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How
to

Make Shamballa Bracelets

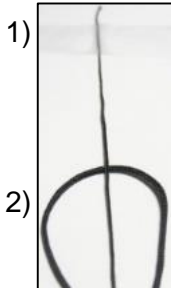


MATERIALS

- One length of cord for the center, about 15" to 18" (this can be thinner than the knotting cord if necessary in order to fit through your beads).
- One length of cord for the knotting, about 4 feet. Recommended cords are Chinese Knotting Cord, waxed linen or S-Lon cord.
- One length of cord for finishing, about 8" to 10".
- 8mm to 14mm beads – quantity depends upon size of beads, the spacing between them and wrist size. You may need 12 to 16 beads for 8mm or 10mm, or 6 to 10 beads for larger sizes.

INSTRUCTIONS

1. Tape the center cord (15" to 18" piece) to a table top or workboard.
2. Take the knotting cord (4' piece) and fold in half so the ends are even. Lay the folded end under the cord that is already taped down, bringing it about 4" from the top.
3. Begin making square knots, stopping after 5 ½ knots.



4. String all of your beads onto the center cord, which can now be taped at the bottom as well.
5. Slide one bead up to the knots, finishing the square knot where you had stopped, and making 2 ½ more square knots.
6. Slide another bead up to the knots, finish this square knot and make 2 ½ more square knots. Continue this pattern until you have the desired length. Remember that you want to make another 5 ½ knots after your last bead so each end matches, and allow at least one inch for the closing knot.



7. CLOSURE

Untape both ends of the center cord and bring them next to each other in opposite directions. Tape these ends down.



8. Center your 10" piece of cord **under** these cords.

9. Begin making square knots until you have ½ to 1 inch of knots.



10. Be sure the bracelet fits over your wrist, then tie knots in your center cords on each side of the square knot closure. Add smaller beads or decorative elements to finish. Tie knots and trim close to knots.



FINISHING

Trim the extra length from your knotting cords. Tie a good, tight knot as close as possible to your final square knot, add a small amount of glue, and when dry trim close to the knot. TIP: Chinese knotting cord is a nylon cord and will melt when heated by a small flame (such as a match, candle, or lighter). Cut the cord, leaving perhaps 1/8", then heat the end and allow it to melt into a ball.

ABOUT SHAMBALLA BRACELETS AND COLORS

Shamballa refers to a Buddhist symbol of enlightenment, peace and perfection. Bracelets often use beads whose colors represent the 7 different Chakras, the major powers of spiritual energy in the human body. By wearing these colors you facilitate and improve the traits associated with that color.

Black: Power, strength, grace and formality.

White: Purity, perfection and innocence, truth and integrity.

Red: Vitality and passion, bravery, confidence and honesty.

Orange: Enthusiasm, confidence and energy; intimacy and sensuality.

Yellow: Creativity, happiness, intelligence, optimism and logic.

Green: The heart Chakra, healing, harmony, care, acceptance and balance.

Blue: Loyalty, inspiration, affection, creativity, communication and caution.

Indigo: Fearlessness, practical, wise and idealistic. Intuition and imagination.

Violet: Kindness, creativity, clarity of thought and action, selflessness.

