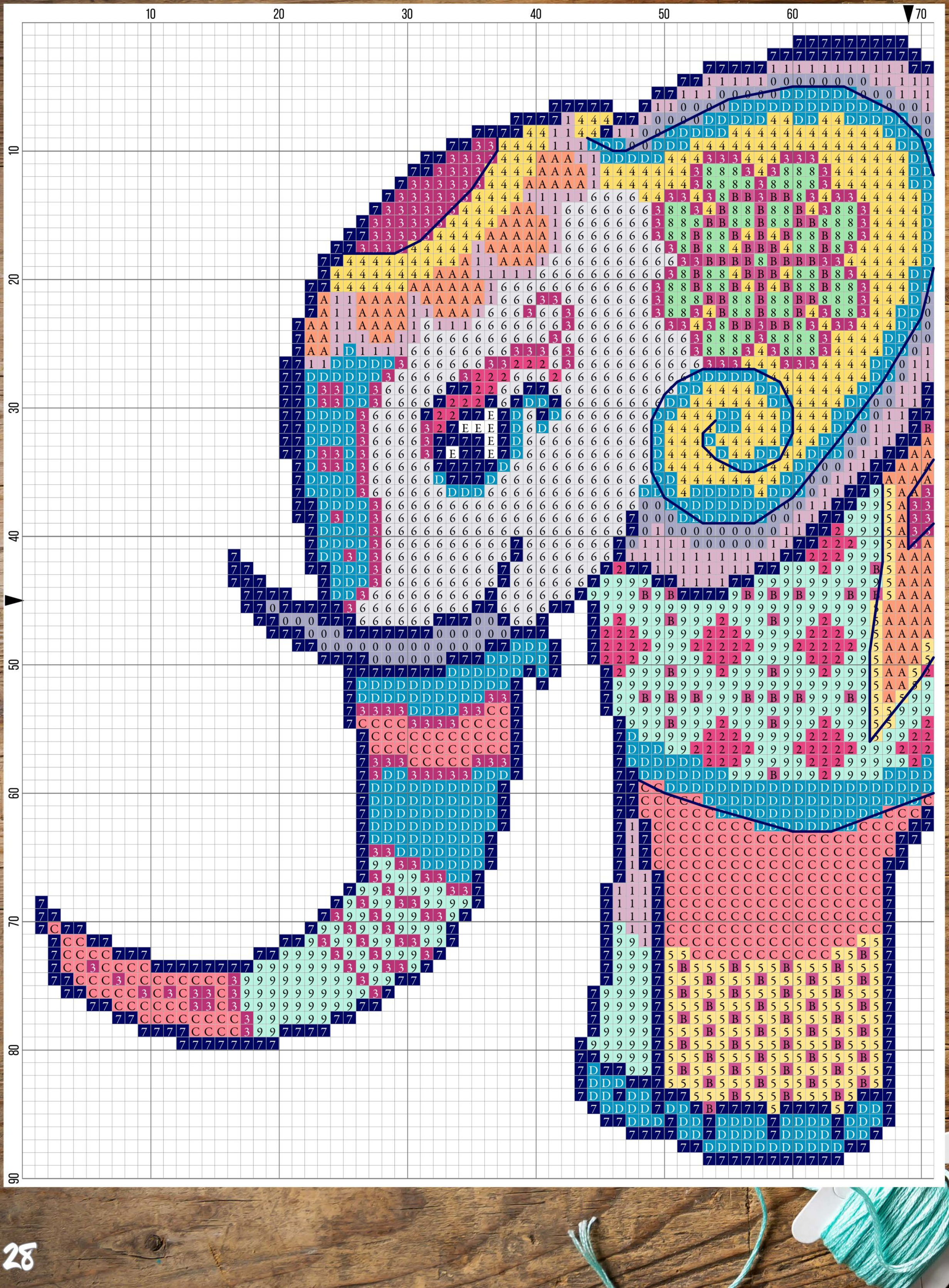
THE SANDALWOOD ELEPHANT BRINGS GOOD LUCK SO WHY NOT STITCH YOUR OWN ONE AND LET THIS MAGNIFICENT ANIMAL BRIGHTEN UP YOUR WORLD?

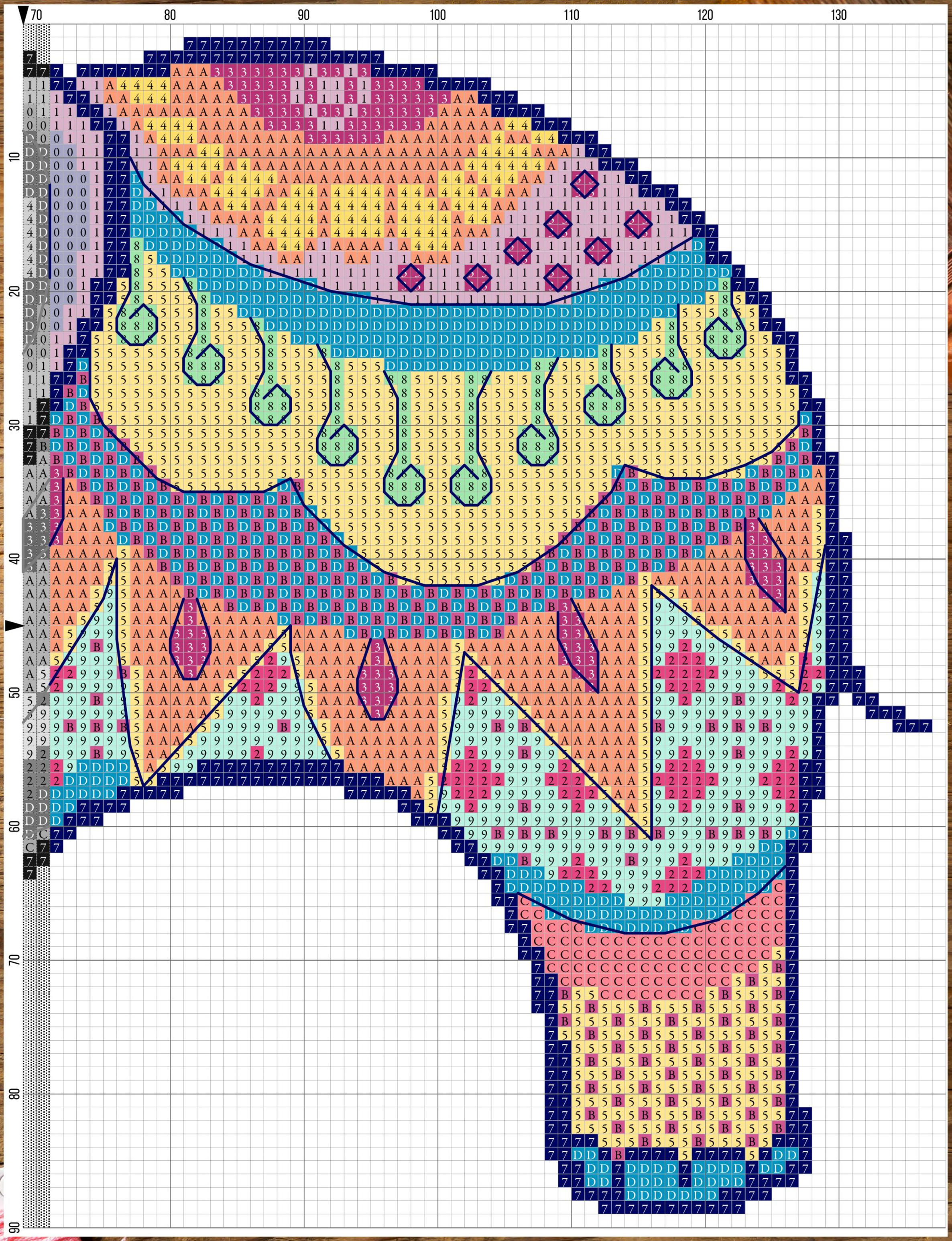
RASHID KHAN
KESARIYA BANNA RAJASTHANI FOLK SONG

DESIGN SIZE	9.8 X 6.3 INCHES
STITCH COUNT	136 WIDE X 88 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 340	BLUE VIOLET - MD
1	DMC COTTON 554	VIOLET - LT
2	DMC COTTON 602	CRANBERRY - MD
3	DMC COTTON 718	PLUM
4	DMC COTTON 743	YELLOW - MD
5	DMC COTTON 744	YELLOW - PL
6	DMC COTTON 762	PEARL GRAY - VY LT
7	DMC COTTON 820	ROYAL BLUE - VY DK
8	DMC COTTON 954	NILE GREEN
9	DMC COTTON 964	SEAGREEN - LT
A	DMC COTTON 3341	APRICOT
B	DMC COTTON 3607	PLUM - LT
C	DMC COTTON 3706	MELON - MD
D	DMC COTTON 3843	ELECTRIC BLUE
E	DMC COTTON 5200	SNOW WHITE

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 820	ROYAL BLUE - VY DK


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XSTITCHERS of instagram

Instagram is one of the best places for discovering awesome xstitchers and each issue we'll introduce you to a cross stitching crush of ours.

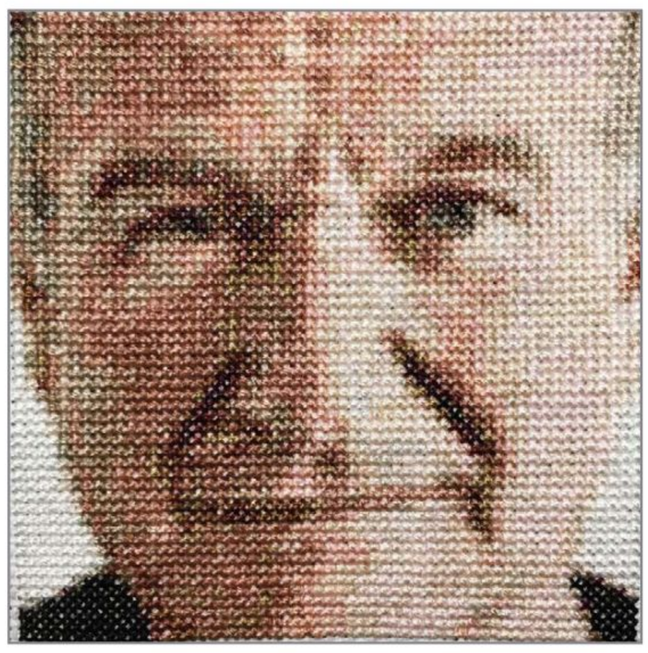


GEORGES.X

This time it's Georges.X from France who keeps you guessing with his eclectic content!

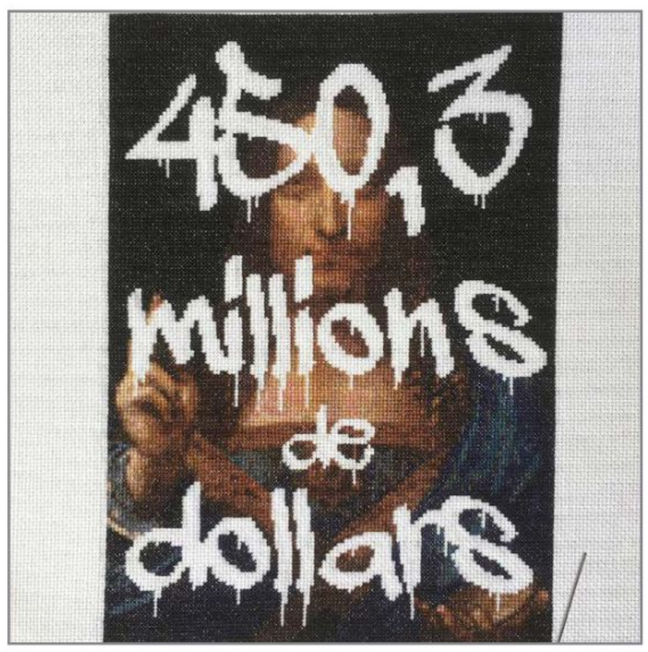
"The general idea of my work consists in appropriating an existing image that reflects an emotion or a question that I seek to highlight. In a world that goes too fast, where image is everything and ephemeral, cross stitch allows me to return to the source of what constitutes the image, the digital pixel, the photon of light.

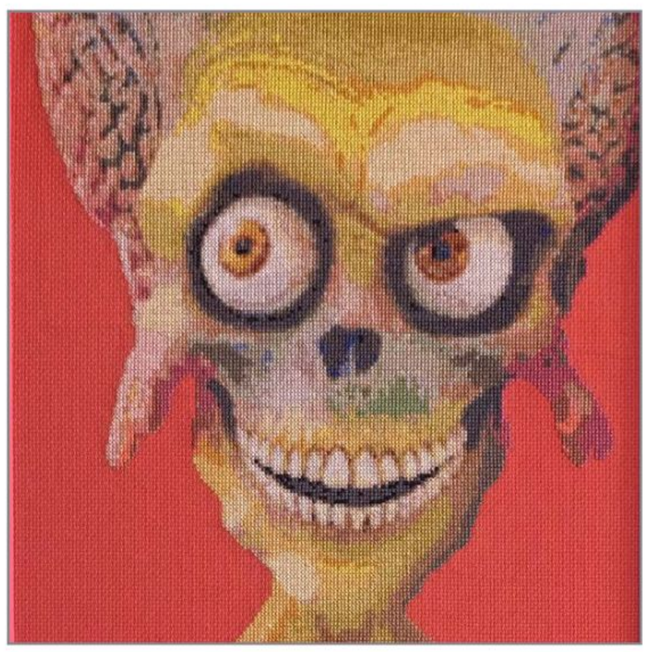
"Cross stitch, by the time and patience it requires, gives a more intense meaning to the image. It quietly sits in opposition to the superficiality and the intransigence of our contemporary society".





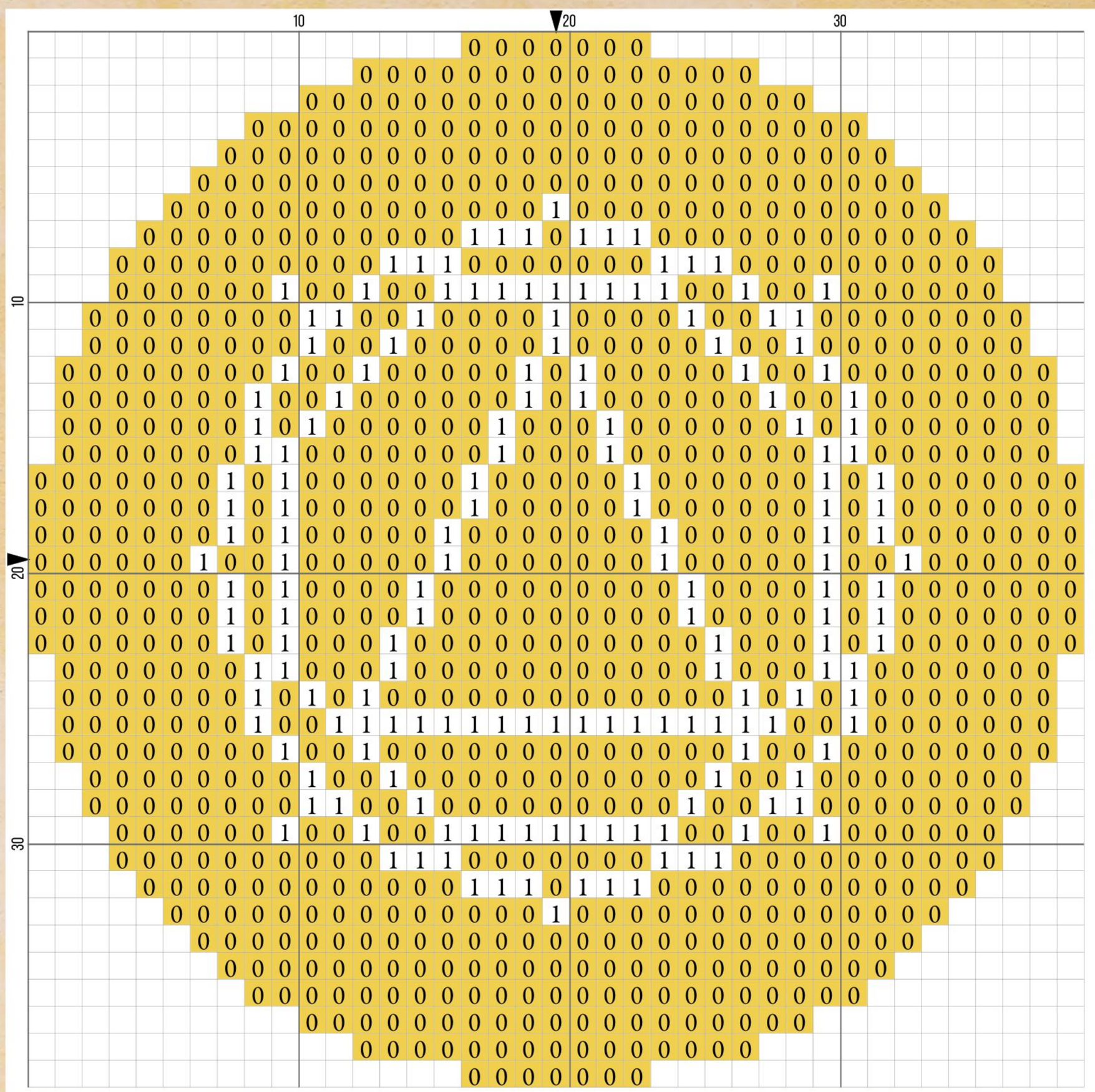






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GOT A FAVOURITE INSTAGRAM XSTITCHER? EMAIL HELLO@XSTITCHMAG.COM, TELL US THEIR INSTAGRAM HANDLE AND WE'LL CHECK 'EM OUT!



IN YOUR UPPER ABDOMEN
IS THE SOLAR PLEXUS CHAKRA.

IT IS REPRESENTED BY YELLOW.

ITS MESSAGE IS 'I CONTROL'.

IT'S ABOUT GETTING SHIT DONE AND LINKS
TO YOUR SELF-ESTEEM.
AN IMBALANCE HERE MIGHT RESULT IN A
LACK OF DIRECTION OR ON THE FLIP SIDE
BEING A BIT OF A CONTROL FREAK.

DESIGN SIZE	2.8 X 2.8 INCHES	
STITCH COUNT	39 WIDE X 39 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC 606	BURNT ORANGE-RED
0	DMC COTTON 973	CANARY - BR

THE CROS

LUCIE HEATON TALKS TO STEPHE ABOUT MINDFULNESS, MEDITATI

More and more people are turning to cross stitch as a way to relax and calm the mind, keeping the hands busy and concentrating on the stitching at the same time seems to have a positive effect, do you have any theories about why this is so relaxing?

Yes, a few, as a 7 year-old at school, we used to do cross-stitch with that thick richly coloured thread on that perforated tapestry fabric and I loved it. Later when I lived with the Native Americans in New Mexico they taught me how to make moccasins which required some fairly precise cross-stitch too. So it's not as if I don't have a bit of a history with it.

And to answer your question, my guess as to why it should be gaining popularity, it reminds us of being children engaged in something absorbing, therefore feeling happy, so triggers happiness associations.

As well as being useful for holding bits of fabric together, it's aesthetically satisfying to look at; sewing fabric has been an intrinsic human skill and necessity for a near infinite number of generations so doing it unconsciously connects us to the ancestors and that's innately comforting.

Also, because of the six energy meridians starting or ending at the fingertips energy tends to build up at the fingertips and anything that gets them working and occupied releases that which has a relaxing effect on the whole body, and finally the simple fact we're programmed through millions of years of conditioning to have our hands occupied with physical work or activity of one sort or another and on account of the contemporary technology that precludes most of that, it's comforting to actually do something constructive with the hands that invariably leaves you with a sense of satisfaction when you're done, something you don't get working at a computer all day for instance.

Do you have any tips to enhance the meditative effects of cross stitching to supercharge the benefits?

Many but of all the techniques I practice the most important one aside from remembering to keep breathing, is to move your bodyweight into your back and draw your mind, the point from which you're experiencing the moment, into the back of your head. There are a few reasons for this.

Aside from obeying the rules of natural mechanics in the sense your spine which constitutes the main support of the physical structure is in the back, and considering we're mostly comprised of fluid, it makes sense for the sake of balance, to have most of it gathered where the vessel is most stable. And when your body feels stable so does your mind. But perhaps more interesting is the difference between the atmosphere in the front and the atmosphere in the back. The front is mostly exposed - the belly, groin, throat and face are vulnerable, hence is insecure. It's also a busy, relatively noisy environment - the constant workings of the vital organs and bowels as well as all the mental activity in the forebrain where we conduct the incessant internal narrative, and the swirl of emotions in reaction to that narrative, that goes on in the belly and chest.

So when you're gathered mostly in the front, which most of us are most of the time, you acquire that atmosphere - you become insecure, busy and noisy.

However the back is relatively far more protected by the skull, ribcage, spine, sacrum and hips, and there's

TAO OF CROSS STITCH

N RUSSELL AKA THE BAREFOOT DOCTOR ON AND THE HEALING POWER OF CROSS STITCH

not that much going on in there aside from the kidney functions, so when you gather yourself in the back instead you acquire the stillness, silence and poise inherent in that environment.

We start off in the back. In the womb, at a cellular level, the embryo grows from the spine outwards, but we get drawn forwards as children, usually on starting school and having to perform in what for the child is an alien culture, because all the sense organs face forwards so we perceive life occurring in front of us, and when confronted by what would have been a huge challenge at the time, we perceived as going on in front of us, it would have been impossible to resist the draw forwards towards it, in order to get a better handle on things. And by and by we forgot to come back.

In the martial arts you learn to sit in your back because then you're able to deliver your blows with your full bodyweight behind them plus when fielding an opponent's blow you're not as precious about the front of you being hurt, hence more able to think clearly and make the right moves to avoid the oncoming force. That's where the technique originates.

As well as which the forebrain, is the most recent part of the brain to evolve, and is concerned primarily with our societal relationships - what others think of us, language and so on - and as all new toys it gets overused. Whereas the back-brain is the locus of original hunter-gatherer intelligence, which is necessarily more present-centred, and less drama-referenced, hence generally better at simply being and enjoying being without need for external stimulation.

"SEWING FABRIC HAS BEEN AN INTRINSIC HUMAN SKILL AND NECESSITY FOR A NEAR INFINITE NUMBER OF GENERATIONS SO DOING IT UNCONSCIOUSLY CONNECTS US TO THE ANCESTORS"

How do you stay centred when the world seems to be becoming more and more stressful?

I do an hour's training each morning up on the roof, or outside wherever I am, comprising my 'Qigongo' routine for strength, flexibility, energy, and centeredness; the martial arts, tai chi, hsing I, pa kua and white crane to keep my hand in and keep my mind focused and body nimble and agile, and meditation to gather my thoughts, enter the still space, clarify my intention and generally settle myself - especially in the face of the unsettling effect of the rapid transition phase humanity is undergoing. Also informing my heart with the intention to be of help and of service, takes the focus off me and onto my human family, and that in itself reduces stress levels enormously.

What's the number one stress-busting tip tip you could offer to our cross stitching readers?

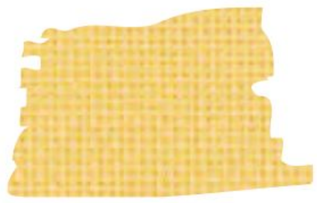
As well as the being in the back and breathing with your heart open in the front so your natural childlike glee for being alive can radiate freely, it's to constantly remind yourself that just like all nature, you're transient, you'll not be here forever - at least not as a human - and you actually have no idea when you'll be leaving the earth-plane, so not to waste a single nana-moment of it succumbing to unnecessary self-induced stress over what essentially amounts to nothing in the greater scheme of things.



FREE CHART

2-fd: Kreuzstich / Cross stitch · 1-fd: Rückstich / Back stitch

3835 LUGANA



205



309

10,0 / cm = 25 ct. · 52 % CO · 48 % MD

140 cm · 55" · 48 x 68 cm

3706 STERN-AIDA



264



300

5,4 / cm = 14 ct. · 100 % CO

110 cm · 43" · 48 x 53 cm

DIY IDEA

926 · 712 · 2403

305 · 744 · 0109

877 · 3835 · 1704

371 · 975 · 2602

235 · 414 · 1801

236 · 3799 · 1713

403 · 310 · 2400

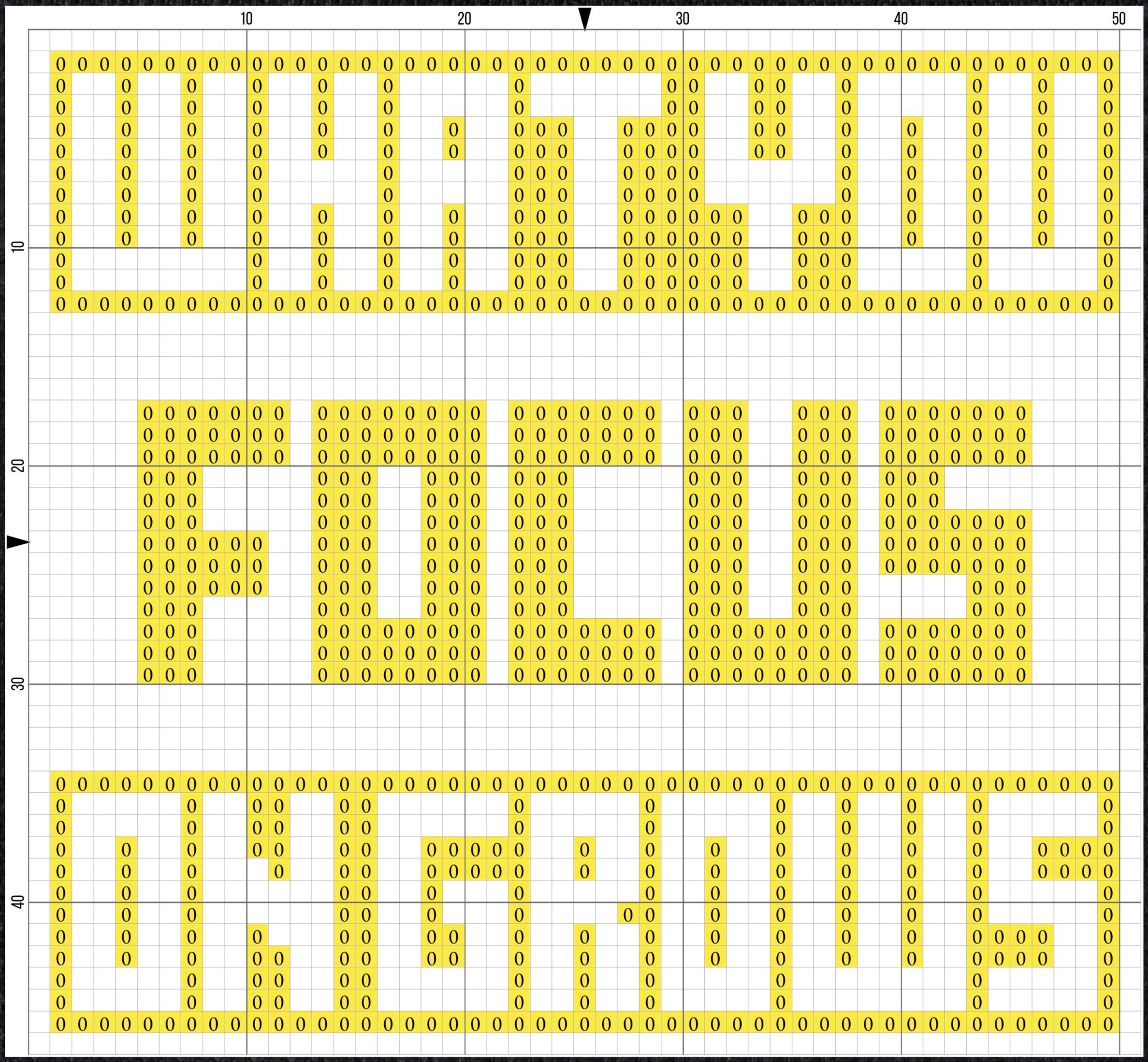
ANCHOR · DMC · MADEIRA

THE POWER OF INTENTION



ACCORDING TO MY TEACHER, DEAR FRIEND AND WAYWARD TAOIS
DOCTOR, AKA STEPHEN RUSSELL, 'WHAT YOU FOCUS ON GROWS' A
IS LIVING PROOF OF THIS! STITCH THIS MESSAGE AND MEDITATE
YOU CAN FIND CALM IN THE SPACES BETWEEN YOUR THOUGHTS
UNSTITCHED AREAS ON THE AIDA ARE JUST AS IMPORTANT AS TH

LUCIE HEATON
LUCIEHEATON.COM
LUCIEHEATONCROSSSTITCH
LUCIEHEATON



DESIGN SIZE	3.5 X 3.3 INCHES	
STITCH COUNT	51 WIDE X 47 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/720 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC COTTON 307	LEMON

ST. THE BAREFOOT
AND CROSS STITCH
ON THE IDEA THAT
AND THAT THE
HE STITCHED ONES...

BAREFOOT DOCTOR
TRUST

tooled up!

with Grace From Beyond Measure!

Sajou Tin with Glass Headed Pins

This lovely little round metal tin contains about 60 Murano glass headed dressmaker's pins. It opens like a small tin of shoe polish, by twisting a little key on its side.

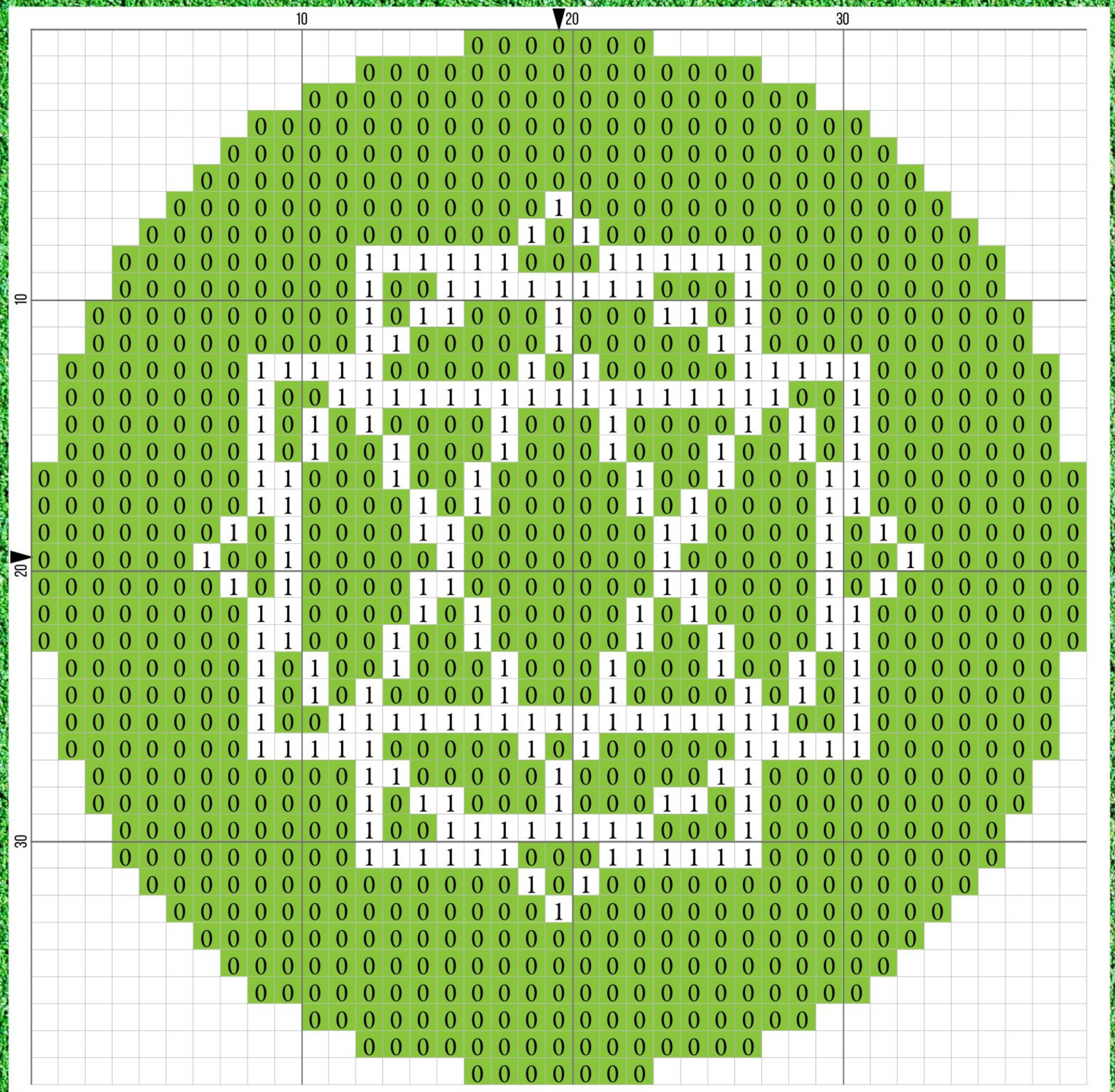
The tin has a vintage Sajou label that features a rather splendid Magician!

Tin measures 4.7 cm by 1.8 cm.
Pins are 0.60 mm diameter by 30 mm long.

£10



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IN THE CENTRE OF YOUR CHEST.
TO THE LEFT OF YOUR HEART.
IS THE HEART CHAKRA.

IT IS REPRESENTED BY GREEN.

ITS MESSAGE IS 'I LOVE'.

IT IS ABOUT LOVE AND COMPASSION FOR SELF AND OTHERS. IF IT'S NOT IN BALANCE YOU MIGHT FIND BEHAVIOURS LIKE PEOPLE PLEASING, INABILITY TO FORGIVE OR BEING ANTISOCIAL.

DESIGN SIZE	2.8 X 2.8 INCHES
STITCH COUNT	39 WIDE X 39 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC 606	BURNT ORANGE-RED
0	DMC COTTON 906	PARROT GREEN - MD

REST LIKE A

PRAISE
and
BLAME
GAIN & LOSS
PLEASURE AND SORROW
COME AND GO
LIKE THE WIND
TO BE HAPPY
REST
LIKE A
GIANT TREE
in the midst of
THEM

A GIANT TREE

I WANTED TO CREATE A PIECE THAT IS BOTH BEAUTIFUL AND MEANINGFUL, AND COULD BE HUNG SOMEWHERE AS A REMINDER TO STAY CALM THROUGHOUT OUR BUSY, STRESSFUL LIVES.

THIS PHRASE IS ATTRIBUTED TO BUDDHA, AND PERFECTLY SUMS UP THAT SENTIMENT.

CELLO SUITE IN G MAJOR
JS BACH. PERFORMED BY YO-YO MA

and

SPLASHES

BUSHES AND BRANCHES

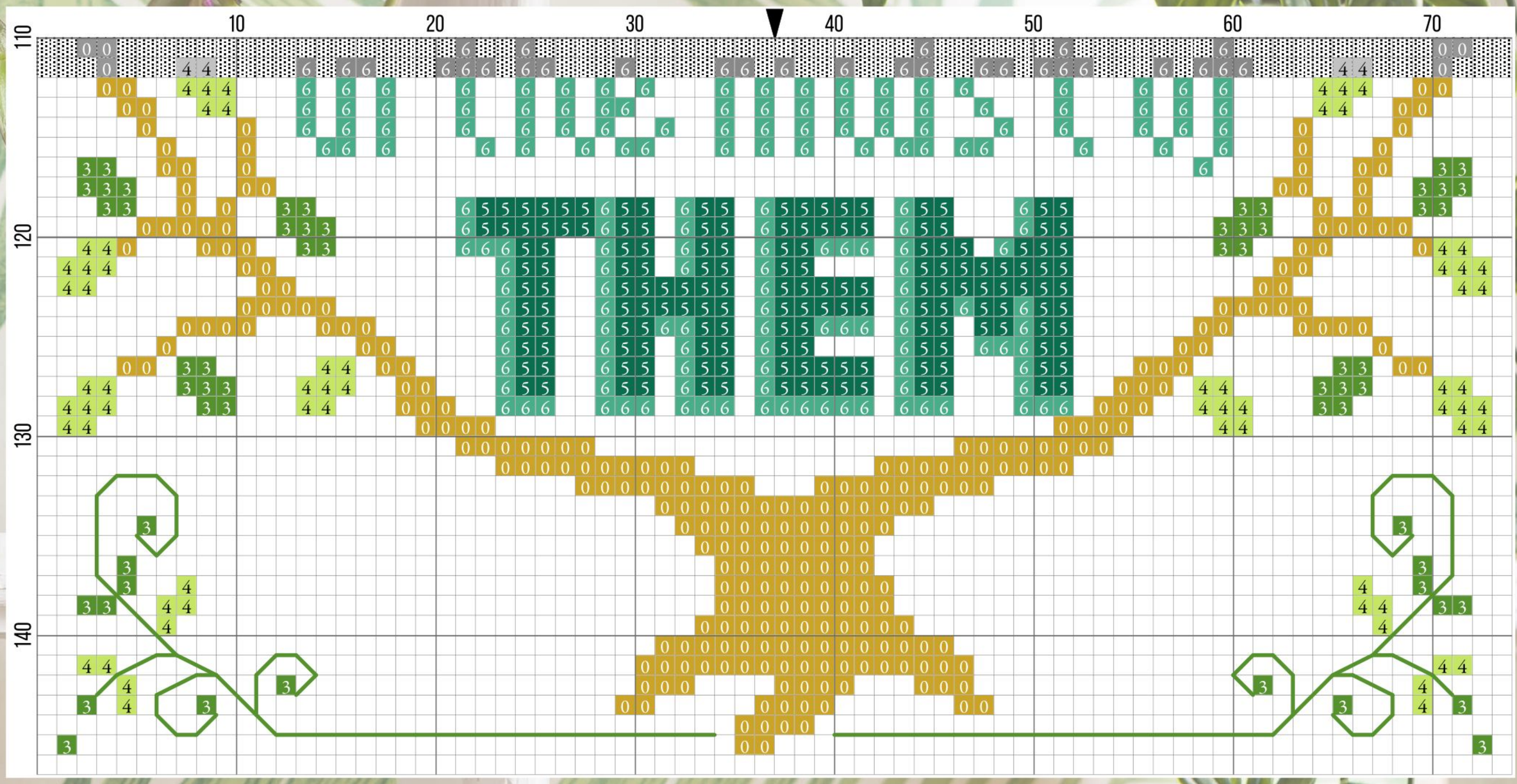
COME AND GO

THE

NORTH

WIND

TWIST



DESIGN SIZE	4.7 X 4.7 INCHES
STITCH COUNT	65 WIDE X 65 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 680	OLD GOLD - DK
1	DMC COTTON 726	TOPAZ - LT
2	DMC COTTON 728	GOLDEN YELLOW
3	DMC COTTON 905	PARROT GREEN - DK
4	DMC COTTON 907	PARROT GREEN - LT
5	DMC COTTON 991	AQUAMARINE - DK
6	DMC COTTON 992	AQUAMARINE - LT

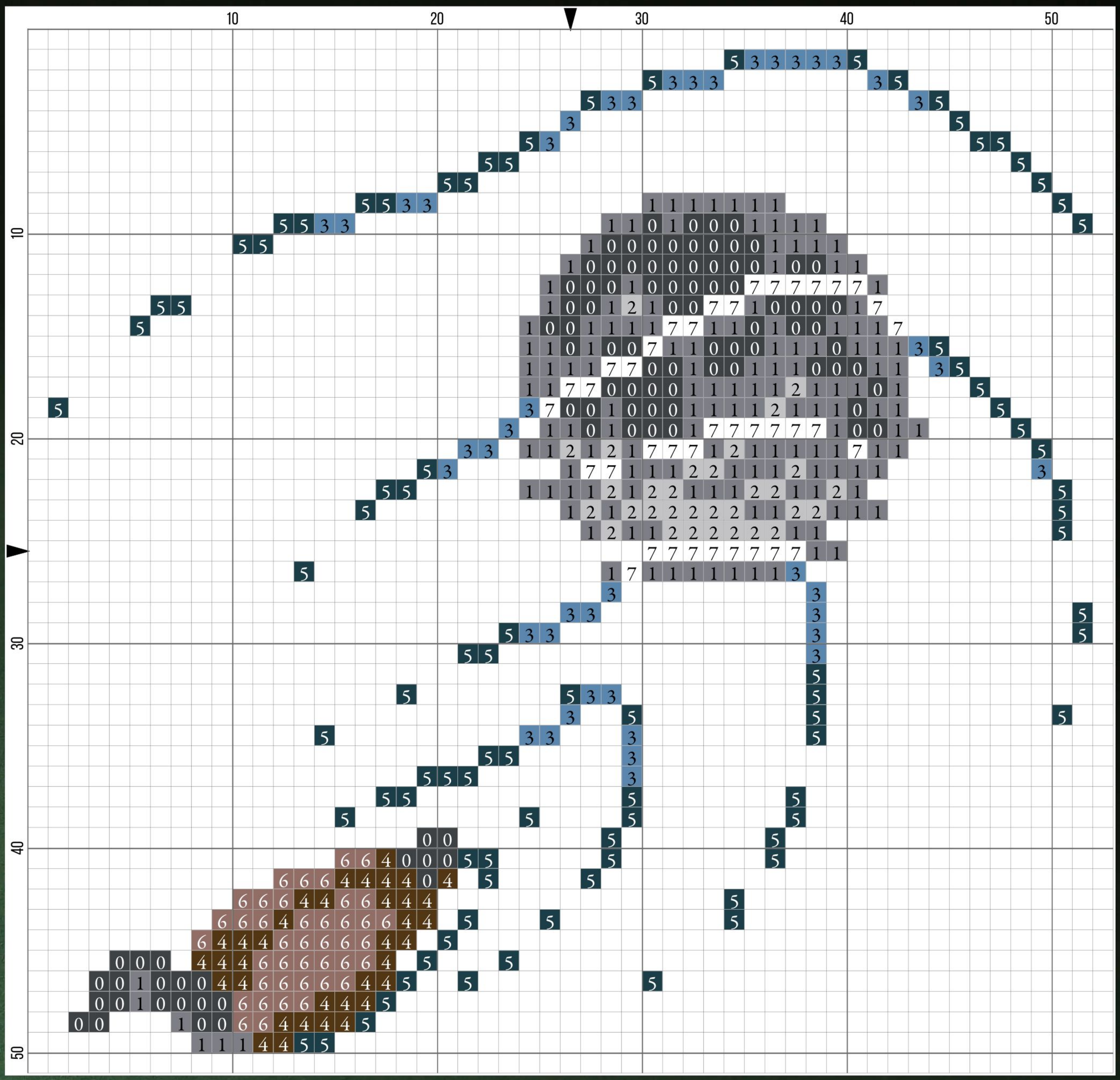
BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 726	TOPAZ -LT
	DMC COTTON 905	PARROT GREEN - DK
	DMC COTTON 991	AQUAMARINE - DK
	DMC COTTON 993	AQUAMARINE - LT



IN COLLEGE I USED TO GO AFTER CLASSES AND HIKE ALONG A LAKE-AND-FOREST TRAIL, AND WHERE THE TRAIL ENDED I COULD SIT ON A PIER AND WATCH GEESE AND DUCKS SWIM THROUGH THE TWILIGHT AND INTO THE NIGHT.

IT WAS A PROFOUNDLY PEACEFUL EXPERIENCE, CALMING AND MEDITATIVE. JUST THE GEESE AND ME, SMALL MOTIONS AND DEEP RIPPLES COURSING THROUGH THE DARK.

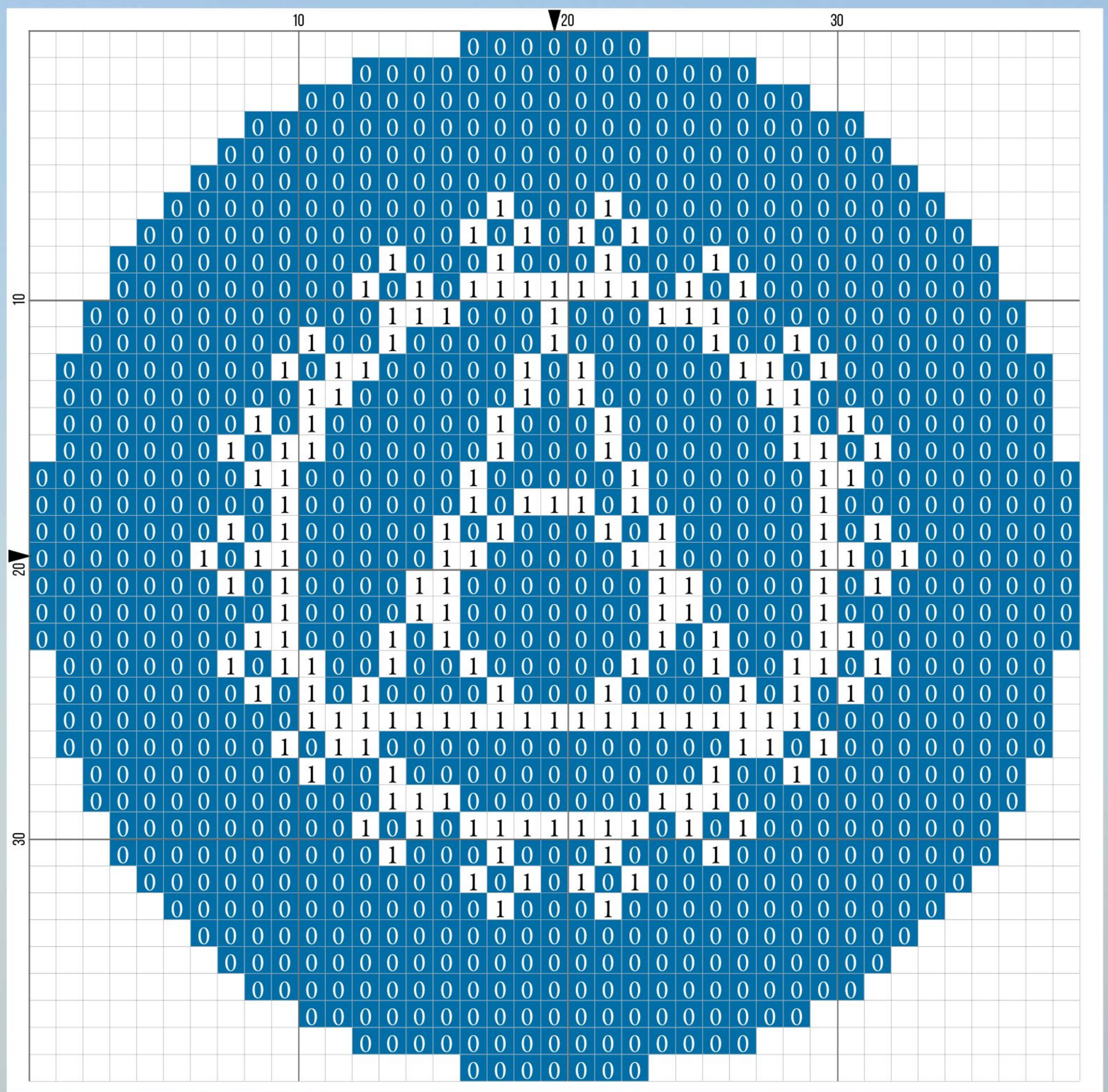
A LAKE BY MOONLIGHT



DESIGN SIZE	3.7 X 3.5 INCHES
STITCH COUNT	53 WIDE X 51 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 413	PEWTER GRAY - DK
1	DMC COTTON 414	STEEL GRAY - DK
2	DMC COTTON 415	PEARL GRAY
3	DMC COTTON 826	BLUE - MD
4	DMC COTTON 838	BEIGE BROWN - VY DK
5	DMC COTTON 3750	ANTIQUE BLUE - VY DK
6	DMC COTTON 3860	COCOA
7	DMC COTTON 5200	SNOW WHITE

ARIANA GRANDE
MOONLIGHT



ABOVE YOUR HEART IS
YOUR THROAT CHAKRA.

IT IS REPRESENTED BY BLUE AND
ITS MESSAGE IS 'I EXPRESS'.

IT IS ABOUT EXPRESSION AND COMMUNICATION AND IF ITS OUT OF KILTER YOU MIGHT SEE EXCESSIVE TALKING, OR ALTERNATIVELY AN EXCESSIVE FEAR OF SPEAKING

DESIGN SIZE	2.8 X 2.8 INCHES	
STITCH COUNT	39 WIDE X 39 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC COTTON 995	ELECTRIC BLUE - DK
1	DMC COTTON WHITE	WHITE

Love Quilts

Clare Bray tells us about a magical movement that turns the passion for cross stitch into generous gifts of peace and love.

There's a really fulfilling way you can use your stitching - by stitching squares to make into quilts for very sick children. Anyone can cross stitch a square for the charity Love Quilts UK. It's a very active charity which thousands of people have stitched for over the 12 years it's been running. 1368 (and counting!) quilts have been sent out to ill and disabled children so far. There are also Love Quilts charities in other countries: Australia, the US, Canada and Brazil. You don't have to be from the country in question to stitch for them; a lot of quilts have squares sent in from all over the world. All the charities are run entirely by volunteers.

Each quilt has twelve squares. Volunteers sign up to stitch one each, or sometimes quilts are made up of 'any child' squares. The children choose which theme they would like, so you can end up stitching anything from superheroes to strawberries! You can sign up for just one square or do lots as suits you, and if you can't keep to the four month deadline for a sign up, then you can stitch an any child square which has no deadline.

Paula Dewar told me why she stitches for Love Quilts UK: "*I have been stitching for LQ for 7 years next month - wow! I didn't realise it was that long. To date I have stitched 357 squares. Stitching for LQ was recommended to me by a friend, and as a parent of a disabled child myself I wanted my cross-stitching hobby to have a purpose. It's now like a little obsession - in fact a big obsession! I absolutely*





Khalen's superhero quilt





Sarah Dale's finished quilts



Rania with her Love Quilt

love to stitch for LQ because I like to imagine the children and families' faces when they receive their finished quilts and to think that a little bit of me and my work is somewhere in the country being admired and loved. And also for the children and families to know there are people out there that want to dedicate their time and craft to make them feel special."

Quilt packs of the cross-stitched squares are sent out to volunteer quilters, who turn them into beautiful quilted masterpieces, and then post the quilt directly to the child. The children can take their own personal quilt into hospitals and hospices with them and use it for comfort at home.

Cooper recently received a football quilt, and he said: "*My quilt is very precious to me because I have Tourette's and lots of people who don't know me and some people who do know me have made this and it was a lot of hard work. It is very snuggly sleeping with my quilt, and I love all the cross stitch pictures of football and Newcastle United.*"

Khalen's mum said: "*Khalen loves his quilt so much, it has brought him so much joy and comfort. He loves showing it to everyone. We often sit and discuss each of the people who stitched the squares for him, and he loves that people cared about him so much that they took time to make him something so amazing.*"

Rania's mum explained what a quilt means to a parent: "*I can't describe how much the quilts mean, especially on those long and very scary hospital stays. When my child is unconscious and fighting in critical care, again, and I can't do anything except wait, I can at least tuck her quilt around her, or near her, and feel like I'm wrapping her in love and familiarity. It comes everywhere with us and makes her bed her own.*"

We are looking forward to making many more quilts in the future. Do come and look us up if you'd like to be part of it!

www.lovequiltsuk.com
www.lovequiltsaustralia.com
www.lovequiltscanada.com
www.lovequiltsbrasil.org
www.lovequiltsusa.com



Paula Dewer in action



Cooper's football quilt

follow your dreams

ENJOY COLOURFUL DAYDREAMS WITH THIS MAGICAL DREAMCATCHER

THE IDEAL GIFT FOR RAINBOW FANS YOUNG OR OLD!



DESIGN SIZE	5.8 X 8.6 INCHES
STITCH COUNT	81 WIDE X 120 HIGH
FABRIC	LAKESIDE NEEDLECRAFT MISTY VIEW - 14CT

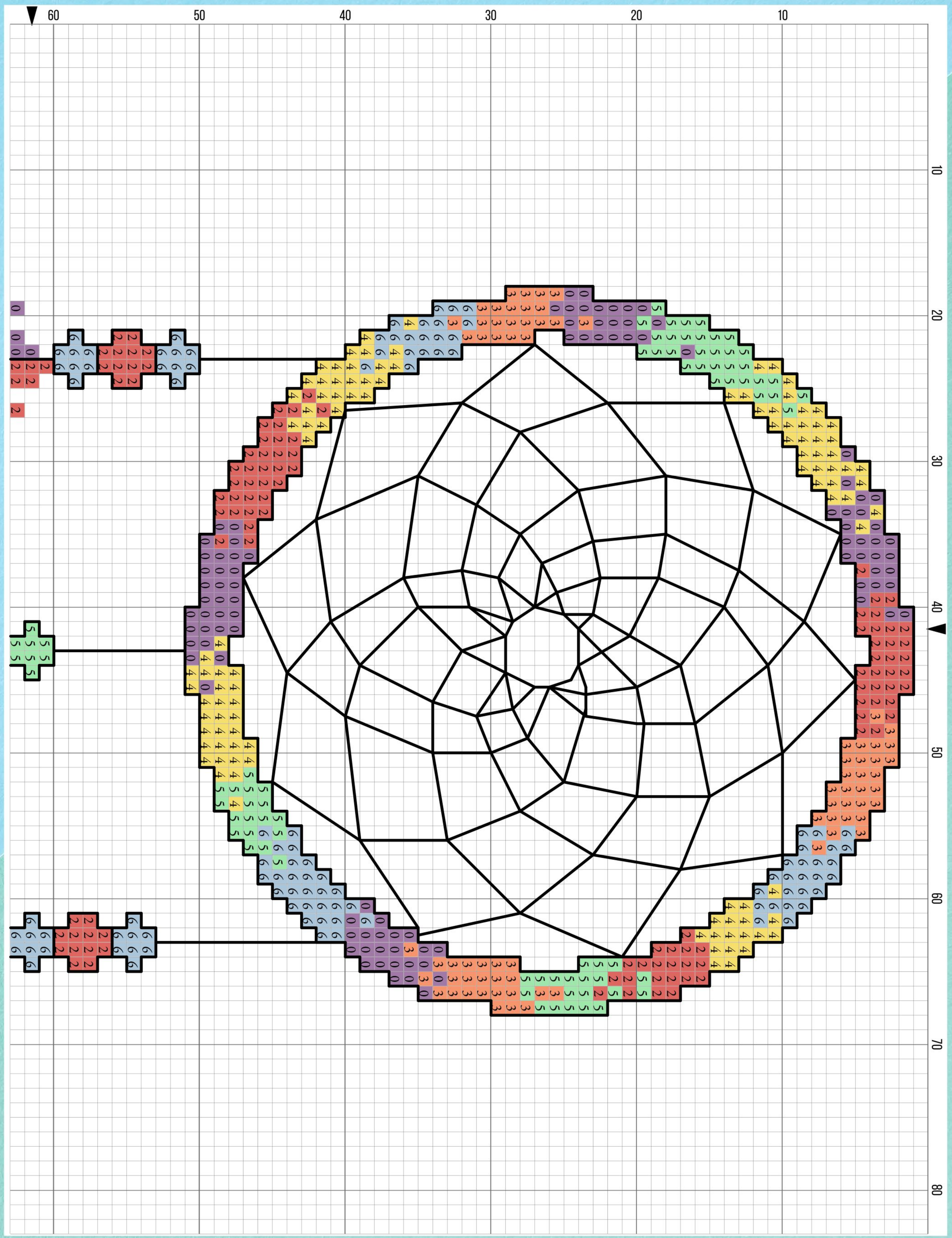
SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 209	LAVENDER - DK
1	DMC COTTON 310	BLACK
2	DMC COTTON 351	CORAL
3	DMC COTTON 722	ORANGE SPICE - LT
4	DMC COTTON 726	TOPAZ -LT
5	DMC COTTON 954	NILE GREEN
6	DMC COTTON 3325	BABY BLUE - LT

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 310	BLACK

THE MONKEES
DAYDREAM BELIEVER

CLIMBING GOAT DESIGNS

CLIMBINGGOATDESIGNS


60
50
40
30
20
10
10
20
30
40
50
60
70
80


120
110
100
90
80
70
10
20
30
40
50
60
70
80

WE ASKED FOR YOUR BEST INSULTS FOR A CHANCE TO WIN THIS PEACOCK & FIG CROSS STITCH KIT!



CONGRATULATIONS TO L.C. BATSON WHOSE PERSONAL MOTTO OF "*FATALLY AWKWARD*" WAS PICKED AT RANDOM FOR THE WIN!

HOWEVER, THERE WERE SO MANY GOOD INSULTS THAT WE SIMPLY HAD TO SHARE THEM!

"DON'T BE ASHAMED OF WHO YOU ARE. THAT'S WHAT YOUR PARENTS ARE FOR."

SUZANNE OLIVER

"DON'T LET THE DOOR HIT YOU WHERE THE GOOD LORD SPLIT YOU."

MARISSA JONES

"I DESIRE THAT WE MAY BE BETTER STRANGERS."

BONI MCINTYRE

"COCKWOMBLE!"

JULIETTE EDEN

"THOU PAINTED MAYPOLE!"

VICTORIA SPONGE

"I FART IN YOUR GENERAL DIRECTION!"

SARI SALOMAA

"YOU ARE THE WORST POSSIBLE RESULT OF AN ORGASM"

BRYAN KUPKE

"YOU'RE NOT PRETTY OR UGLY, YOU'RE PRETTY UGLY!"

SANDRA DOOLAN

"YOU YELLOW-BELLIED SAPSUCKER!"

KATIE RANEY

"YOU HAVE THE EMOTIONAL DEPTH OF A TEASPOON."

DANIELLE SUSHAMES

"EAT SHIT AND GO BARK AT THE MOON!"

JULIE DAVIS DELMONEGO

"YOU'RE IMPOSSIBLE TO UNDERESTIMATE!"

AMANDA DELONG

PATREON | XSTITCH
A MODERN CROSS STITCH MAGAZINE

BECOME A SUPPORTER OF XSTITCH ON PATREON

UNLOCK PERKS INCLUDING A HALF PAGE OF YOUR OWN IN THIS MAGAZINE!

(SHARON USED HER SPACE BELOW TO RAISE AWARENESS OF A TERRIFIC CHARITY)

SPONSORED BY SHARON CHAMBERS ON PATREON

Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. We promote positive, creative ways of dealing with the bad days.

Self-harm affects around 1 in 12 young people, yet it remains an issue people struggle to handle, talk about, and understand. Sometimes, helping can be as simple as having a conversation, but a study by YoungMinds found that 71% of young people, 70% of parents, and 60% of teachers say they don't feel able to actually talk about self-harm.

In the last 10 years, hospital admissions as a result of self-harm in the UK have risen by 68%, and this figure is predicted to keep rising. By getting people to talk more openly about self-harm (in the same way that we do drug use or unprotected sex) and making people aware of the help that exists, Heads Above The Waves hopes to reduce hospital admissions as a result of self-harm.





CHET FAKER
RELEASE YOUR PROBLEMS

IS THE WORLD GOING MAD?

SOMETIMES IT FEELS LIKE IT. BUT I THINK IT'S ALL A QUESTION OF PERSPECTIVE.

TIME PASSES. SEASONS CHANGE. WE LOVE AND WE LOSE. IT'S OUR RESPONSE TO THESE EXPERIENCES THAT SHAPES OUR WORLD.

YOU CAN SPEND YOUR DAYS RAGING AGAINST THE MACHINE, OR YOU CAN ACT IN AWARENESS OF THE SYSTEMS THAT WE ARE BOUND BY.

NEVER GIVE UP STANDING FOR YOUR TRUTH. BUT DON'T LET THINGS GRIND YOU DOWN.

LIFE IS SHORT SO MAKE THE BEST OF IT.

DON'T MAKE ME TELL YOU TWICE!

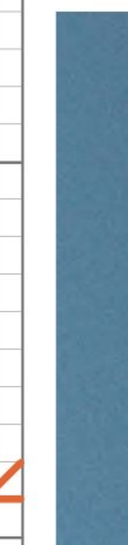
DESIGN SIZE	9.5 X 4.2 INCHES	**STITCH COUNT**	133 WIDE X 58 HIGH	**FABRIC**	ZWEIGART STERN AIDA - 3706/100 - 14CT

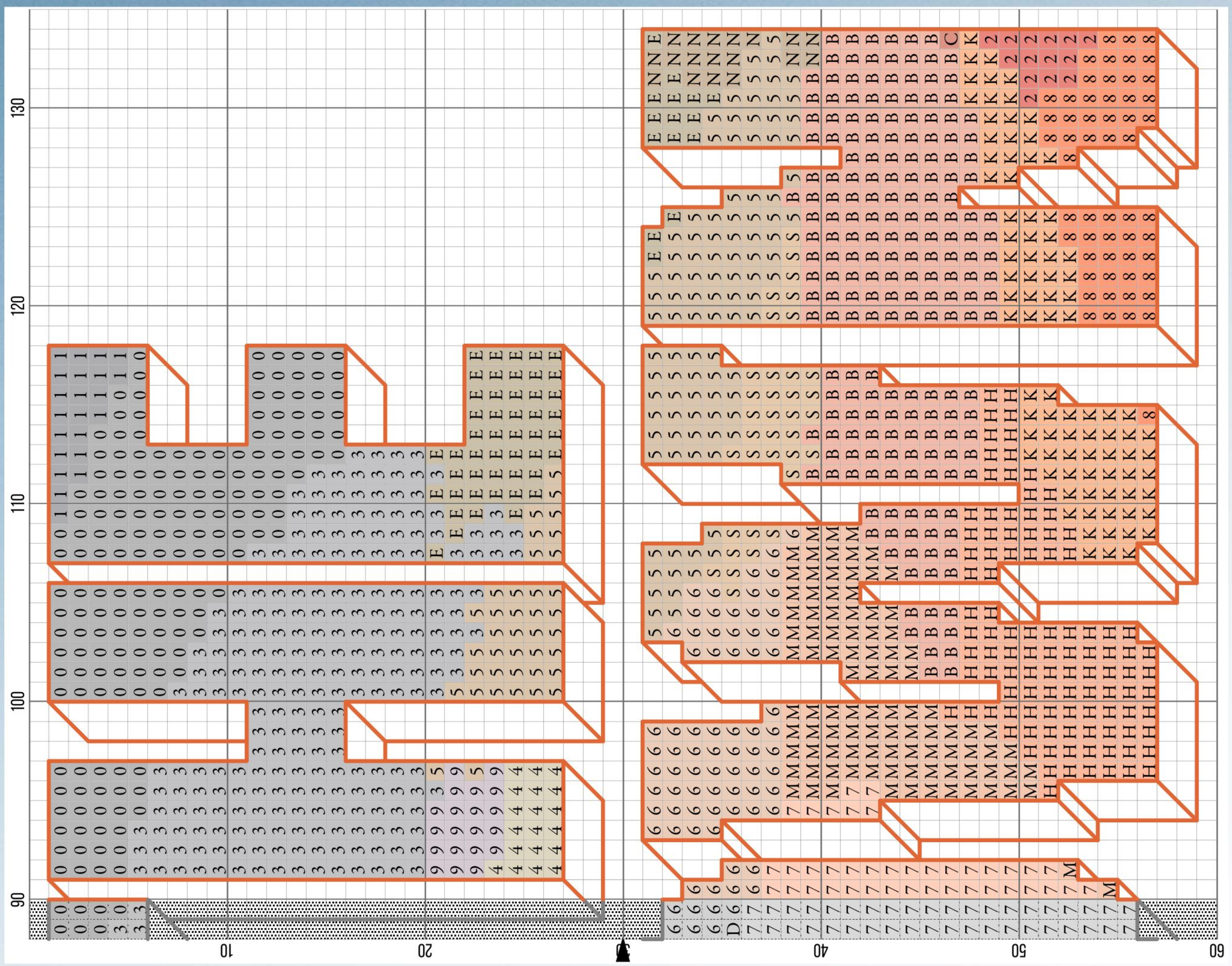
SYMBOL	DMC COLOUR	DESCRIPTION	SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 3	TIN - MD	C	DMC COTTON 3778	TERRA COTTA - LT
1	DMC COTTON 4	TIN - DK	D	DMC COTTON 3779	TERRA COTTA - UL VY
2	DMC COTTON 352	CORAL -LT	E	DMC COTTON 3782	MOCHA BROWN - LT
3	DMC COTTON 415	PEARL GRAY	G	DMC COTTON 3823	YELLOW - UL PL
4	DMC COTTON 644	BEIGE GRAY - MD	H	DMC COTTON 3824	APRICOT - LT
5	DMC COTTON 842	BEIGE BROWN - VY LT	K	DMC COTTON 3825	PUMPKIN - PL
6	DMC COTTON 950	DESERT SAND - LT	M	DMC COTTON 3856	MAHOGANY - UL VY LT
7	DMC COTTON 967	APRICOT - VY LT	N	DMC COTTON 3864	MOCHA BEIGE - LT
8	DMC COTTON 3341	APRICOT	R	DMC COTTON 3865	WINTER WHITE
9	DMC COTTON 3743	ANTIQUE VIOLET - VY LT	S	DMC COTTON 3893	MOCHA BEIGE - VY LT
A	DMC COTTON 3770	TAWNY - VY LT	T	DMC COTTON 5200	SNOW WHITE
B	DMC COTTON 3771	TERRA COTTA - UL VY LT			

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 921	COPPER

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MRXSTITCH







-lovecrafts-

Available now on Spotify, Apple Podcasts & YouTube!

The LoveCrafts Show Podcast

Let's talk about crafts!





APPLE TREE CROSS STITCH

AUBREY LONGLEY COOK



ELLEN SCHINDERMAN

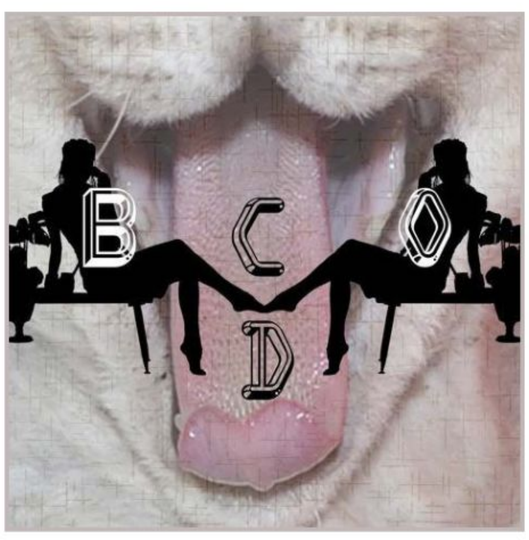
EMILY PEACOCK







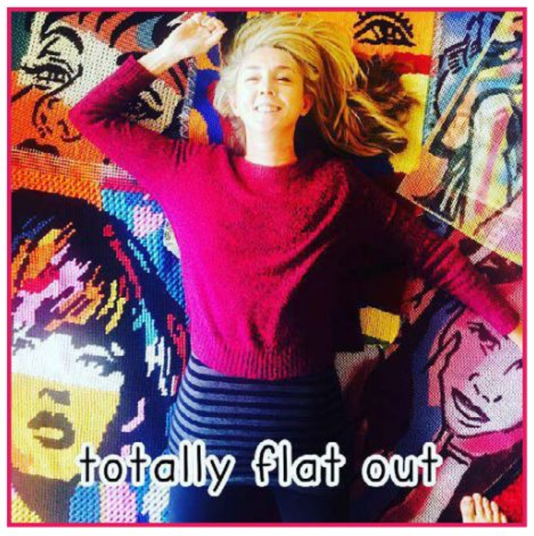


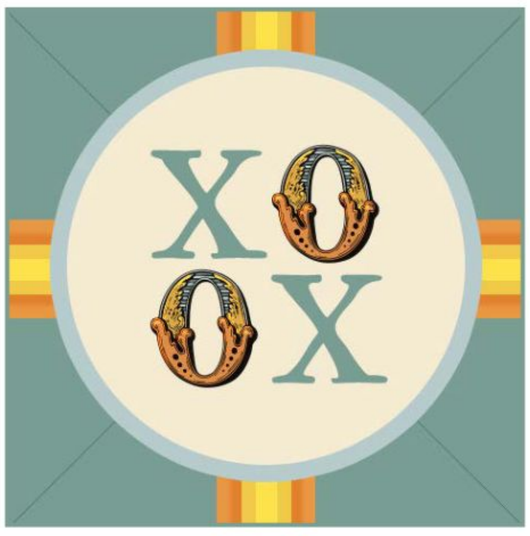




















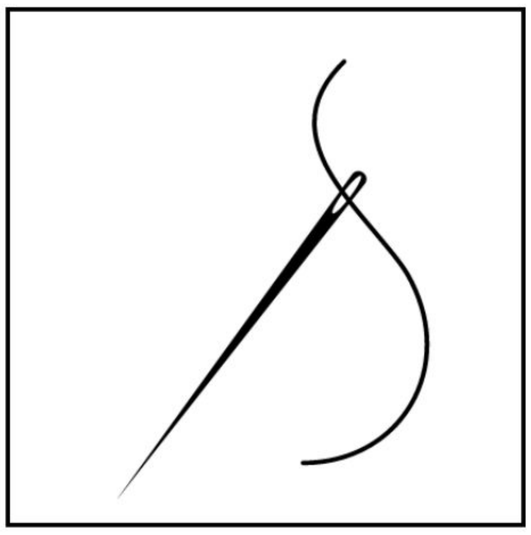


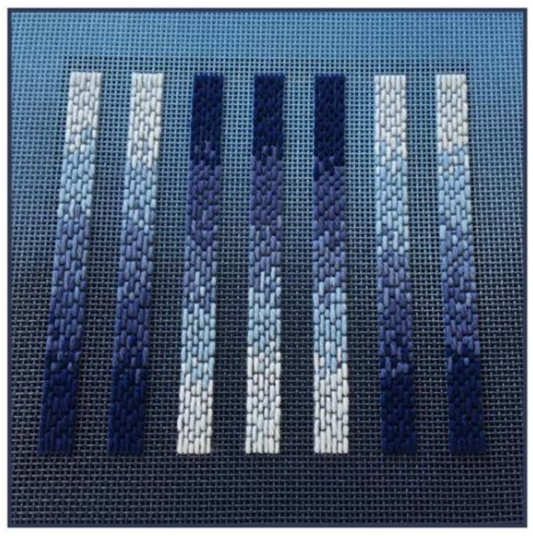






TOM KATSUMI





IN OUR
FORTY
PROUD

TO



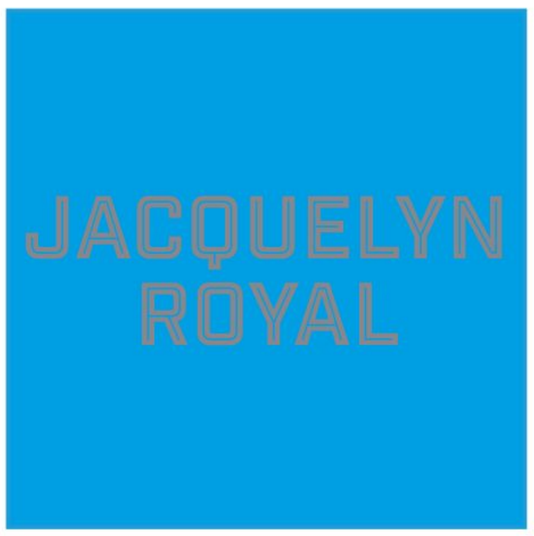


























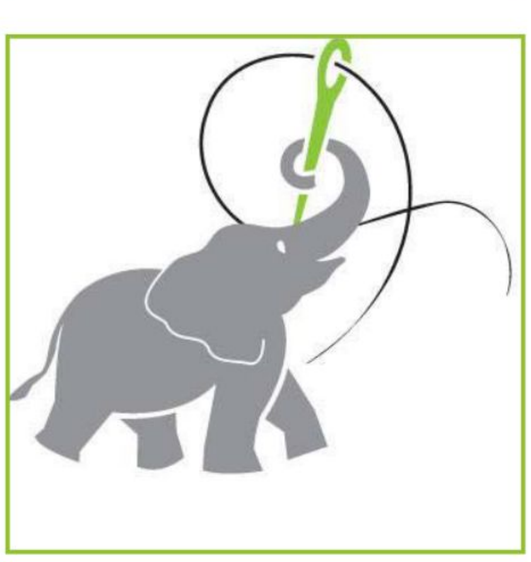






















FIRST TEN ISSUES, XSTITCH MAGAZINE SHARED THE WORK OF EIGHT DIFFERENT DESIGNERS. FROM TWELVE COUNTRIES. WE ARE TO CELEBRATE THE DIVERSE WORLD OF CROSS STITCH AND WILL CONTINUE TO SEEK OUT NEW TALENT WHERE WE CAN!

SEE MORE OF THEIR WORK, CLICK ON THE DESIGNER'S LOGO!

XSTITCH MAGAZINE

DESIGNER DISCOURS



MUSTARD MOTH TRIO



MUSCARI & HELLEBORE

Design aesthetic: Colourful, approachable cross-stitch and embroidery projects that are anchored in nature.

How long have you been a cross stitch designer?
Since 2011.

What made you become a cross stitch designer?
It all started because of an argument about taxidermy! My boyfriend wanted to fill the house with on-trend stuffed and mounted insects, but I put my foot down as it's just too creepy. As a peace offering I designed and stitched some cross-stitch beetles for him. At the time I struggled to find patterns I wanted to stitch, and was disappointed in the crappy quality of some "market-leading" kits. I resolved to do things differently and launched those bug patterns a few months later.

Do you have any formal art/design training and if yes, how does it help your design approach?
I essentially turned my hobby into a business with no formal art or design training. Up until then I'd spent a decade working in marketing, which involved working alongside talented graphic designers every day to make things happen. That gave me a working appreciation of design principles.

What tools do you use for designing?
For embroidery patterns, I'll draw a detailed illustration in pencil or pen, scan it and recreate it digitally in Adobe Illustrator. For cross-stitch patterns, I run with however inspiration strikes – whether that's sketching in pencil first, using graph paper or mocking things up digitally, before creating the final

E: FLOSS & MISCHIEF



pattern in PC Stitch. I also taught myself Adobe Photoshop and InDesign to be able to design my packaging and print materials.

What makes for good cross stitch design?

I've only ever wanted people to fall in love with needlework like I did, so for me that means making patterns approachable. Like using enough colours to make it interesting, but not so many that it's overwhelming, and putting in as few confetti stitches as possible. Plus, I'm a sucker for symmetry. But taste is so subjective, beauty really is in the eye of the beholder. Patterns that I adore have totally flopped, while others I wasn't sure about became best-sellers

!What's your one top tip for an aspiring cross stitch designer?

In my experience, turning your hobby into your job means losing your hobby. When Floss & Mischief was my full-time occupation, I couldn't stop analysing everything I stitched – even pleasure projects – meaning it was no longer an escape from work. So make sure you have other hobbies you can fall back on to recharge your batteries.

Which designers or artists inspire you?

Anyone designing needlework in their own unique way is an inspiration. The design pool has massively grown and it can be hard not to be influenced by other people's work. Whenever someone with a distinct and recognisable style breaks through, I want to applaud them (and immediately commiserate with them as the copy cats follow suit). Sarah K Benning, Salt Stitches and Elizabeth Pawle spring to mind.


BLUE BUTTERFLY

What's your best cross-stitching advice, either as a designer or a stitcher?
Please please please share your stitching on social media more often! As a stitcher, I forget what patterns are out there so it's useful to be reminded about the back-catalogue of projects you have for me to stitch. As a designer, it makes a real difference when you freely share the love for my work with your followers and help amplify its reach.

What is your two-minute take on the art vs. craft vs. design discussion?
It's whatever you want it to be, so whether you enjoy needlework as art, a craft or design, do so unapologetically..

WHICH CROSS STITCH DESIGNER WOULD YOU LIKE TO SEE IN OUR NEXT DISCOURSE? GET IN TOUCH AND LET US KNOW!


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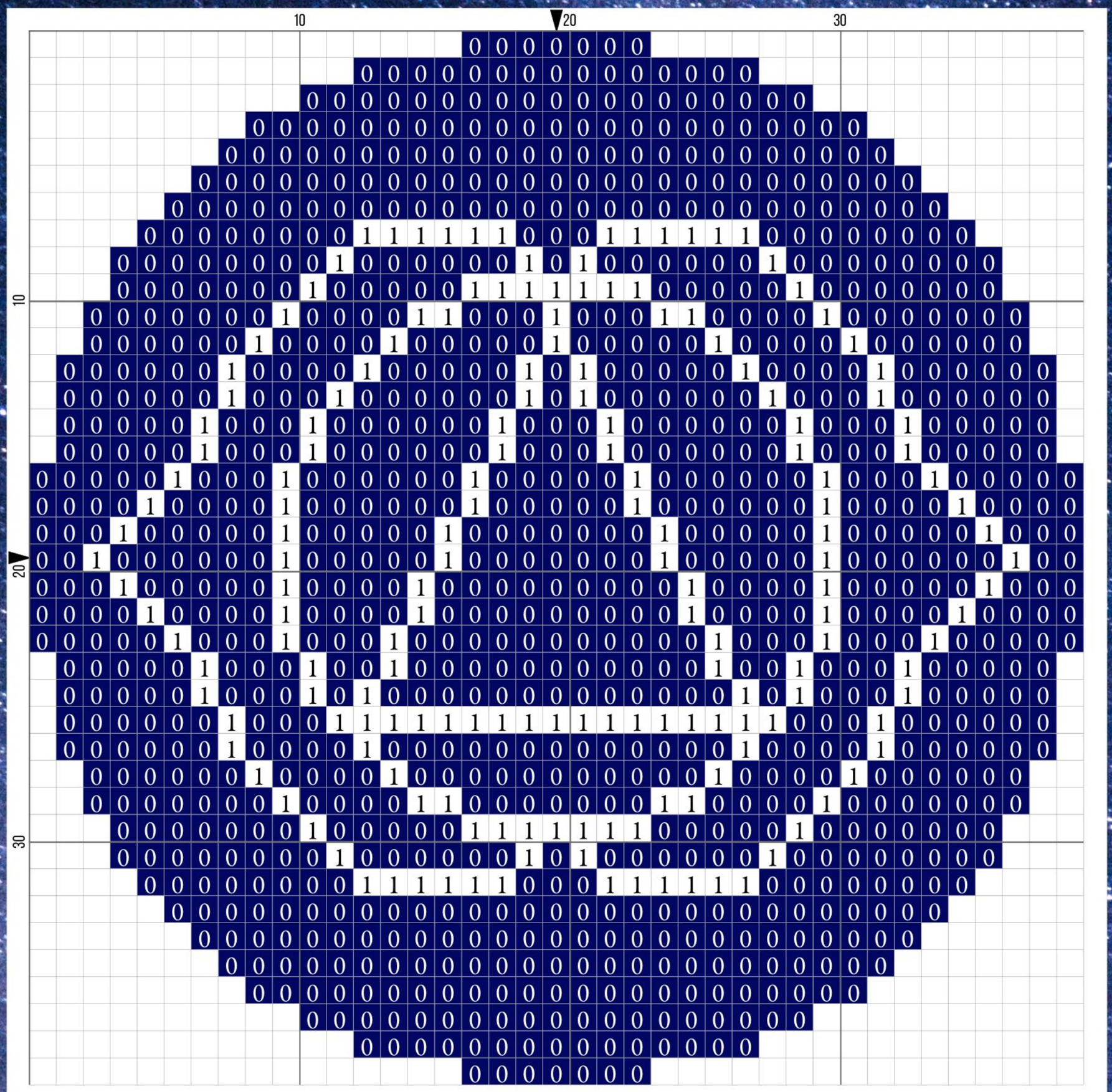
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e:education@royal-needlework.org.uk
t:020 3166 6938

The International Centre of Excellence for the Art of Hand Embroidery


STACY GRANT PHOTOGRAPHY

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LOCATED BETWEEN YOUR EYEBROWS
IS YOUR THIRD EYE CHAKRA.

IT'S REPRESENTED BY INDIGO AND
ITS MESSAGE IS 'I WITNESS'.

IT IS LINKED TO INTUITION AND VISION -
IN THE SENSE OF HAVING A VISION OF
WHERE YOU WANT TO BE.
AN IMBALANCE HERE COULD LOOK LIKE NOT
BEING ABLE TO SEE THE BIGGER PICTURE OR
REJECTION OF EVERYTHING SPIRITUAL.

DESIGN SIZE	2.8 X 2.8 INCHES	
STITCH COUNT	39 WIDE X 39 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC COTTON 820	ROYAL BLUE - VY DK
1	DMC COTTON WHITE	WHITE

KALI YUGA





ACCORDING TO THE INTERPRETATION OF MOST HINDU SCRIPTURES, KALI YUGA IS THE LAST OF THE FOUR YUGAS; IT IS A DARK ERA, CHARACTERIZED BY NUMEROUS CONFLICTS AND PERVASIVE SPIRITUAL IGNORANCE. IT'S THE ERA IN WHICH WE ARE LIVING.

OFTEN ITS NAME IS ASSOCIATED WITH THE GODDESS KALI, BUT THIS IS A MISTAKE. IT ACTUALLY REFERS TO A MALE DEMON - ASURA - WITH THE SAME NAME BUT WITH A DIFFERENT ACCENT.

HOWEVER, IN A CERTAIN SENSE, IT IS TRUE THAT KALI YUGA IS THE ERA OF THE GODDESS KALI, AS WELL AS THE PAST YUGAS. IT DOESN'T EXIST AND IT WILL NEVER EXIST AN ERA IMMUNE TO TIME, IMPERMANENCE, DESTRUCTION AND TRANSFORMATIONS. LIKE THE GODDESS KALI, THE DIVINE AND DARK MOTHER OF THE UNIVERSE: MOTHER'S WOMB, NOURISHMENT AND GRAVE.

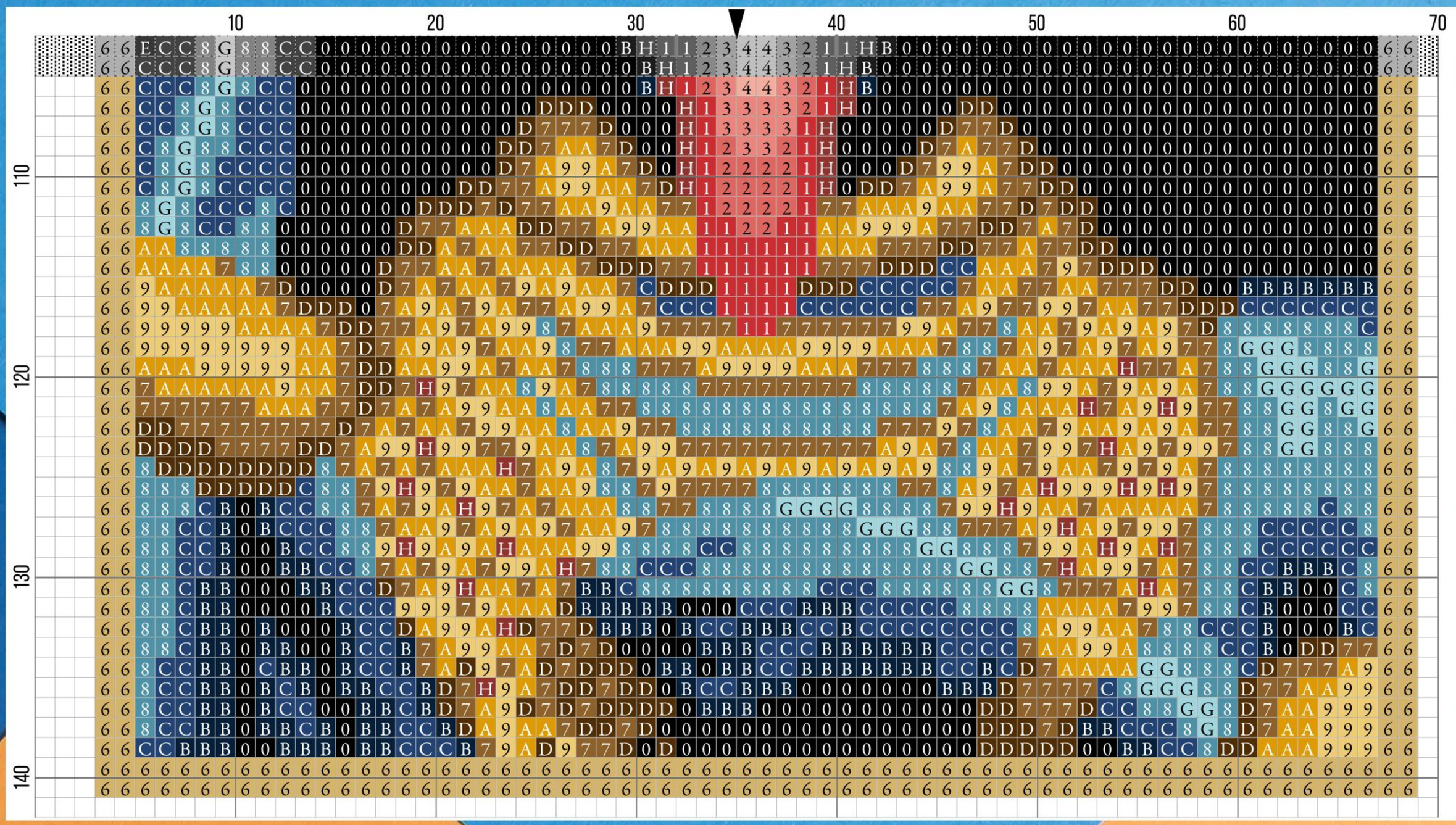
IF YOU ARE WONDERING WHY "SEARCH AND DESTROY" IT'S ABOUT "I AM THE WORLD'S FORGOTTEN GIRL, THE ONE WHO SEARCHES AND DESTROYS"

MARINA BOLMINI

MARINABOLMINI

MARINABOLMINI

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DESIGN SIZE	4.9 X 10 INCHES	
STITCH COUNT	70 WIDE X 142 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14C	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC COTTON 310	BLACK
1	DMC COTTON 349	CORAL - DK
2	DMC COTTON 351	CORAL
3	DMC COTTON 352	CORAL -LT
4	DMC COTTON 353	PEACH
5	DMC COTTON 415	PEARL GRAY
6	DMC COTTON 422	HAZEL NUT BROWN - LT
7	DMC COTTON 434	BROWN - LT
8	DMC COTTON 518	WEDGEWOOD - LT
9	DMC COTTON 676	OLD GOLD - LT
A	DMC COTTON 783	TOPAZ - MD
B	DMC COTTON 823	NAVY BLUE - DK
C	DMC COTTON 824	BLUE - VY DK
D	DMC COTTON 898	COFFEE BROWN - VY DK
E	DMC COTTON 902	GARNET - VY DK
G	DMC COTTON 3761	SKY BLUE - LT
H	DMC COTTON 3777	TERRA COTTA - VY DK
BACKSTITCH	**DMC COLOUR**	**DESCRIPTION**
	DMC COTTON 422	HAZEL NUT BROWN – LT
	DMC COTTON 3777	TERRA COTTA - VY DK

IGGY & THE STOOGES
SEARCH & DESTROY

XSTITCHER OF THE MONTH:

NELKE GERARDS

LOCATION: Flemington, New Jersey.

FAVORITE BOOK: Where The Crawdads Sing by Delia Owens.

FAVOURITE FILM: The Irishman





TELL US YOUR STITCHY STORY: I've been stitching on and off for forty years, starting with small projects and getting progressively bigger. Seven years ago I wanted to make a big that would make a impression and considered copying a museum piece. I looked in a History book and found a drawing called Head of a women by Verroccio which was perfect!

LET'S TALK TECHNIQUE: First I make a copy of the image, then I blow that up to three by four feet.

With a pen I make big squares on that paper, then I cut one square out and put that on a clipboard an put a plastic plate on top of it. The board is called Omnigrid and it has one inch squares on it.

I use Damask Aida 18 count ivory material. I start with eight stitches to the right then then stitch eight rows down and work my way from there. With my next project I am writing down the hours but the Verroccio piece took me six years!





Do you know a deserving XStitcher of the Month?

Click here to nominate someone special!


BE
EXCELLENT
TO EACH
OTHER



"BE EXCELLENT TO EACH OTHER" MIGHT BE A LINE FROM AN 80S CULT CLASSIC FILM BUT IT IS STILL AN ETHOS WE SHOULD ALL GET BEHIND.

THOUGHFUL ACTIONS HELP US STAY CONNECTED TO EACH OTHER.

IT CAN OFTEN FEEL LIKE KINDNESS AND COMPASSION ARE A RARITY.

THE SMALLEST GESTURES TOWARDS OTHERS MAKE THE BIGGEST DIFFERENCE.

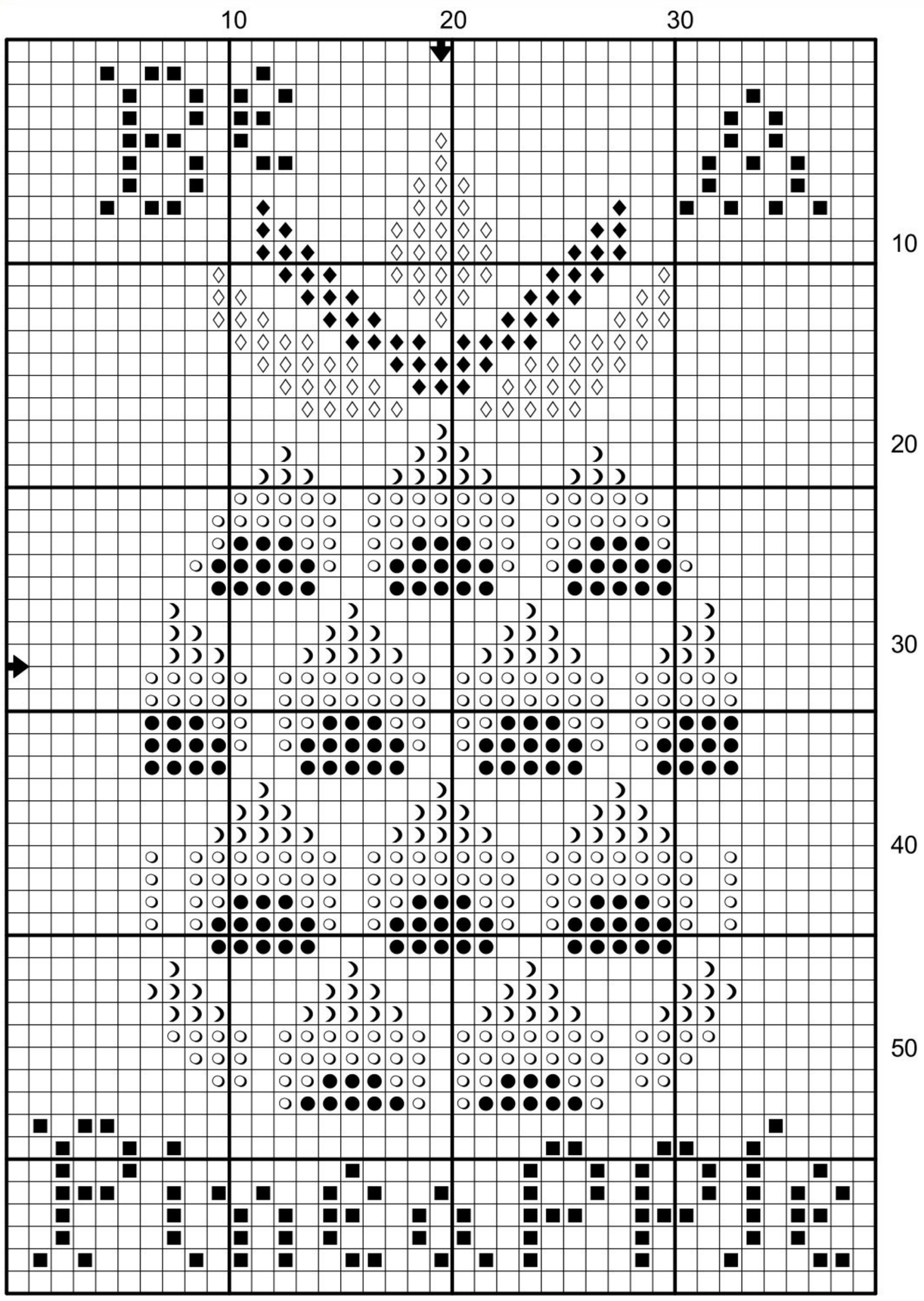
PHYSICAL OR DIGITAL.
EVERY DAY IS AN OPPORTUNITY TO BE EXCELLENT TO EACH OTHER.

PARTY ON.

GLEN BURTNICK
NOT SO FAR AWAY

DESIGN SIZE	5.3 X 5.2 INCHES
STITCH COUNT	74 WIDE X 72 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/720 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 336	NAVY BLUE
1	DMC COTTON 950	DESERT SAND - LT



Bendy Stitchy Designs
Be a Pineapple

X	ID	Color
■	350	Coral-MD
◆	986	Forest Green-VY DK
◊	989	Forest Green
○	3820	Straw-DK
☽	3822	Straw-LT
●	3852	Straw-VY DK

Fabric: 16ct Aida in Haven from Picture This Plus

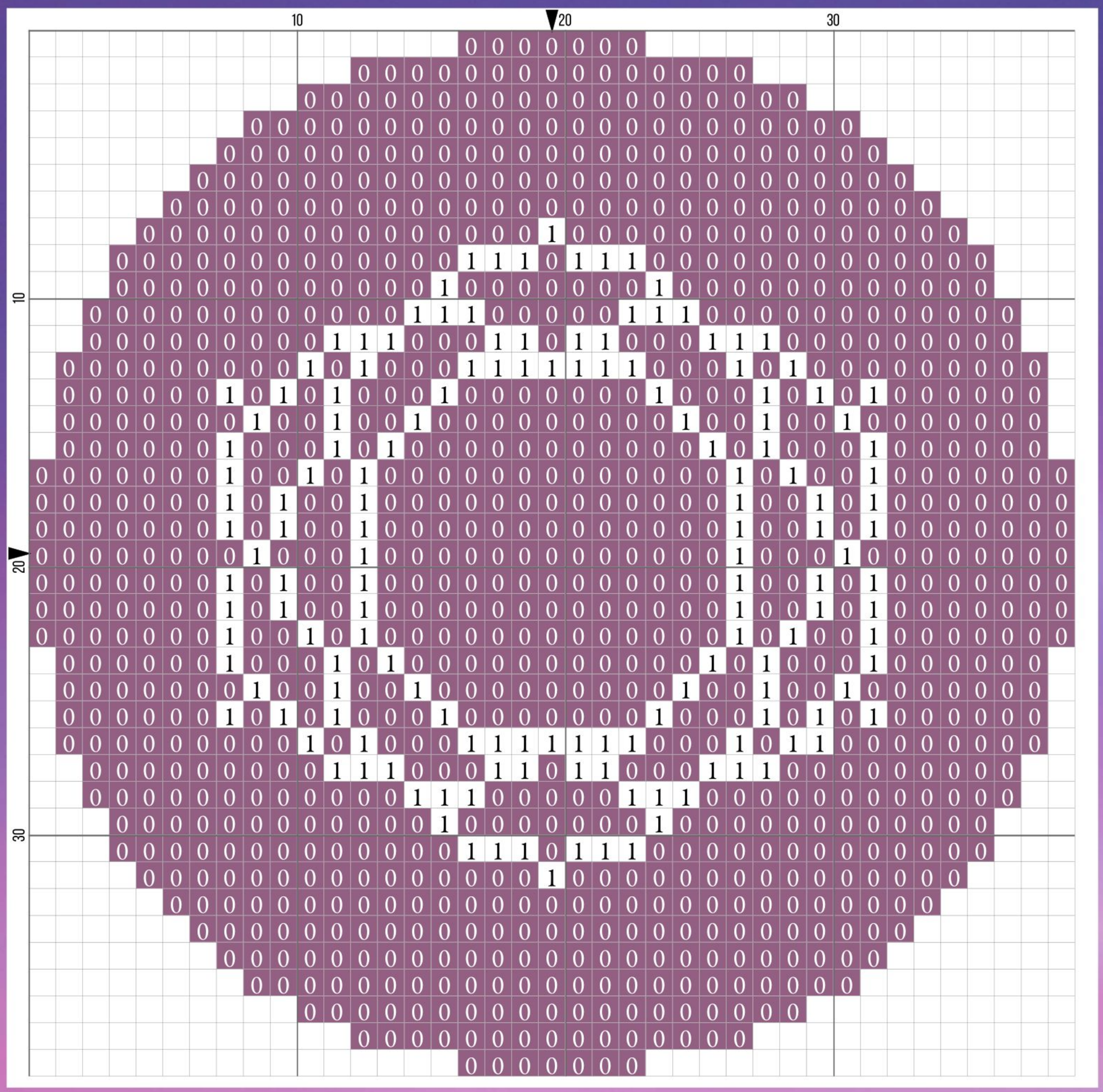
Stitch Count: 37w x 54h

Finished Size: 2.3" x 3.4"
5.9cm x 8.6cm

It would make my day if you would tag me in your progress pictures on social media.

SPONSORED BY MICHELLE GARRETT ON PATREON





LAST BUT NOT LEAST, JUST ABOVE THE TOP OF THE HEAD, IS THE CROWN CHAKRA.

IT'S REPRESENTED BY VIOLET.

ITS MESSAGE IS 'I AM'.

IT IS LINKED TO HIGHER STATES OF CONSCIOUSNESS. AN IMBALANCE ON THE ONE HAND COULD LOOK LIKE OBSESSION WITH SPIRITUAL MATTERS AND ON THE OTHER CLOSED-MINDEDNESS.

DESIGN SIZE	2.8 X 2.8 INCHES
STITCH COUNT	39 WIDE X 39 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 3835	GRAPE - MD
1	DMC COTTON WHITE	WHITE


Ne
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RESPECTFUL GREETINGS

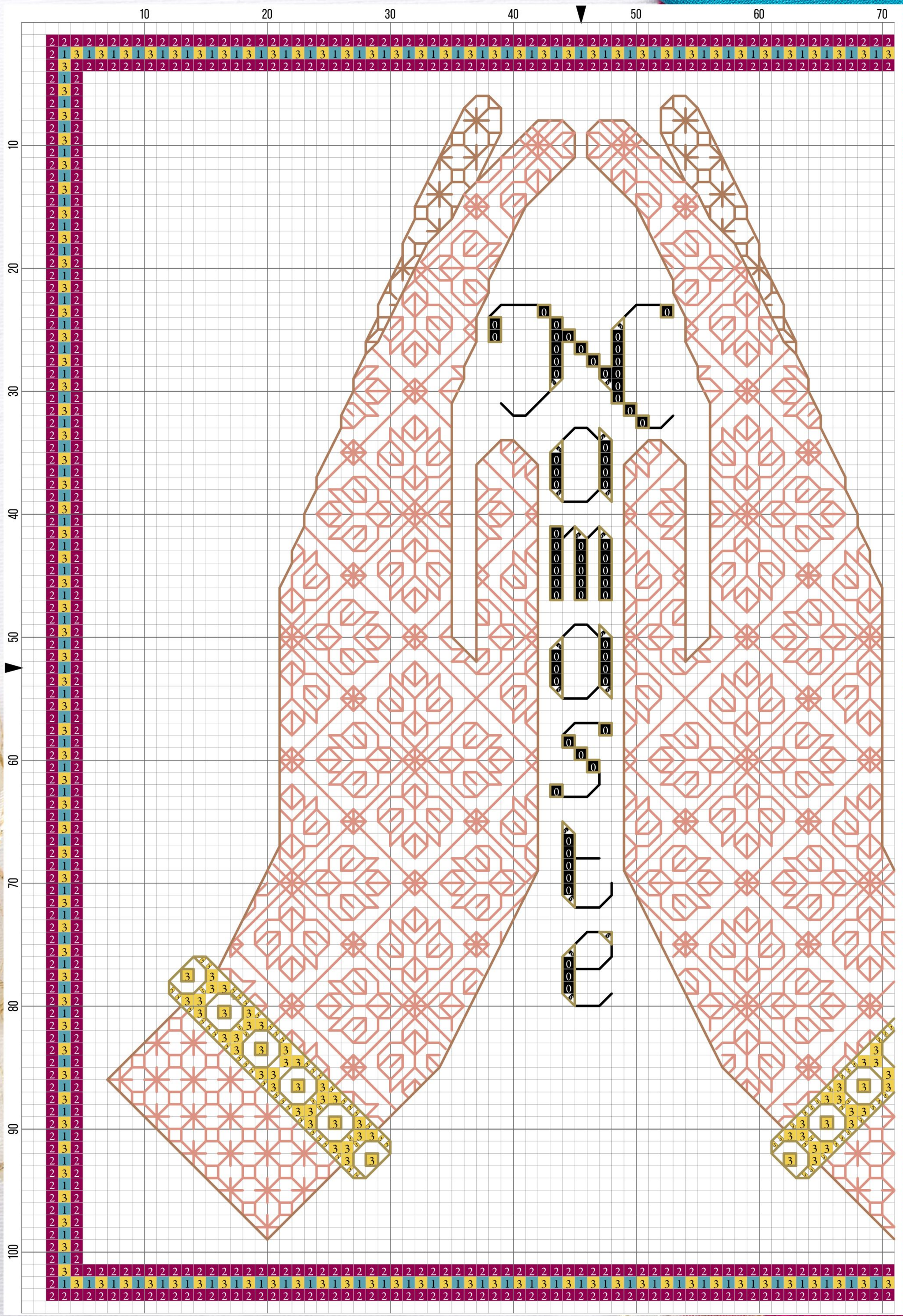
NAMASTE IS USUALLY SPOKEN WITH A SLIGHT BOW AND HANDS PRESSED TOGETHER, PALMS TOUCHING AND FINGERS POINTING UPWARDS, THUMBS CLOSE TO THE CHEST.

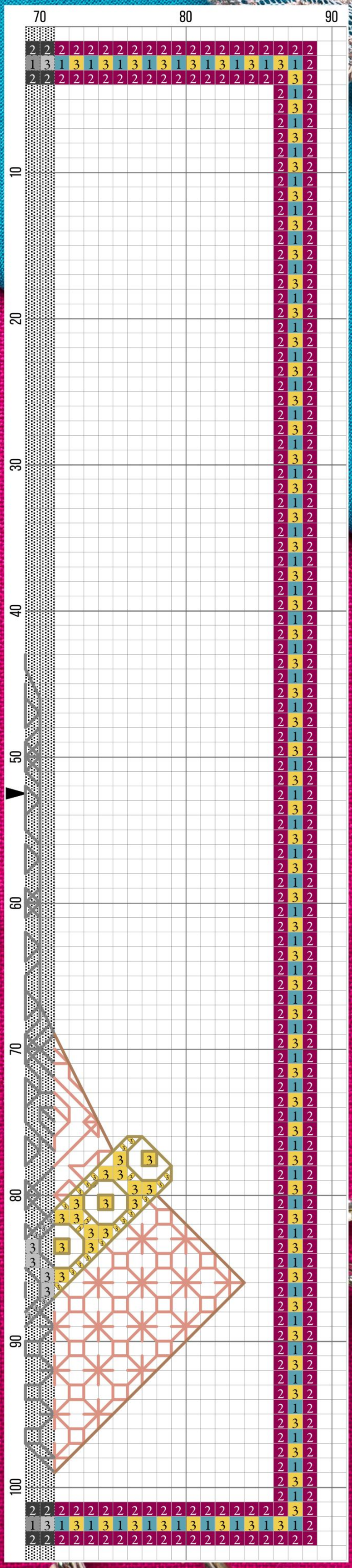
WHEN DESIGNING THIS PIECE I WANTED IT TO SHOW THE SIMPLICITY OF THE GREETING COMBINED WITH ITS SINCERITY.

ROB THOMAS
STREET CORNER SYMPHONY



DOODLECRAFT DESIGN.CO.UK
DOODLECRAFTDESIGNS
DOODLECRAFTDESIGN

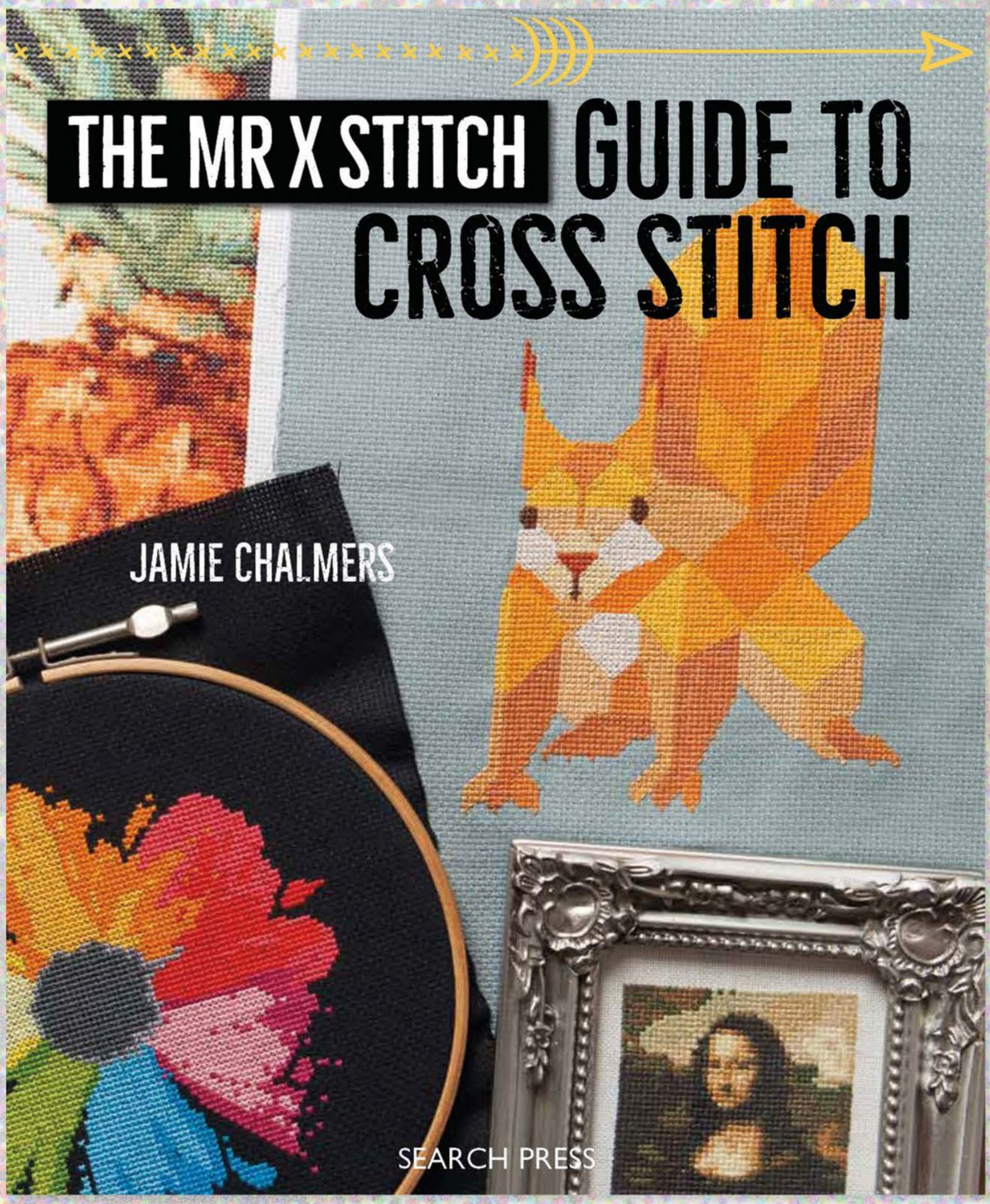

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THE DESIGN IS PREDOMINANTLY STITCHED IN BLACKWORK AND HAS A CROSS STITCH BORDER. IT ALSO INCORPORATES SOME METALLIC THREADS TO GIVE IT SOME SPARKLE.

DESIGN SIZE	6.3 X 7.4 INCHES	
STITCH COUNT	87 WIDE X 103 HIGH	
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT	
SYMBOL	**DMC COLOUR**	**DESCRIPTION**
0	DMC COTTON 310	BLACK
1	DMC COTTON 597	TURQUOISE
2	DMC COTTON 915	PLUM - DK
3	DMC COTTON 3821	STRAW
BACKSTITCH	**DMC COLOUR**	**DESCRIPTION**
	DMC COTTON 310	BLACK
	DMC COTTON 3778	TERRA COTTA - LT
	DMC COTTON 3772	DESERT SAND - VY DK
	DMC LE E3821	LIGHT GOLD

THERE ARE MANY CROSS STITCH BOOKS OUT THERE...



BUT THERE IS ONLY ONE THAT YOU NEED!

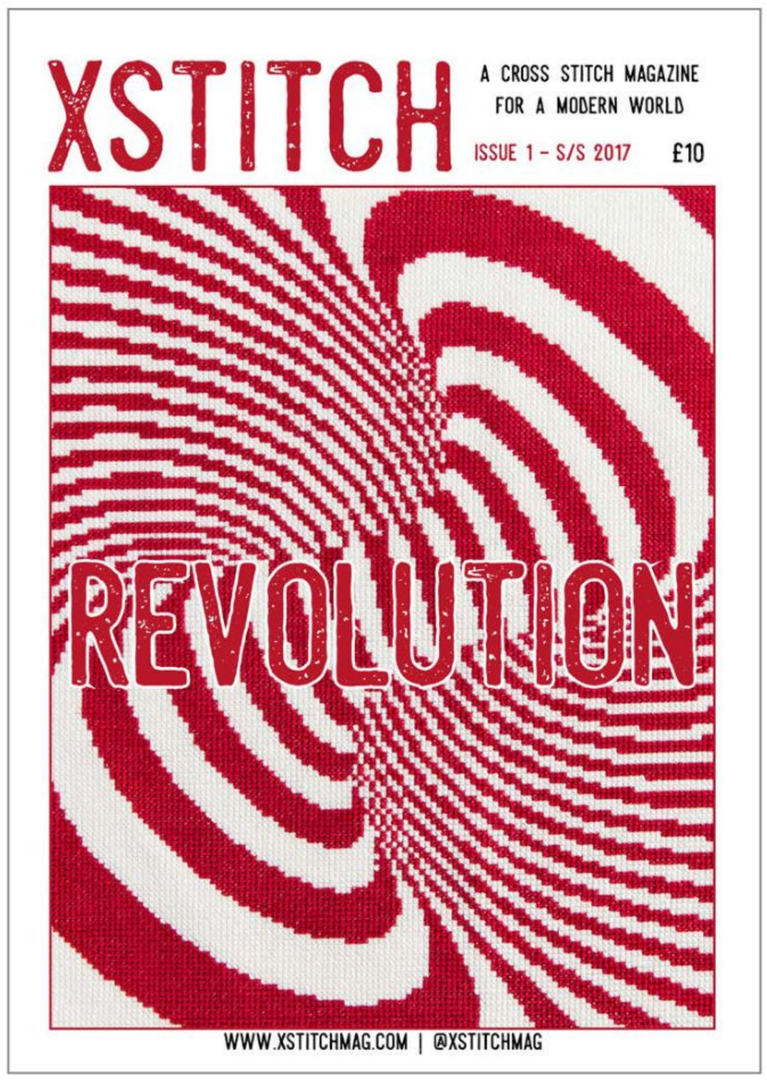
THE KINGPIN OF CONTEMPORARY EMBROIDERY PROVES WHY CROSS STITCH IS SO MUCH MORE THAN JUST A HOBBY!
GET YOUR SIGNED COPY FROM THE XSTITCH WEBSITE!

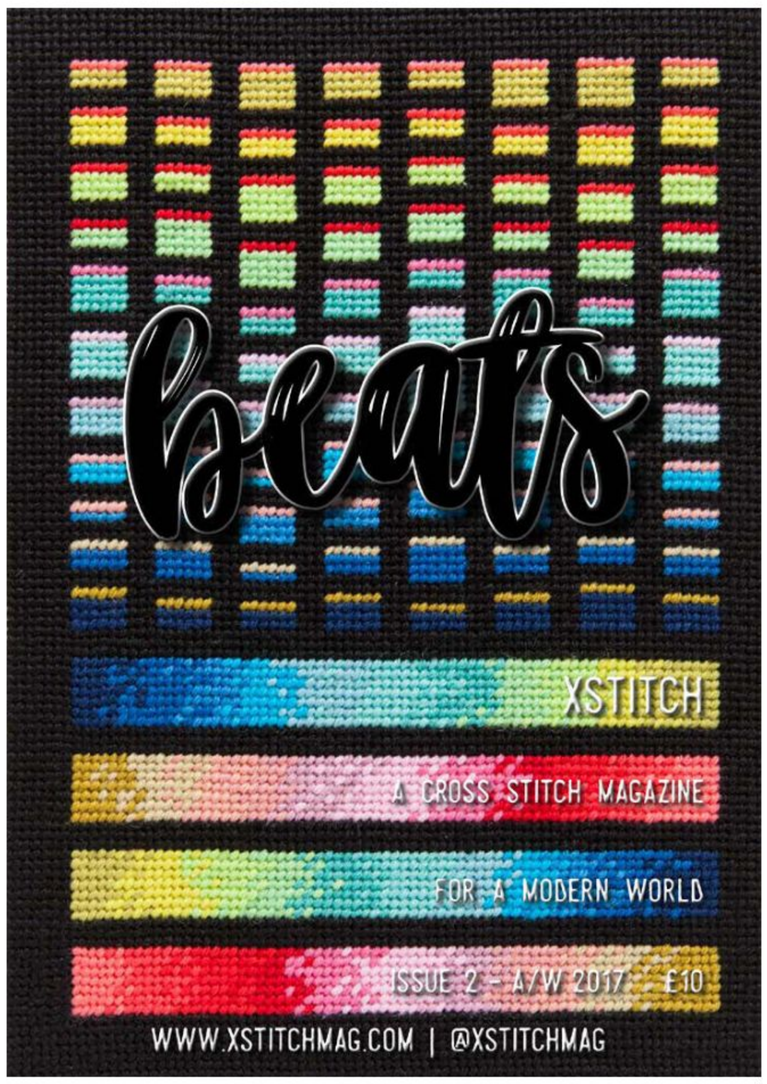


DID SOMEONE SAY STITCHALONG?

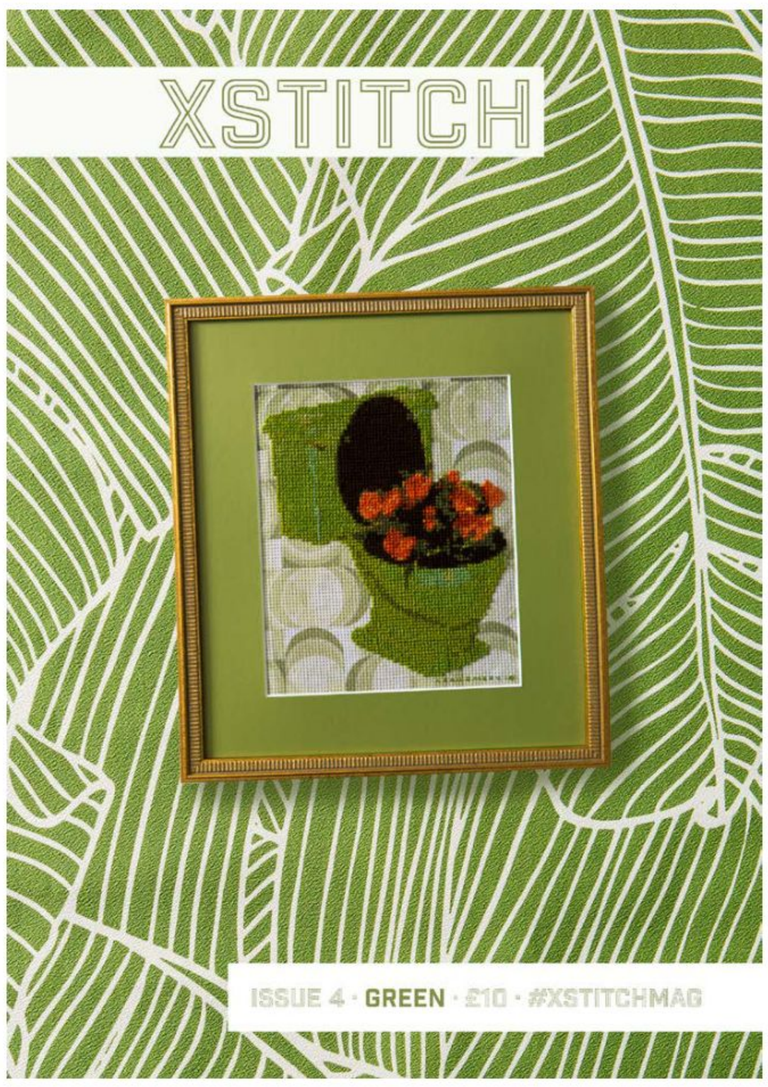
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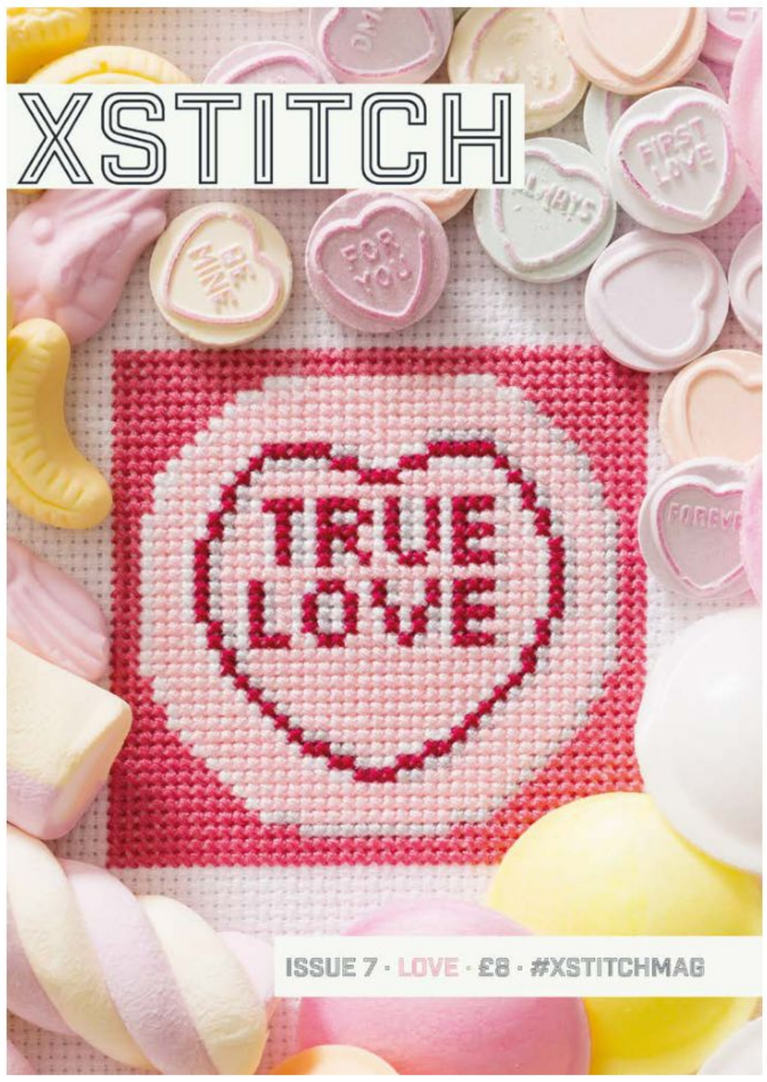

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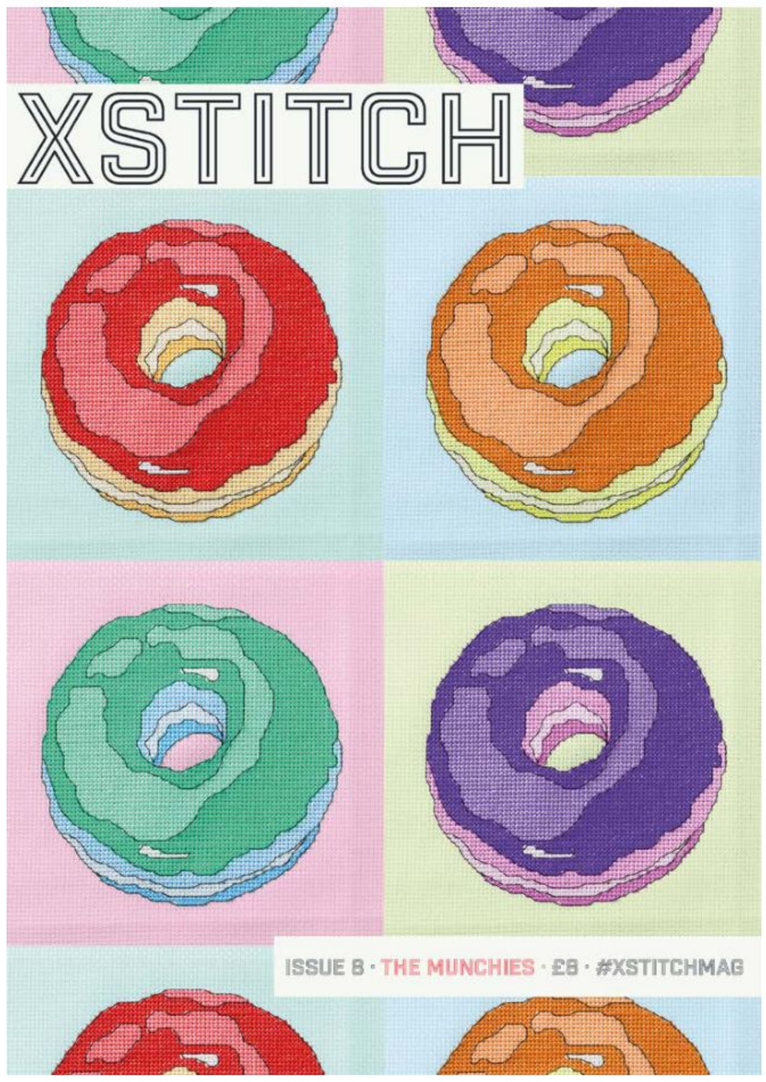

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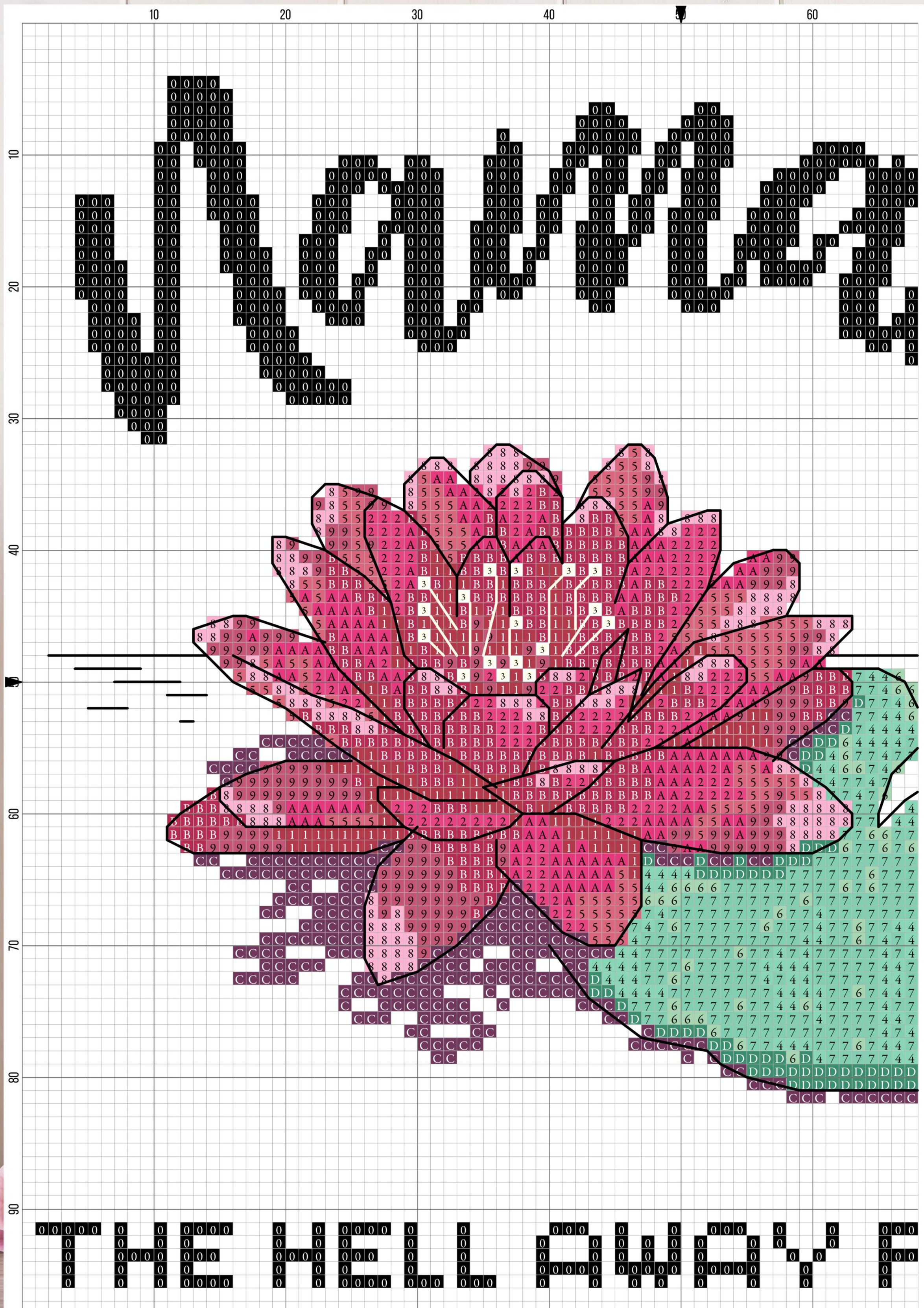

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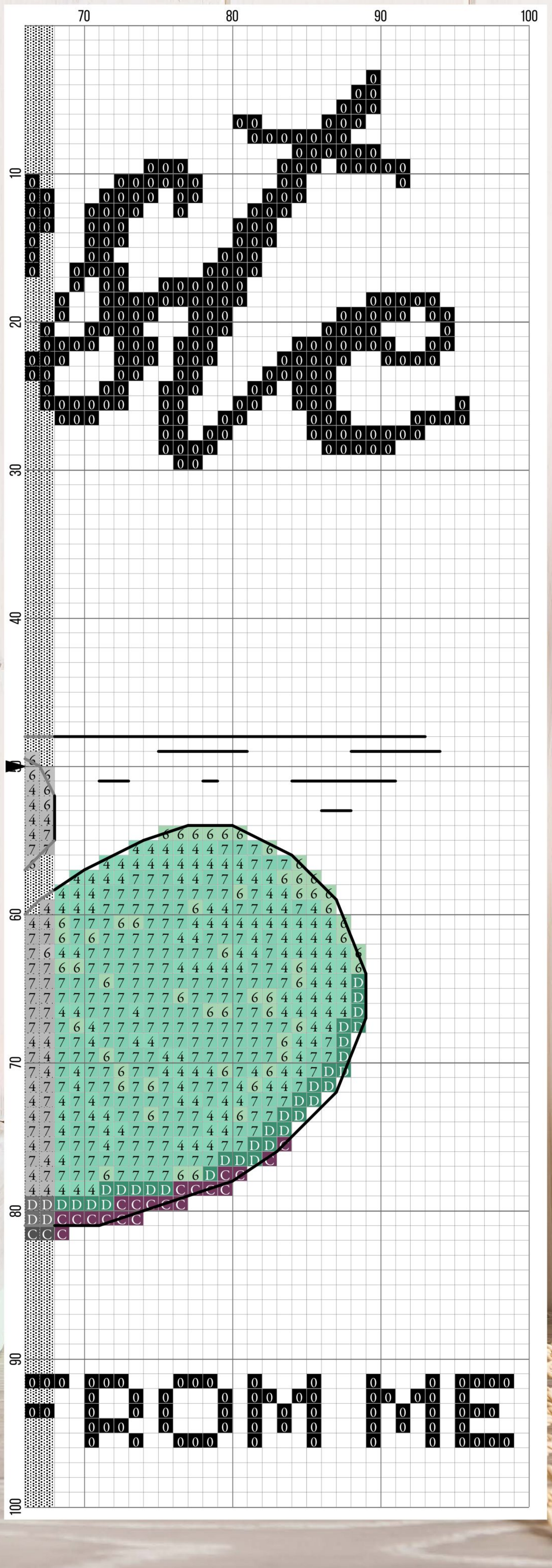

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MAGAZINE
CHANGING THE GAME
SHOP NOW


Namaste
THE HELL AWAY FROM ME
MELLOW GREETINGS


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THE HELL AWAY



WE'RE ALL TAUGHT TO BE SO POLITE AND NOT EXPRESS OUR TRUE FEELINGS, BUT SOME DAYS YOU REALLY JUST NEED TO BE LEFT ALONE.

ON DAYS LIKE THAT, LET THIS PEACEFUL-LOOKING PATTERN DO THE TALKING FOR YOU...

DESIGN SIZE	7 X 6.7 INCHES
STITCH COUNT	98 WIDE X 93 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/720 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 310	BLACK
1	DMC COTTON 326	ROSE - VY DP
2	DMC COTTON 602	CRANBERRY - MD
3	DMC COTTON 746	OFF WHITE
4	DMC COTTON 959	SEAGREEN - MD
5	DMC COTTON 961	DUSTY ROSE - DK
6	DMC COTTON 966	BABY GREEN - MD
7	DMC COTTON 993	AQUAMARINE - LT
8	DMC COTTON 3609	PLUM - UL LT
9	DMC COTTON 3687	MAUVE
A	DMC COTTON 3804	CYCLAMEN PINK - DK
B	DMC COTTON 3831	RASPBERRY - DK
C	DMC COTTON 3834	GRAPE - DK
D	DMC COTTON 3848	TEAL GREEN - MD

FRENCH KNOTS	DMC COLOUR	DESCRIPTION
	DMC COTTON 746	OFF WHITE

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 310	BLACK
	DMC COTTON 746	OFF WHITE

GLORIA ESTEFAN
GO AWAY

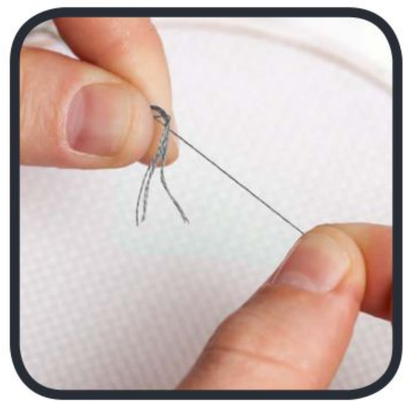


HI, I'M MR X STITCH AND I'M HERE TO TEACH YOU THE BASICS OF CROSS STITCH. YOU'RE IN LUCK, IT'S NOT GOING TO TAKE LONG FOR YOU TO GET THE HANG OF IT, SO LET'S CRACK ON!
BEFORE WE START, IF YOU'VE NEVER CROSS STITCHED BEFORE, STOP AND HAVE A LOOK AT THE WORLD AROUND YOU FOR A MINUTE. IT'S ABOUT TO CHANGE FOREVER..!

GETTING STARTED

TO MAKE LIFE EASY, WE'LL START WITH THE ***LOOP TECHNIQUE!***
YOU'LL NEED A LENGTH OF THREAD, NO LONGER THAN YOUR FOREARM, AND YOU'LL WANT ***ONE STRAND***. EMBROIDERY FLOSS HAS SIX STRANDS, BUT IN MOST CASES WE USE ONE STRAND, FOLDED OVER TO TWO PLY.

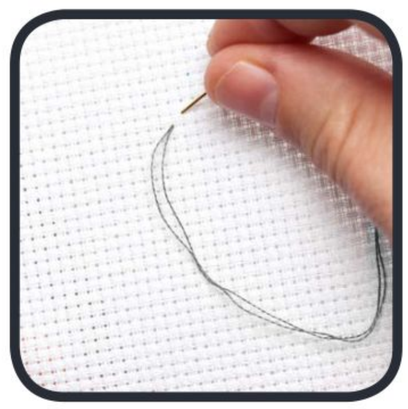
TO PULL OUT ONE STRAND, HOLD ALL THE THREADS BETWEEN YOUR THUMB AND FOREFINGER, FIND THE STRAND YOU WANT AND PULL IT OUT, WHILE STILL HOLDING THE OTHER THREADS.





FOLD THE THREAD IN HALF AND PUT BOTH ENDS THROUGH THE NEEDLE, SO YOU'VE GOT A LOOP AT ONE END.
YOU NORMALLY START IN THE MIDDLE OF THE PATTERN, SO YOU DON'T RUN OUT OF SPACE, AND SO YOU NEED TO COUNT THE NUMBER OF STITCHES IN THAT CENTRE SECTION AND BEGIN STITCHING.

START ON THE UNDERSIDE OF THE FABRIC AND COME UP THROUGH ONE OF THE HOLES IN THE FABRIC – BE SURE TO GO THROUGH THE HOLE RATHER THAN THE FABRIC – MAKING A FORWARD SLASH TO THE HOLE DIAGONALLY UP AND RIGHT.





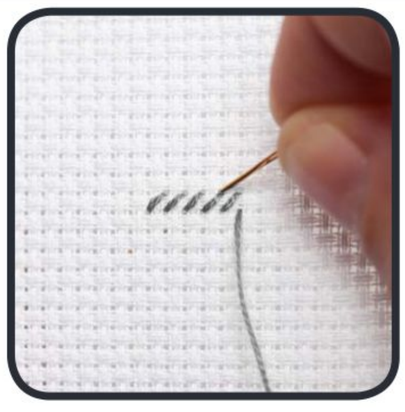
WITH YOUR FIRST STITCH ONLY, ON THE BACK OF THE FABRIC, PUT THE NEEDLE THROUGH THE LOOP AND PULL GENTLY.
IT'LL SECURE THE THREAD IN A NICE NEAT WAY. TASTY!

IN THIS INSTANCE I'M STARTING WITH FORWARD SLASHES, BUT IF BACK SLASHES ARE MORE COMFORTABLE FOR YOUR BOTTOM STITCH, GO FOR IT. WE WON'T JUDGE YOU.



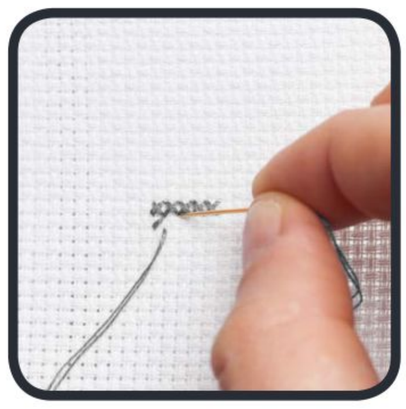
YOU CAN STITCH FROM TWO HOLES – TOP OR BOTTOM.
SOMETIMES YOU'LL STITCH TOP TO BOTTOM, SOMETIMES BOTTOM TO TOP. IT JUST DEPENDS ON WHAT DIRECTION YOU'RE HEADING.
DON'T SWEAT IT.

CROSS STITCH IS MADE OF TWO STITCHES – BOTTOM AND TOP –
AND THERE'S ONLY ONE RULE: MAKE SURE THAT YOUR BOTTOM STITCH
GOES IN THE SAME DIRECTION.**



THEN DO YOUR NEXT FORWARD SLASH AND KEEP GOING UNTIL YOU'VE REACHED THE END OF THE ROW. DON'T PULL YOUR STITCHES TOO TIGHTLY AND DON'T RUSH – ENJOY THE JOURNEY AND THE MARVELLOUS MOMENTS OF MINDFULNESS.

BELIEVE IT OR NOT, YOU SIMPLY DO BACKSLASHES BACK THE WAY YOU CAME TO FORM THE LITTLE XS YOU WILL COME TO KNOW AND LOVE. THEN IT'S JUST A QUESTION OF REPEATING THE PROCESS TO COMPLETE THE PATTERN.





WHEN YOU GET TO ABOUT AN INCH OF THREAD LEFT, ON THE BACK OF THE FABRIC, ***WHEEDLE YOUR NEEDLE*** THROUGH AT LEAST THREE OF THE STITCHES AND PULL THE THREAD THROUGH. THAT'LL HOLD THE THREAD IN PLACE AND YOU CAN CUT OFF THE EXCESS.

WASTE KNOT TECHNIQUE

WITH THE WASTE KNOT TECHNIQUE, YOU'LL WANT ***TWO STRANDS OF THREAD***, NO LONGER THAN YOUR FOREARM, AND YOU'LL TIE A KNOT IN THE END.
THIS CAN BE DONE BY WRAPPING THE THREAD AROUND THE END OF YOUR FINGER, ROLLING THE THREAD OFF AND THEN PULLING THE END. ALL BEING WELL, THE THREAD SHOULD FORM A KNOT BIG ENOUGH TO STOP THE END OF THE THREAD FROM GETTING THROUGH THE HOLES IN THE FABRIC.

YOU HAVE TO WORK OUT WHAT DIRECTION YOU'LL BE STITCHING IN – RIGHT TO LEFT, UP TO DOWN, WHATEVER – AND THEN YOU'LL PLACE YOUR KNOT AWAY FROM THE SECTION YOU'RE STITCHING, BUT ***IN THE DIRECTION*** THAT YOU'LL BE STITCHING. BEAR WITH ME ON THIS!



YOU PLUNGE YOUR NEEDLE THROUGH THE FABRIC FROM THE TOP SIDE, AND THE KNOT WILL HOLD THE THREAD IN PLACE.
YOU'LL THEN MOVE TO THE PLACE WHERE YOUR FIRST STITCH WILL BE AND COME UP FROM BENEATH TO DO YOUR BOTTOM STITCH.

YOU'LL NOTICE THAT THE THREAD HAS BEEN HELD ALONG THE UNDERSIDE OF THE FABRIC, AND AS YOU START STITCHING, IN THE DIRECTION OF THE KNOT, YOUR STITCHES WILL SECURE THAT THREAD IN PLACE (TECHNICAL TERM – COUCHING).
ONCE YOU'VE STITCHED A FEW STITCHES, YOU SHOULD BE ABLE TO PULL YOUR KNOT GENTLY UPWARDS AND SNIP IT OFF, WITH THE THREAD HELD IN PLACE BY YOUR NEW STITCHES!



EACH TIME YOU STITCH YOU PUT A HALF TWIST IN THE THREAD;
OCCASIONALLY YOU SHOULD DROP THE NEEDLE AND LET THE THREAD UNWIND A BIT.
THIS AVOIDS IT BUNCHING UP AT THE BACK AND FORMING SURPRISE KNOTS.

**THIS RULE CAN BE BROKEN WITHOUT ANY LOSS OF LIFE. DON'T SWEAT IT TOO MUCH.

NON-CROSS STITCHES

WE'RE TALKING FRENCH KNOTS, QUARTER AND THREE QUARTER STITCHES. THE ONES THAT ELEVATE YOUR WORK BEYOND THE HUMBLE X. ***BUCKLE UP!***

THE ***THREE QUARTER STITCH*** IS PRETTY STRAIGHT FORWARD; YOU SIMPLY WHEEDLE YOUR NEEDLE THROUGH THE CENTRE OF THE SQUARE YOU'RE STITCHING, AND PULL THE THREAD THROUGH.





THIS CREATES A ***QUARTER STITCH*** WHICH IS FOLLOWED BY A FULL STITCH ALONG THE REQUIRED DIAGONAL FOR THE THREE QUARTER EFFECT.

FRENCH KNOTS

THEY REQUIRE A BIT OF FOCUS BUT THEY'RE NOT AS DIFFICULT AS YOU MIGHT THINK! BEGIN BY ANCHORING THE THREAD IN THE BACK OF YOUR EXISTING STITCHES...

BRING YOUR NEEDLE TO THE FRONT OF THE FABRIC WHERE YOU WANT THE KNOT TO BE, AND WRAP YOUR THREAD AROUND THE NEEDLE TWICE.





BRING YOUR NEEDLE BACK DOWN THROUGH THE FABRIC AT LEAST ONE FULL THREAD (OF THE FABRIC) AWAY FROM WHERE YOU CAME UP.

PULL YOUR NEEDLE THROUGH, BUT DON'T PULL TOO TIGHTLY. IF YOU PULL TOO TIGHT, YOUR KNOT CAN POP THROUGH THE FABRIC, AND THEN YOU'LL HAVE TO DO ALL THIS AGAIN.



BEFORE YOU BEGIN, FOLD YOUR FABRIC BOTH WAYS AND GENTLY PINCH THE MIDDLE TO SHOW WHERE THE CENTRE WILL BE. START FROM THERE AND WORK OUTWARDS AND YOU SHOULDN'T RUN OUT OF ROOM!

LATTICE FRAMING

GET A ROBUST PIECE OF CARDBOARD, AND CUT IT TO SIZE.
POSITION THE CARD ON THE CENTRE OF THE REAR AND TRIM YOUR FABRIC
SO THAT THERE'S BETWEEN ONE AND TWO INCHES' EXCESS.

POSITION THE CARD IN THE CENTRE AND FOLD THE FABRIC OVER
THE LONGEST EDGES, CREASING THEM TO ENSURE A GOOD FIT.
TO THREAD, USE ALL SIX STRANDS OF FLOSS
AND START WITH AT LEAST TWO FEET OF THREAD.
KNOT IT AND THREAD IT THROUGH THE NEEDLE.





BEGIN SEWING THE LONG SIDES TOGETHER;
KEEP THE STITCHES FAIRLY CLOSE TOGETHER TO MAINTAIN
A TENSION. HALFWAY THROUGH, CHECK THAT THE TENSION IS EVEN
AND THE FABRIC IS STRETCHED TIGHTLY OVER THE CARD.

USE MASKING TAPE TO STICK THE THREADS TO THE BACK
OF THE CARD AND THEN CUT AND KNOT THE THREAD,
MAKING SURE THE KNOT IS TIGHT TO THE FABRIC.





ONCE YOU'VE LATTICED THE TWO SIDES TOGETHER,
CHECK THAT THE STITCHED DESIGN IS CENTRED ON THE FABRIC AND
ADJUST AS NEEDED. BEFORE STITCHING THE SHORTER SIDES,
TRIM ANY EXCESS FABRIC FROM THE FOLDED CORNERS.

LET'S TALK ABOUT THE BACK FOR A MOMENT.
IT'S NICE TO HAVE A TIDY BACK ON YOUR WORK,
AND AS YOU BECOME MORE CONFIDENT WITH CROSS STITCH
YOU CAN GIVE THIS MORE ATTENTION.
BUT DON'T WORRY ABOUT THE STATE OF IT WHEN YOU'RE STARTING,
LIFE IS SHORT. IF SOMEONE HAS TOLD YOU THAT THE BACK
HAS TO BE AS TIDY AS THE FRONT, THEY'RE BEING A BIT MEAN.
SEND 'EM MY WAY, I'LL HAVE A WORD...

NEED STITCHING ADVICE?
EMAIL AGONY@XSTITCHMAG.COM
AND WE'LL TRY TO HELP!

WASTE CANVAS

IF YOU WANT TO STITCH ONTO NON-EVENWEAVE FABRICS, THAT IS, FABRICS WITHOUT PRE-ORDAINED HOLES, THEN YOU NEED WASTE CANVAS!
WASTE CANVASSES COME IN MANY TYPES, BUT THEIR FUNCTION IS TO PROVIDE A GRID THAT YOU CAN USE TO STITCH CONSISTENT CROSSES TO CREATE THE DESIGN YOU WANT, WITHOUT IT GETTING TOO WONKY.

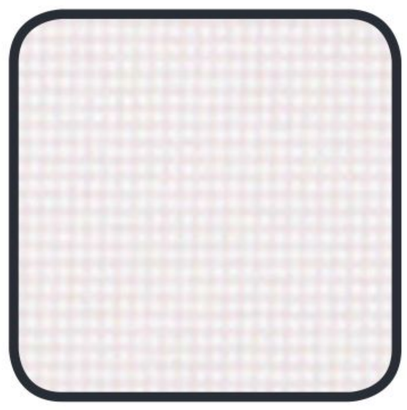
THERE ARE THREE MAIN FORMS:



WASTE CANVAS IS A CANVAS HELD TOGETHER USING STARCHY GLUE. ONCE YOU HAVE STITCHED YOUR DESIGN, YOU CAN TEASE OUT THE STRANDS OF THE FABRIC FROM BENEATH THE STITCHING USING TWEEZERS.



PAPER INTERFACE CAN BE TORN AWAY FROM UNDERNEATH, HOWEVER MINDFULNESS IS REQUIRED TO MAKE SURE ALL THE PAPER IS SUCCESSFULLY REMOVED.



SOLUBLE PLASTIC INTERFACE DISSOLVES IN WARM WATER ONCE THE STITCHING IS DONE. TAKE CARE TO THOROUGHLY DISSOLVE THE INTERFACE, LEST A STIFF RESIDUE REMAINS ON THE THREADS!



IF YOU'RE FEELING ADVENTUROUS, CONSIDER USING ***VINYL CANVAS*** FOR STITCHING ONTO TEXTILES – IT HAS THE STRUCTURE AND IS FLEXIBLE ENOUGH FOR MOST TEXTILE NEEDS. YOU CAN'T REMOVE THE VINYL FROM UNDER THE STITCHES, BUT IT LOOKS PRETTY COOL, SO GIVE IT A WHIRL!

GOT ANY TOP STITCHING TIPS FOR US TO SHARE?
EMAIL HELLO@XSTITCHMAG.COM!

ALTHOUGH EVENWEAVE FABRICS HAVE BEEN AROUND FOR HUNDREDS OF YEARS, IT WAS **ZWEIGART** WHO INVENTED THE CLASSIC AIDA FABRIC IN **1907**!

NANCY FRAMED US!

WHEN NANCY FROM VERMONT OFFERED TO SHARE HER TECHNIQUE FOR FRAMING WORK, HOW COULD WE REFUSE?



YOU WILL NEED: YOUR FINISHED PIECE, 3/16" THICK FOAM BOARD, PINS, TAPE MEASURE, BOX CUTTER AND A SUITABLE FRAME.



REMOVE THE BACKING FROM THE FRAME AND USE IT TO MARK THE FOAM.



THE CUT PIECE WILL NEED TO BE SMALLER THAN THE BACKING BY ABOUT 1/8" INCH ALL AROUND TO ALLOW FOR THE FINISHED PIECE TO WRAP AROUND IT AND STILL HAVE IT FIT INTO THE FRAME OPENING.



FOLD AND PIN THE CORNER ON THE BACK. IF THERE IS A LOT OF OVERHANG, YOU CAN TRIM SOME OUT BEFORE OVERLAPPING.



ONCE YOU HAVE PINNED THE FOUR CORNERS, START ADDING PINS AT THE CENTRE OF EACH EDGE AND THEN WORK AROUND THE EDGES, MAKING THE TENSION AS EVEN AS POSSIBLE.



WHEN ALL THE SIDES ARE PINNED SECURELY, PLACE THE PIECE BACK IN THE FRAME AND CELEBRATE A JOB WELL DONE!

DO YOU KNOW SOMETHING WE DON'T? SHARE YOUR TECHNIQUES AND TIPS WITH US!

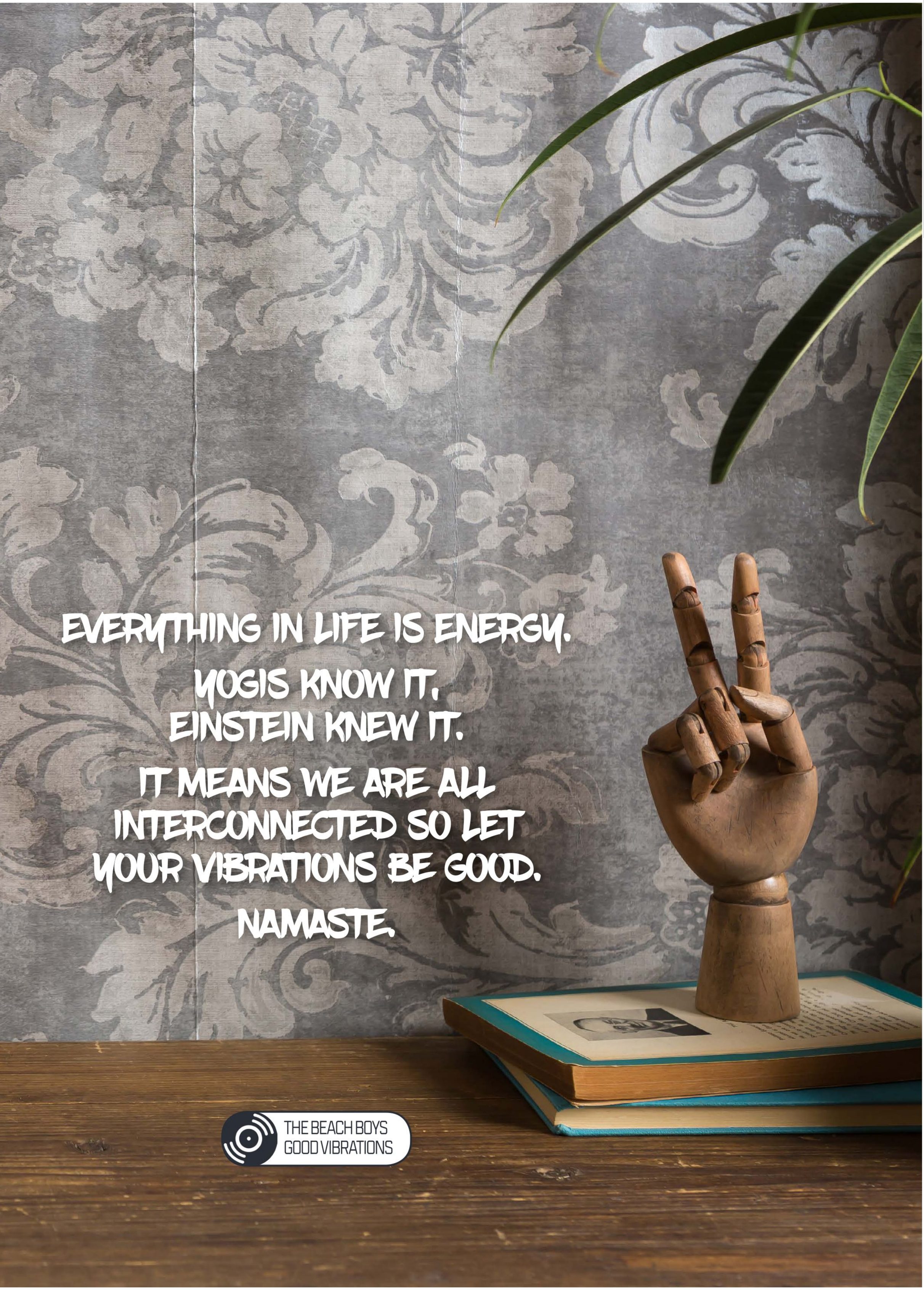
CIRCLE OF TRU

STITCHFINITY	STITCHFINITY IS MADE UP OF ALISON AND ANNIE, NEIGHBOURS WHO USED TO GET TOGETHER ON A FRIDAY NIGHT TO CHAT AND DRINK WINE AND THEN REALISED THAT DOING SOMETHING CREATIVE AT THE SAME TIME HELPED THEM TO WIND DOWN AFTER A BUSY WEEK. THEY QUICKLY STARTED TO CREATE THEIR OWN MODERN CROSS STITCH DESIGNS AND SOON A BUSINESS WAS BORN. THEIR KITS ARE BEAUTIFULLY PACKAGED AND EVERYTHING IN THE BOX IS GREAT QUALITY, PERFECT AS A GIFT FOR YOURSELF OR SOMEONE ELSE.
SMART CROSSSTITCH	SMARTCROSSSTITCH CROSS STITCH PATTERNS ARE DESIGNED BY TWO FRIENDS BARBARA & OLGA WHO DECIDED TO ENJOY THEIR HOBBY IN FULL.
KAREN SEELIG	KAREN SEELIG IS A RECENTLY RETIRED CROSS STITCH ENTHUSIAST: "IT IS EXCITING TO CREATE AND SEE THE FINAL STITCHED DESIGN COME TO LIFE ON A PIECE OF CROSS STITCH FABRIC. SHARING MY DESIGNS IS VERY GRATIFYING." FOR MORE THAN 12 YEARS SHE HAS CREATED HER OWN CROSS STITCH DESIGNS, INCLUDING YEARLY MAGNETIC CALENDARS. "THE YEARLY CALENDARS ARE PRINTED AND GIVEN TO FRIENDS, FAMILY, CO-WORKERS AND ACQUAINTANCES DURING THE HOLIDAYS AND THROUGHOUT THE YEAR. SHARING MY DESIGNS PUTS A SMILE ON EVERYONE'S FACE AND THEIR REACTIONS ARE PRICELESS."
LORD LIBIDAN	BORN TO BRITISH ARISTOCRACY, THE MAN NOW KNOWN AS LORD LIBIDAN DISCOVERED THE ART OF CROSS STITCH WHILE IN A BUDDHIST MONASTERY HIGH IN THE HIMALAYAN MOUNTAINS. AFTER MEDITATING ON THE CRAFT FOR YEARS, HE EMERGED FROM HIS RETREAT READY TO CHALLENGE THE PREVAILING PARADIGM AND ELEVATE EMBROIDERY TO NEW LEVELS. FOCUSING HIS TALENTS ON VIDEO GAME AND POP CULTURE CROSS STITCHES, HE PRODUCES WORK THAT PUSHES AS THE BOUNDARIES OF THE FORM – FROM TRANSFORMING ROBOTS TO 3D DESIGNS, WHILE CURATING AND SHARING THE NEXT GENERATION OF XSTITCHERS WITH HIS GLOBAL AUDIENCE. IF YOU CAN FIND HIM, IF HE'S NOT STITCHING SOMETHING ALREADY AND IF YOU'RE BRAVE/WEALTHY ENOUGH, MAYBE YOU CAN HIRE LORD LIBIDAN.
SWEET ANNET	"SINCE I WAS 10 YEARS OLD I HAVE BEEN EMBROIDERING. I WAS SO SMITTEN BY THIS CRAFT THAT I COULD SPEND ALL DAY EMBROIDERING AND NOT EVEN GET TIRED. I AM SURE OTHER PEOPLE WILL UNDERSTAND THIS PASSION. I BEGAN TO CREATE MY OWN PATTERNS, THAT REFLECT MY TASTES AND ARE UNIQUE. THIS IS MY HOBBY, MY LIFE, MY WORK."
LUCIE HEATON	LUCIE LOVES DESIGNING CROSS STITCH PATTERNS, SHE HAS A CAREER WHICH SPANS OVER TWO DECADES AND CRE-ATES BEAUTIFUL DESIGNS FOR MAGAZINES, BOOKS, KITS AND WORKSHOPS, FOR MORE INFORMATION VISIT WWW.LUCIEHEATON.COM OR FOLLOW HER @LUCIEHEATON ON INSTAGRAM AND FACEBOOK.
BEYOND MEASURE	BEYOND MEASURE WAS FOUNDED IN 2015 BY GRACE WHOWELL. AN EXHIBITION CURATOR AND AVID CRAFTS ENTHUSIAST, GRACE OPENED HER OWN ONLINE SHOP WHEN SHE COULDN'T FIND THE TYPE OF SEWING TOOLS AND GIFTS SHE WAS LOOKING FOR. "I WAS INSPIRED BY THE BEAUTIFUL CONTENTS OF OLD SEWING BOXES – LEATHER CASES, WOODEN BOXES, DECORATIVE TINS, BUT WAS DISAPPOINTED WITH A LOT OF MODERN SEWING SUPPLIES. SO I DECIDED TO SOURCE MY OWN AND USE MY CONTACTS IN THE CRAFT WORLD TO MAKE THE ONES I COULDN'T FIND. I WORK WITH MANY INDIVIDUAL MAKERS AND SMALL COMPANIES FROM ACROSS THE WORLD AND BRING THEIR GOODS TOGETHER IN ONE SHOP FOR MY CUSTOMERS." WHERE POSSIBLE, THE PRODUCTS ARE MADE FROM NATURAL AND RECYCLABLE MATERIALS LIKE WOOD, LEATHER, PAPER AND WOOL. THEY MIGHT HAVE A MODERN AESTHETIC BUT THEY ARE CLASSIC AND BUILT TO LAST, OBJECTS THAT YOU WILL WANT.
TINY MODERNIST	TINY MODERNIST CROSS STITCH PATTERNS ARE DESIGNED BY CHERYL MCKINNON. BEAUTIFUL MODERN CROSS STITCH DESIGNS THAT ARE QUICK AND FUN TO STITCH!
MATHYSPHERE	SO OBVIOUSLY EVERYBODY LOVES CROSS-STITCH, BUT ALONG WITH THAT GERI AMBROSE ALSO REALLY LOVES MATH, BEES, POETRY, AND THE SEMINAL CLASSIC VIDEO GAME MYST. SHE MAKES A LOT OF PATTERNS ABOUT SPACE, MATH, AND NATURE, WHICH SHE POSTS ON INSTAGRAM AND TUMBLR (@MATHYSPHERE). IF YOU KNOW ANY REALLY GOOD POEMS PLEASE SEND HER THEM.

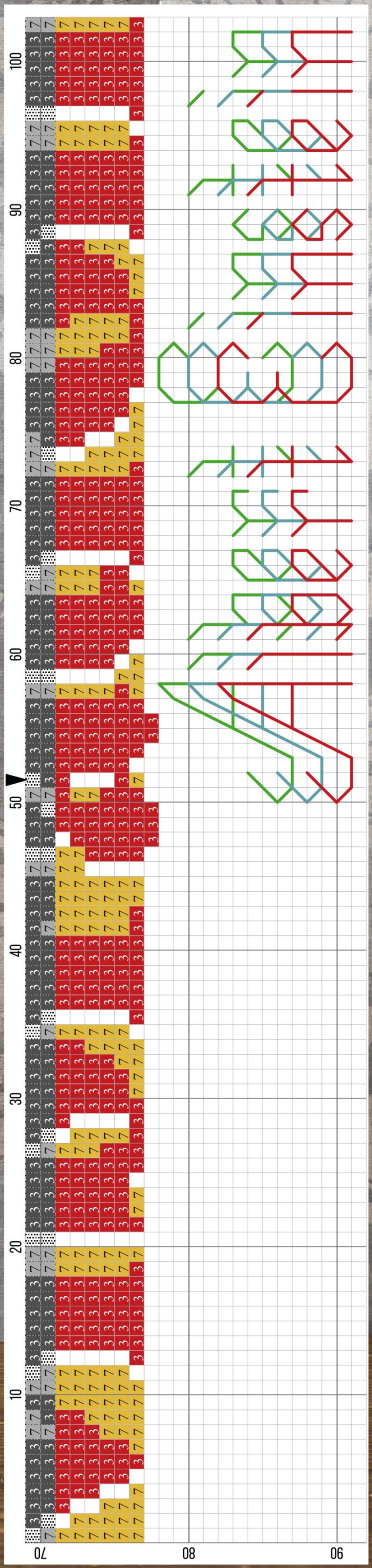
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CLIMBING GOAT DESIGNS	CLARE BRAY GOT INTO CROSS STITCHING THROUGH THE STITCHING CHARITY LOVE QUILTS UK. SHE FOUND IT RELAXING AND MEDITATIVE, AS WELL AS BEING EASY TO PICK UP AND PUT DOWN AND FIT IN A FEW STITCHES HERE AND THERE. WITH A BACKGROUND IN PHYSICS AND PRINT DESIGN, CLARE SOON FOUND SHE LOVED THE COMBINATION OF ART AND LOGIC THAT IS CROSS STITCH DESIGN. SHE ENJOYS EXPERIMENTING WITH DIFFERENT IDEAS AND THEN SEEING THE IDEAS COME TOGETHER INTO A FINISHED PATTERN. HER SHOP CLIMBING GOAT DESIGNS STOCKS A WIDE VARIETY OF PATTERNS AND KITS, INCLUDING MANY ASTRONOMY AND RAINBOW DESIGNS AND THE BESTSELLING 'ANIMALS AT HOME' SERIES.
MR X STITCH	JAMIE CHALMERS, AKA MR X STITCH, AKA THE KINGPIN OF CONTEMPORARY EMBROIDERY, TOOK UP CROSS STITCHING FIFTEEN YEARS AGO AND HE'S NEVER LOOKED BACK. SINCE ESTABLISHING THE MR X STITCH WEBSITE IN 2008, HE HAS BEEN SHOWCASING NEW TALENT IN THE WORLD OF TEXTILES AND STITCH AND HAS CURATED A NUMBER OF STITCH-BASED EXHIBITIONS IN THE UK AND IRELAND. JAMIE IS AN ACCOMPLISHED AND INTERNATIONALLY EXHIBITED ARTIST IN HIS OWN RIGHT, THE CURATOR OF PUSH STITCHERY AND THE AUTHOR OF THE MR X STITCH GUIDE TO CROSS STITCH. HE IS THE FOUNDER OF XSTITCH , THE GAME-CHANGING CROSS STITCH DESIGN MAGAZINE!
FLOSS & MISCHIEF	GENEVIEVE BRADING IS THE STITCHER BEHIND NEEDLEWORK BRAND FLOSS & MISCHIEF AND THE AUTHOR OF CROSS-STITCH BOOK "I GOT 99 PROBLEMS, BUT A STITCH AIN'T ONE". SHE FIRST LAUNCHED HER CROSS-STITCH DESIGNS BECAUSE OF AN ARGUMENT ABOUT TAXIDERMY (LONG STORY!) AND TODAY SHE KEEPS PUTTING A MODERN TWIST ON NEEDLEWORK. SHOP HER CRAFT KITS AND PATTERNS AT FLOSSANDMISCHIEF.COM
MARINA BOLMINI	MARINA BOLMINI IS AN ITALIAN VISUAL ARTIST. STRONGLY INFLUENCED BY THE WORLD OF MEDIA, SHE WORKS ON THE SLIP OF MEANINGS RELATED TO HIGHLY ICONIC IMAGES, USING DIVERSE MEDIA AND TECHNIQUES. SHE IS PASSIONATE ABOUT THE ART OF EMBROIDERY USING IT TO PRODUCE SEVERAL CYCLES OF WORKS OF GREAT VISUAL IMPACT AND SUBTLE CONCEPTUAL CHARM.
DOODLECRAFT DESIGN	I HAVE BEEN A KEEN STITCHER ALL MY LIFE AND WHEN I COULD NO LONGER GO OUT TO WORK DUE TO MY DISABILITY I TURNED MY ARTISTIC TALENTS TO CREATING CONTEMPORARY AND CLASSIC CROSS STITCH AND BLACKWORK DESIGNS AND I'VE BEEN LUCKY ENOUGH TO FIND INTERESTED CUSTOMERS TO TURN THIS INTO MY NEW CAREER. I FEEL VERY LUCKY AS I GET MY CREATIVE FIX WHEN DESIGNING THE KITS AND THEN AGAIN WHEN I STITCH THEM!.
PEACOCK & FIG	DANA BATHO IS A VETERAN OF THE CANADIAN ARMED FORCES AND TURNED BACK TO DESIGN AFTER A TRAINING ACCIDENT ENDED HER CAREER AS AN INTELLIGENCE OFFICER. SHE TURNED HER DESIGN SKILLS TO CROSS STITCH AS PEACOCK & FIG IN 2015. CROSS STITCH IS INCREDIBLY THERAPEUTIC, WHICH HAS AIDED IN HER TRANSITION TO A NEW LIFE. SHE LOVES HELPING OTHERS FIND THE JOY OF THIS CRAFT WITH DOZENS OF TUTORIALS ON HER WEBSITE AND YOUTUBE CHANNEL. SHE ADORES COMBINING CHEEKY PHRASES WITH VINTAGE-INSPIRED DESIGNS AND LOVES FEATURING COLOUR IN HER DESIGNS. WHEN SHE'S NOT DREAMING UP NEW PATTERNS, SHE LOVES PLAYING WITH HER ADORABLE AND RIDICULOUSLY SWEET SERVICE DOG COCO, AND ENJOYING THE BEAUTY OF VICTORIA BC.
KATE BLANDFORD	KATE BLANDFORD FUSES A LOVE OF MUSIC, CROSS STITCH AND DESIGN TO CREATE A MIX OF ALTERNATIVE CROSS STITCH KITS, PATTERNS AND HOME DECOR. HER WORK WAS ONCE DESCRIBED AS 'SHABBY CHIC FOR SATANISTS', PROBABLY DUE TO HER LOVE OF EMBROIDERY, TWEE SKULLS AND SLAYER.
BOBO STITCH	HANNAH STURROCK STARTED BOBO STITCH IN 2012 AFTER A PARTICULARLY EXASPERATING SEARCH FOR A CROSS STITCH BABY GIFT KIT THAT DIDN'T INVOLVE CARE BEARS OR CATS. HANNAH LOVES TO TINKER AROUND WITH GLOW IN THE DARK THREAD, METALLICS, SOLUBLE CANVAS AND MODERN DESIGN SO THAT BOBO STITCH KITS OFFER THE COMFORT OF A TRADITIONAL CRAFT WITH A CONTEMPORARY TWIST. MORE INSPIRATION CAN BE FOUND IN HER BOOK MODERN CROSS STITCH PUBLISHED BY CICO.


vibration
Albert Einstein


EVERYTHING IN LIFE IS ENERGY.
YOGIS KNOW IT.
EINSTEIN KNEW IT.
IT MEANS WE ARE ALL
INTERCONNECTED SO LET
YOUR VIBRATIONS BE GOOD.
NAMASTE.
THE BEACH BOYS
GOOD VIBRATIONS


10
20
30
40
50
60
70
80
90
100



DESIGN SIZE	7.4 X 6.6 INCHES
STITCH COUNT	103 WIDE X 91 HIGH
FABRIC	ZWEIGART STERN AIDA - 3706/100 - 14CT

SYMBOL	DMC COLOUR	DESCRIPTION
0	DMC COTTON 153	VIOLET - VY LT
1	DMC COTTON 702	KELLY GREEN
2	DMC COTTON 807	PEACOCK BLUE
3	DMC COTTON 817	CORAL RED - VY DK
4	DMC COTTON 922	COPPER -LT
5	DMC COTTON 3687	MAUVE
6	DMC COTTON 3779	TERRA COTTA - UL VY
7	DMC COTTON 3820	STRAW - DK

BACKSTITCH	DMC COLOUR	DESCRIPTION
	DMC COTTON 702	KELLY GREEN
	DMC COTTON 807	PEACOCK BLUE
	DMC COTTON 817	CORAL RED - VY DK

Cherry Parker
CROSS STITCH DESIGNS
CHERRYPARKER.CO.NZ





WE ALL HAVE STITCHY STUFF THAT WE THOUGHT WAS GOING TO BE GREAT AND DIDN'T QUITE MAKE THE GRADE. PARTLY FINISHED, THEY GOT FILED AWAY IN THE BOX LABELLED – "MAYBE I WILL GET BACK TO THIS ONE DAY, EVEN THOUGH I KNOW I PROBABLY WON'T."

THESE THINGS, FOR WHATEVER REASON WERE TOO PRECIOUS TO DISCARD. I HAVE SUCH A BOX. NOT TOO LARGE, DEPENDING ON WHAT YOU ARE COMPARING IT TO, CONTAINING BITS AND PIECES OF CROSS STITCH, THAT COULD ONLY BE DESCRIBED AS A COLLECTION OF AGING ORPHANS.

2020 WAS THE TIME TO GIVE THEM A DIFFERENT LEASE ON LIFE. BETTER TO HAVE FUN REINVENTING THEM, THAN HAVE THEM LANGUISHING UNSEEN IN A BOX. NOW THESE PIECES ARE GOING TO BE INCORPORATED INTO SOME NEW DESIGNS THAT WILL LOOSELY BE CALLED "USING UP THE STASH". ALL FEATURING CROSS STITCH, COMPLETED OR NOT, AS WELL AS A FEW BITS AND PIECES FROM THE BOX LABELLED – I KNEW I WOULD NEED THIS ONE DAY BUT DIDN'T QUITE KNOW WHAT TO USE IT ON.

THE FIRST DESIGN IS THE LITTLE ELEPHANT WHO IS MAINLY BACK-STITCHED AND HAS A CROSS STITCHED SADDLE AND CAP WHICH ARE DECORATED WITH SEQUINS. HE HAS A FELT THREE DIMENSIONAL EAR AND TAIL. EASY TO STITCH AND CONSTRUCT THE PATTERN CAN BE FOUND IN MY ETSY SHOP. JUST CLICK ON THE PICTURE



THE MORAL OF THE STORY IS – DON'T THROW ANY STITCHING AWAY AS YOU NEVER KNOW WHEN IT MAY NEED TO BE REINVENTED.

do what you love!

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"REMIND YOURSELF THAT JUST LIKE ALL NATURE, YOU'RE TRANSIENT. YOU'LL NOT BE HERE FOREVER - AT LEAST NOT AS A HUMAN - AND YOU ACTUALLY HAVE NO IDEA WHEN YOU'LL BE LEAVING THE EARTH-PLANE, SO TRY NOT TO WASTE A SINGLE NANA-MOMENT OF IT SUCCUMBING TO UNNECESSARY SELF-INDUCED STRESS OVER WHAT ESSENTIALLY AMOUNTS TO NOTHING IN THE GREATER SCHEME OF THINGS."

STEPHEN RUSSELL, THE BAREFOOT DOCTOR
(1954-2020)



#XSTITCHMAG