



Stitch Your Story

This guided journal will take you through stitching your own piece of wearable energy work.

While this guide focuses on knit and crochet, this process can be applied to any hand crafted wearable item.

Remember to duplicate pages as needed.

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Knitting and crocheting, like all fiber work, have always had elements of story in them. The words spin, weave, and yarn can be applied to fiber work and telling stories. Fiber work can have such a powerful affect on us that it shows up in myths as magical.

Stitch Your Story helps you tap into that magic.

Your project doesn't need to be fancy or complicated to be effective. Nor do you need to be an advanced knitter or crocheter.

You only need yarn, needles or hooks, and a willing ness to tell your story in your own words..

The journaling prompts are designed to get you thinking about the stories you tell about yourself. Are they your stories? Do they support you?

Your project can be about anything.
A shawl of Letting Go. A cowl of Enoughness. A hat of Not Fucking Today.

I've also included the directions for a basic knit or crochet shawl. Whatever pattern or design you choose, try to pick something that you can mindlessly stitch or easily get into the rhythm of.

The project is an energy working and the frustration of a complicated pattern doesn't need to be included.

You focus on changing your narrative and not learning complicated new stitches.

Chose your story

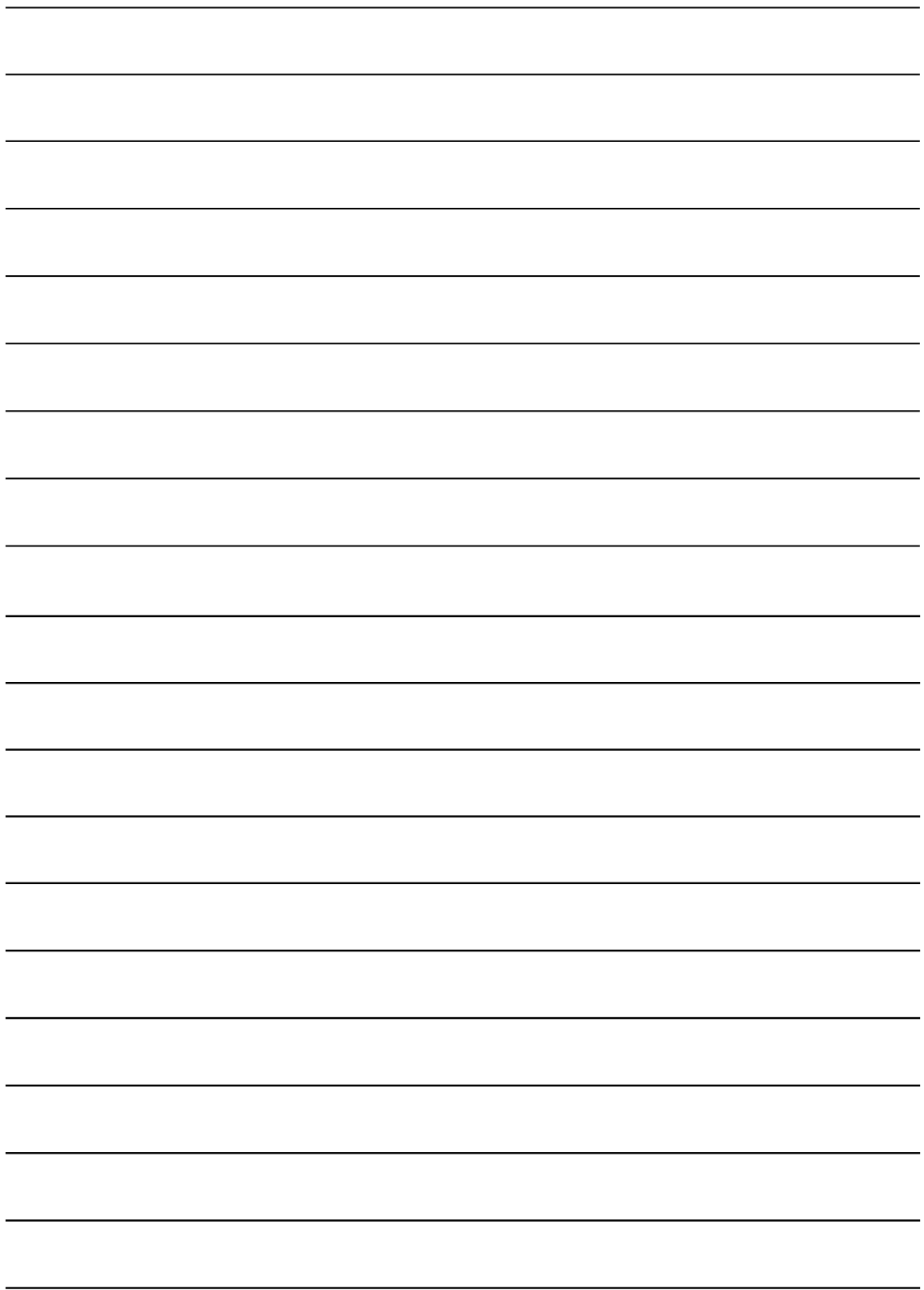
What's your story?

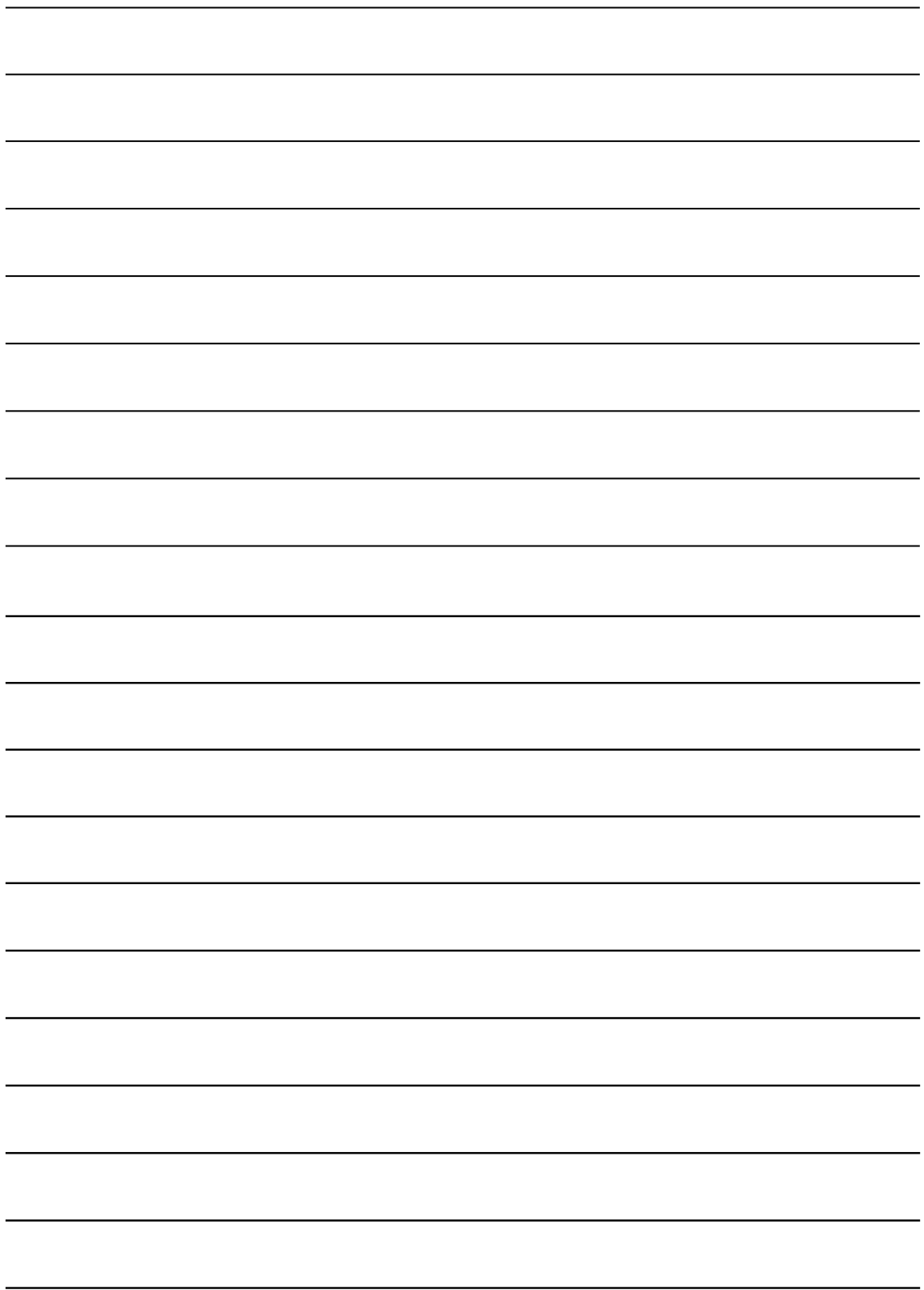
The one that scratches at the back of your brain. The one that sits in the pit of your stomach. The one so familiar you can repeat it word for word even though you can't remember where it came from. The ones that use a voice so much like your own.

We are born into a world of stories. Stories about us are told before we even arrive. Stories of how we must behave, think or look. Through out our lives we collect more and more of these stories. Stories told so convincingly that we deeply believe they are the truth of ourselves.

You probably have many of these kinds of stories. Which ever one you choose to work on will be the correct one. Listen to your intuition. Be honest with yourself.

Here is where you speak your truth. Remember, no one ever needs to know what you write here or what the meaning of your knit or crochet project is.





Infuse. Imbue.

Once you've decided on your story and done your journaling around it, it's time to focus on the energy of it.

How does it make you feel or how do you want to feel?

Confident? Bold? Calm? Flexible? Abundant?

Whatever it is, you need to be able to feel it in your body. This can be tricky if you haven't experienced the feeling before. It's ok if you haven't, you can borrow the feeling.

Feelings and emotions are contagious.

Feelings are energy. They can spread and flow from person (conduit) to another. Through out this guide you can replace feeling with energy or vibe if that works better for you.

To borrow a feeling, think about a person who you've witness experiencing the feeling you want to experience . The person can be real or a fictional character. Visualize the moment you witnessed them feeling the feeling and let the energy of the feeling flow to you. If you are using a fictional character for this, watch or read the scene they experience the feeling and feel it along with them as best as you can. It doesn't have to be perfect.

If you've ever experienced the feeling you are going for, even in a small way, your body will remember that feeling.

Remember how good it felt when I did X?

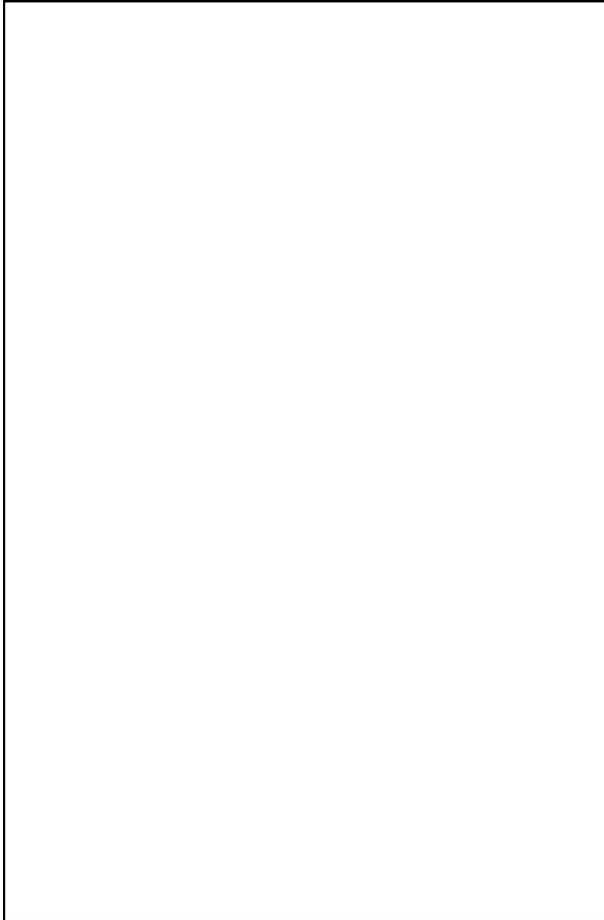
Remember how strong I felt after completing X?

While you work on your project let that feeling fill you up and flow through your hands and into your project. Visualize it getting stitched in. Do this every time you work on your project.

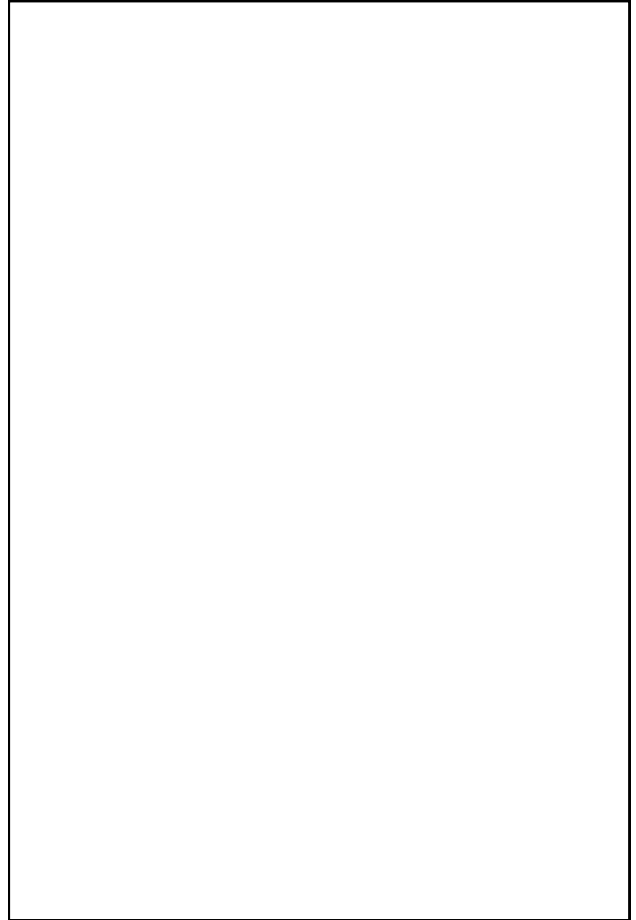
Doing this allows you to practice feeling the feeling and lets the Universe know what you are looking for. When you wear what you've made,, you will be telling yourself to notice things that give you that feeling & what doesn't.

It's important to know the difference, because sometimes we think situations/people/things will make us feel good when they really don't. We just had a hard time telling before because we weren't clear on what we want.

This old narrative makes
me feel:



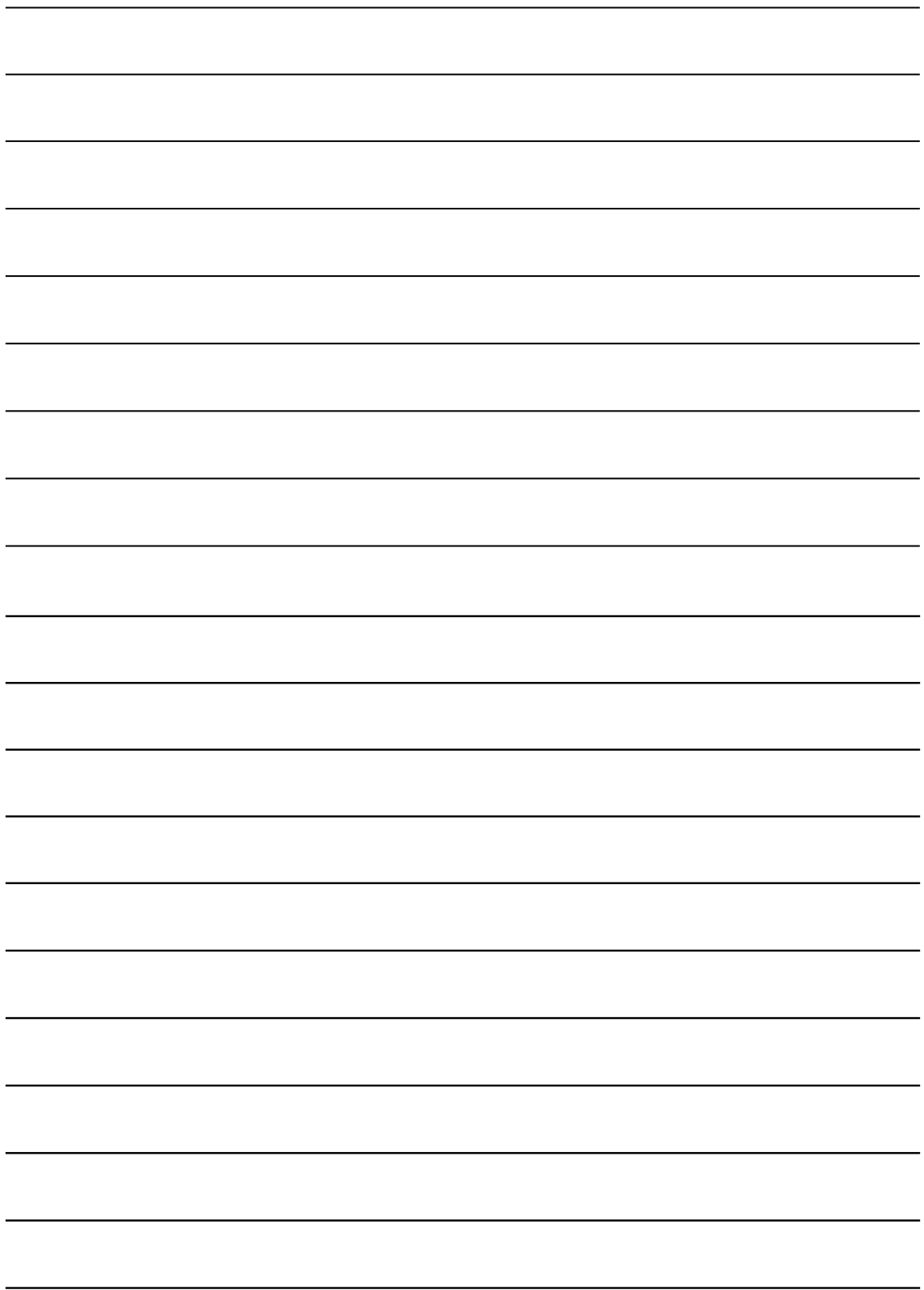
I want to feel:

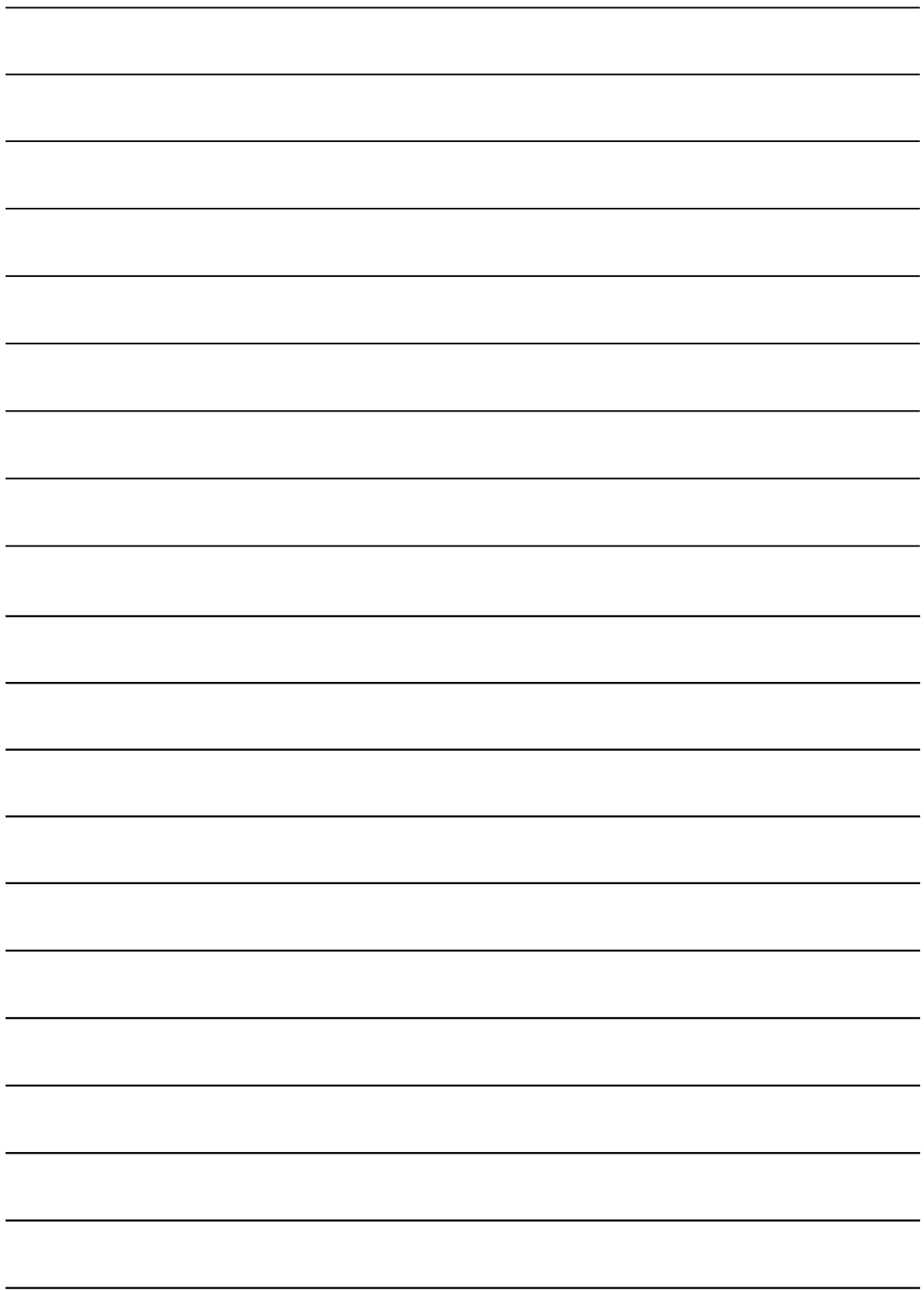


I have felt this way when:



If borrowing the feeling write about that.





Choosing Yarn

If you've chosen a pattern other than one included here, part of your yarn choice has been made for you.

Things to consider when choosing a yarn:

Budget

Care

Wear

All of those things are affected by fiber content.

Yarn comes in a variety of price ranges. It can be easy to fall in love with a yarn that is outside of your budget. It's good to know your budget before you start.

What is your budget? Are you ok with spending under \$10 a skein or are you ok with spending \$30+? Synthetic fibers are more affordable than animal/plant fibers.

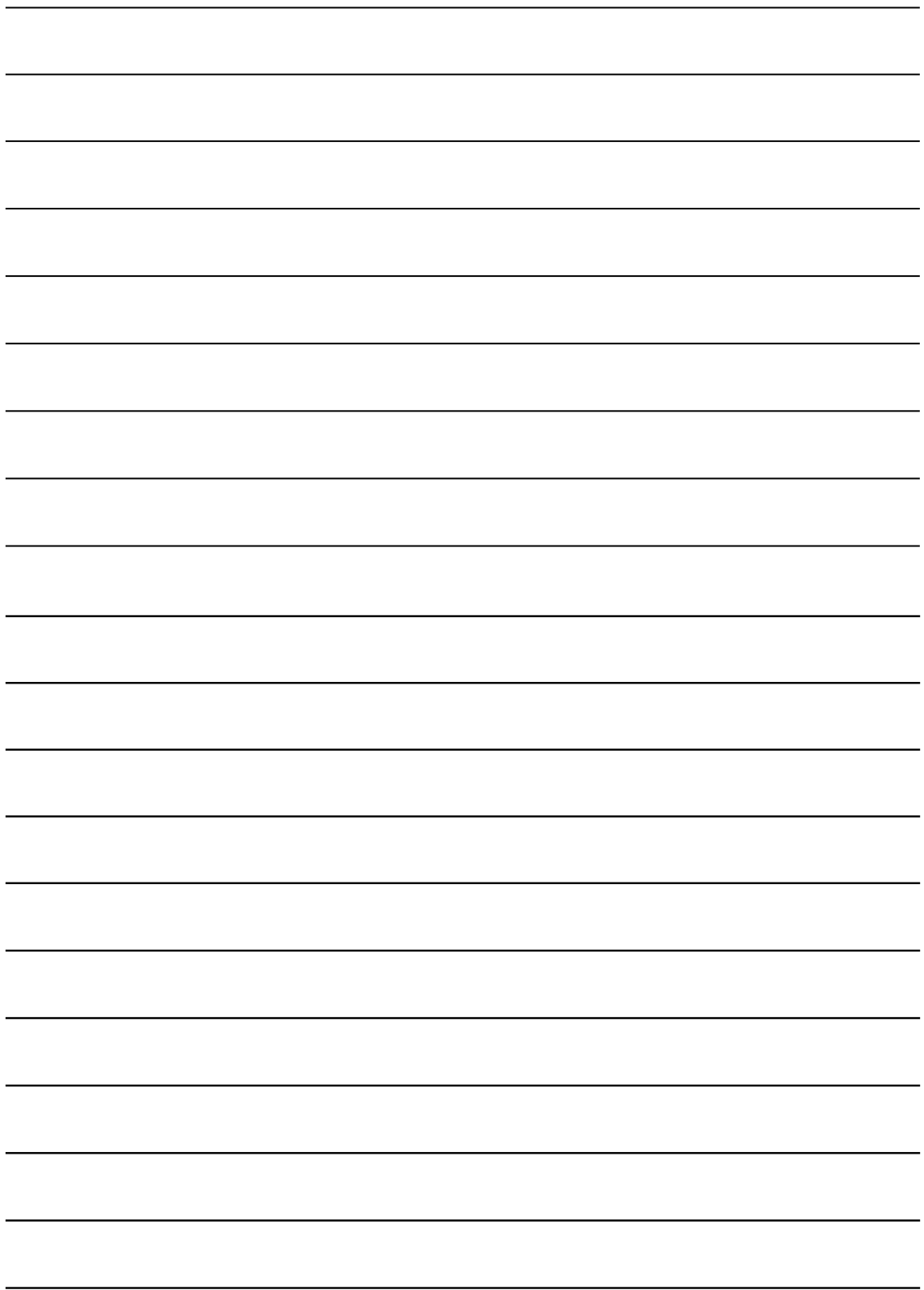
There can be a lot of yarn shaming in the fiber community. We don't do that here. You choose yarn/fiber that fits your situation best.

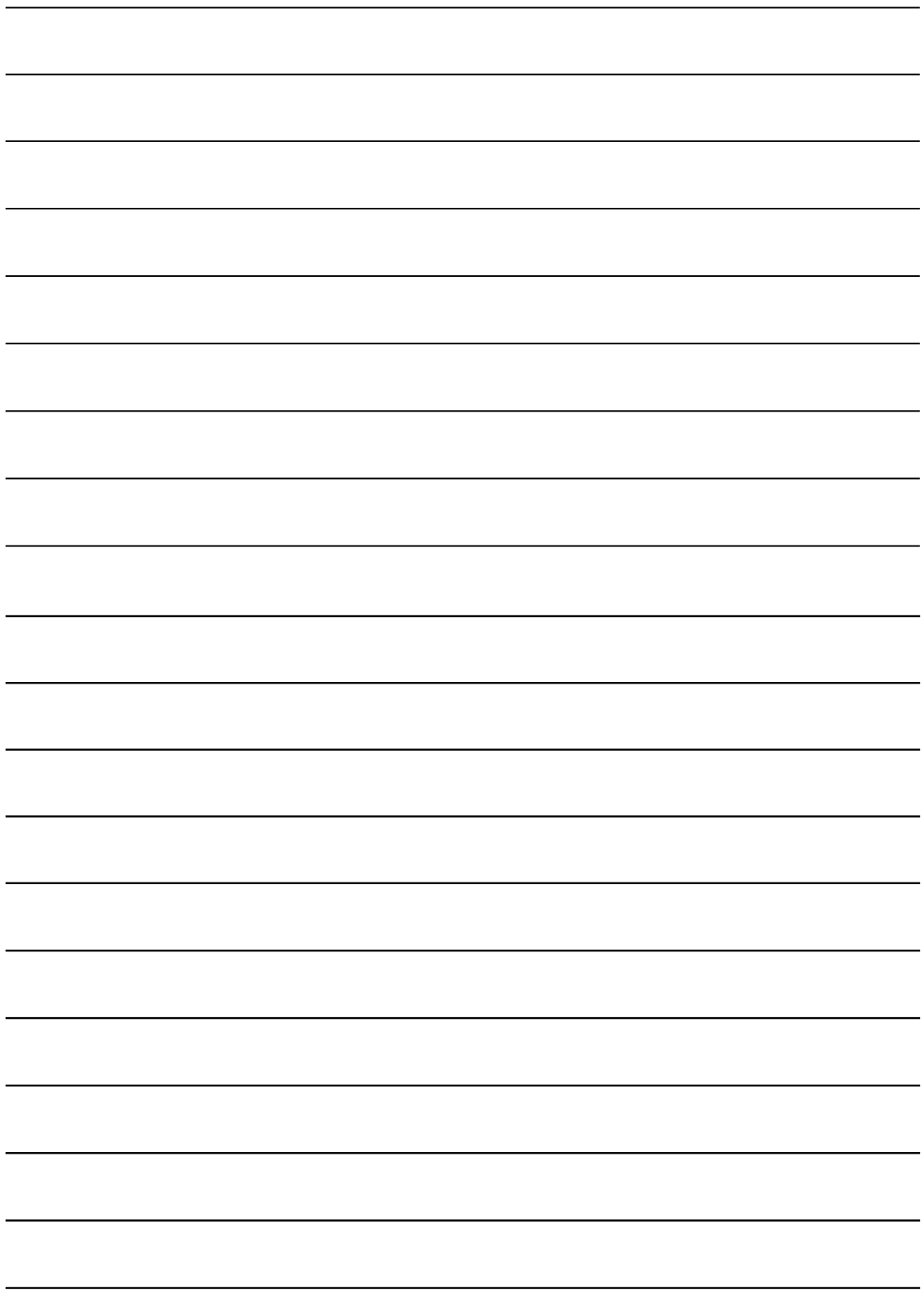
Do you need something machine wash and dry? Are you ok with hand washing your project? Synthetic fibers or super wash wool can be machine washed. Animal fibers that are not super wash can't.

Do you want something that is mainly for winter or something that can be worn more year round? Wool and alpaca fibers are great for winter. Cottons are better for summer. Synthetic fibers can work year round.

Remember the thicker the yarn, the faster it works up, the warmer it is and you might need more skeins to get the finished size you want. Thinner the yarn the longer it takes to work up, probably won't take as many skeins, and can be worn more year round.







Color

Color is a powerful thing. A magical thing. It can impact our mood, how we judge someone, and convey information.

The color red for example has been used to symbolize power or status, desire and sex, and danger.

Blues are be calming or chilling.

What role does color play in your story? Is there a color that you love, but avoid because someone said it was a 'bad' color or somehow not for you?

Yellow is often used as a sunny joyful color, but if you don't like yellow, it's not going to be joyful for you. If your shawl is about joy, making it yellow would have the opposite effect if you don't like yellow.

Color has always been used to categorize people. Purple for the rich (when dyes were expensive). Blue for boys. Pink for girls. White for the pure. Black for evil.

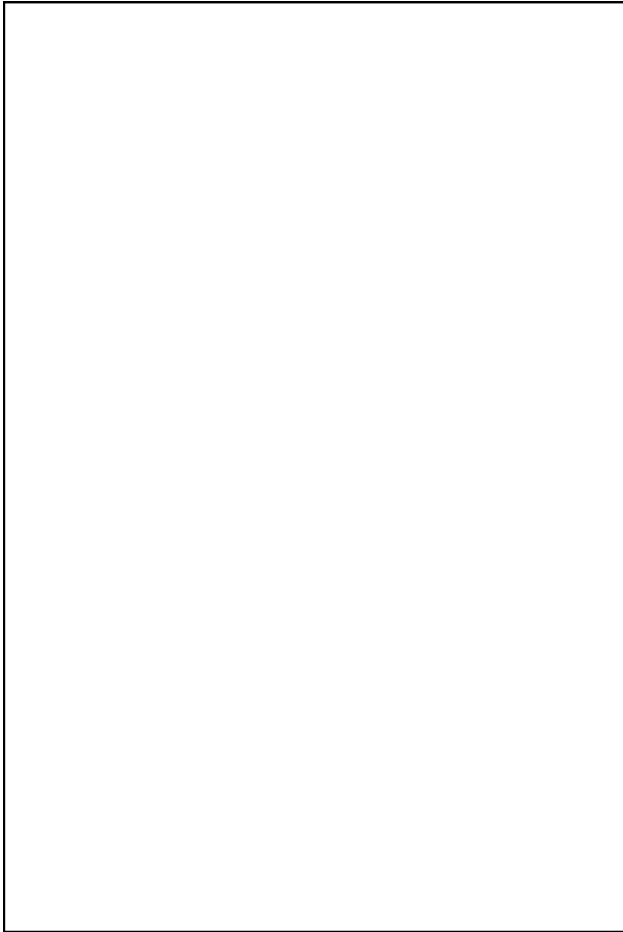
These things shift over time. We can choose how we use color. How we let it define us or not. My point here is to make sure that you are choosing colors based on your own thoughts and not what others say.

Maybe you love red, but have always avoided it because only sluts (no shame) wear red or someone said it looked bad. Then get the red. If red makes you feel good, then guess what, it fucking looks good on you too.

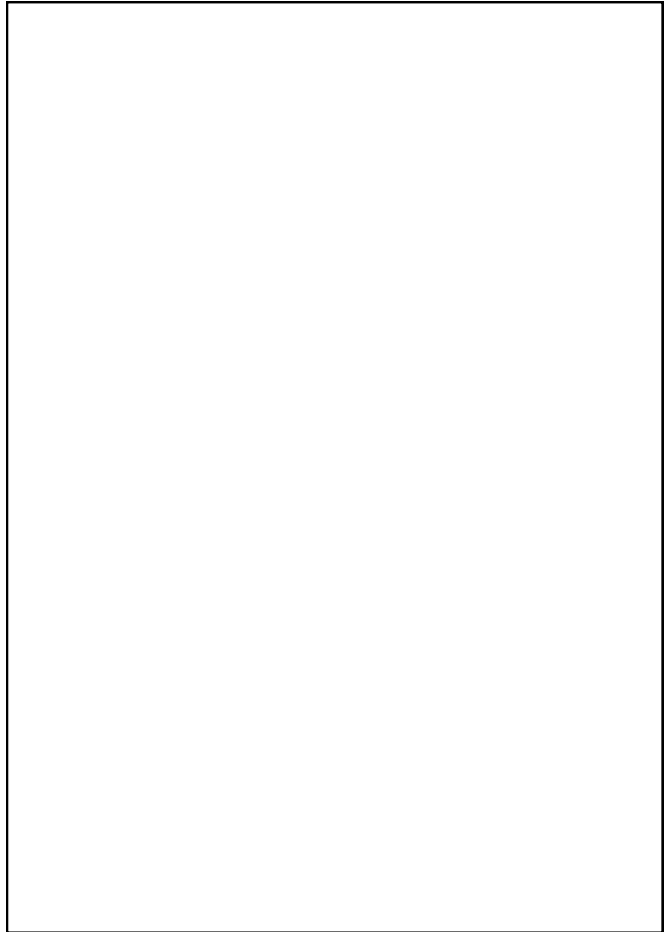
If you find yourself saying I really love (insert color) but (insert a negative thing someone/society said) so I should pick something else, STOP.

Use that color. Wrap it around yourself like a hug or a shield or a big fuck you. This is a step in calling your power back to you. To reclaiming yourself. This is big energy magic.

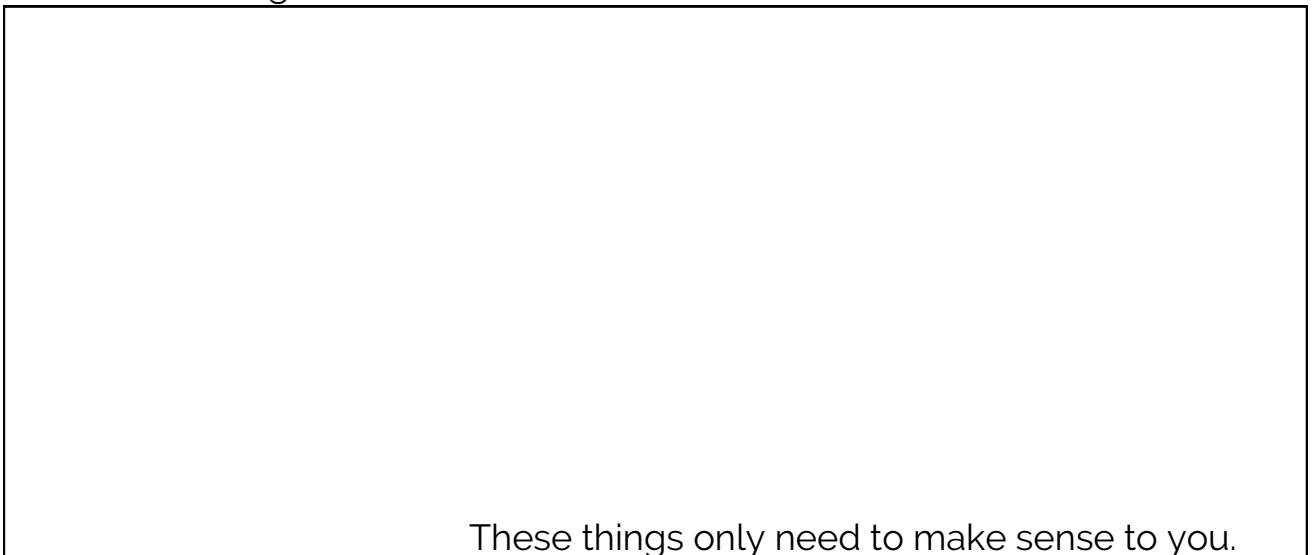
Colors that help me
feel this way:



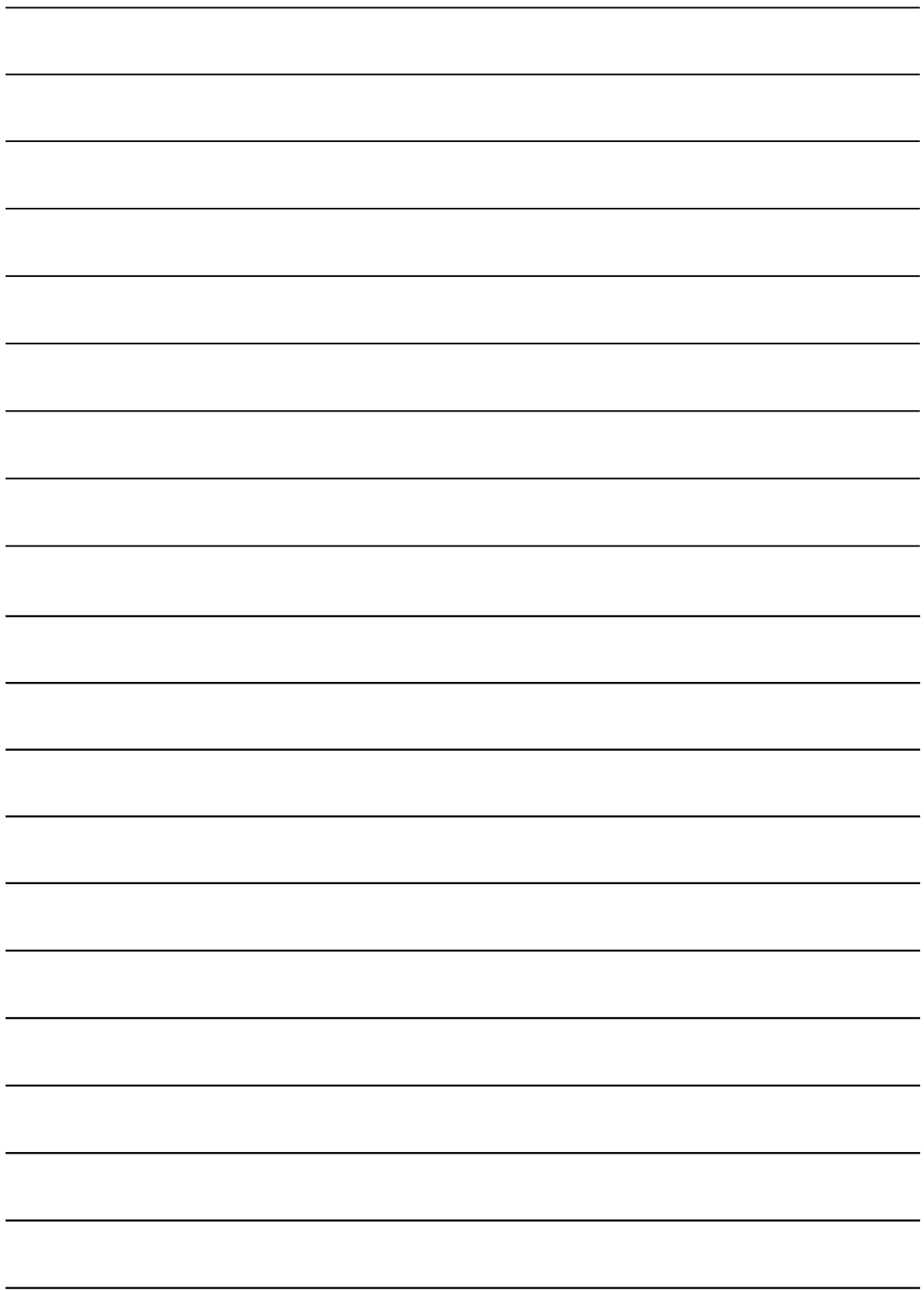
Any negative things I've been
told about this color:

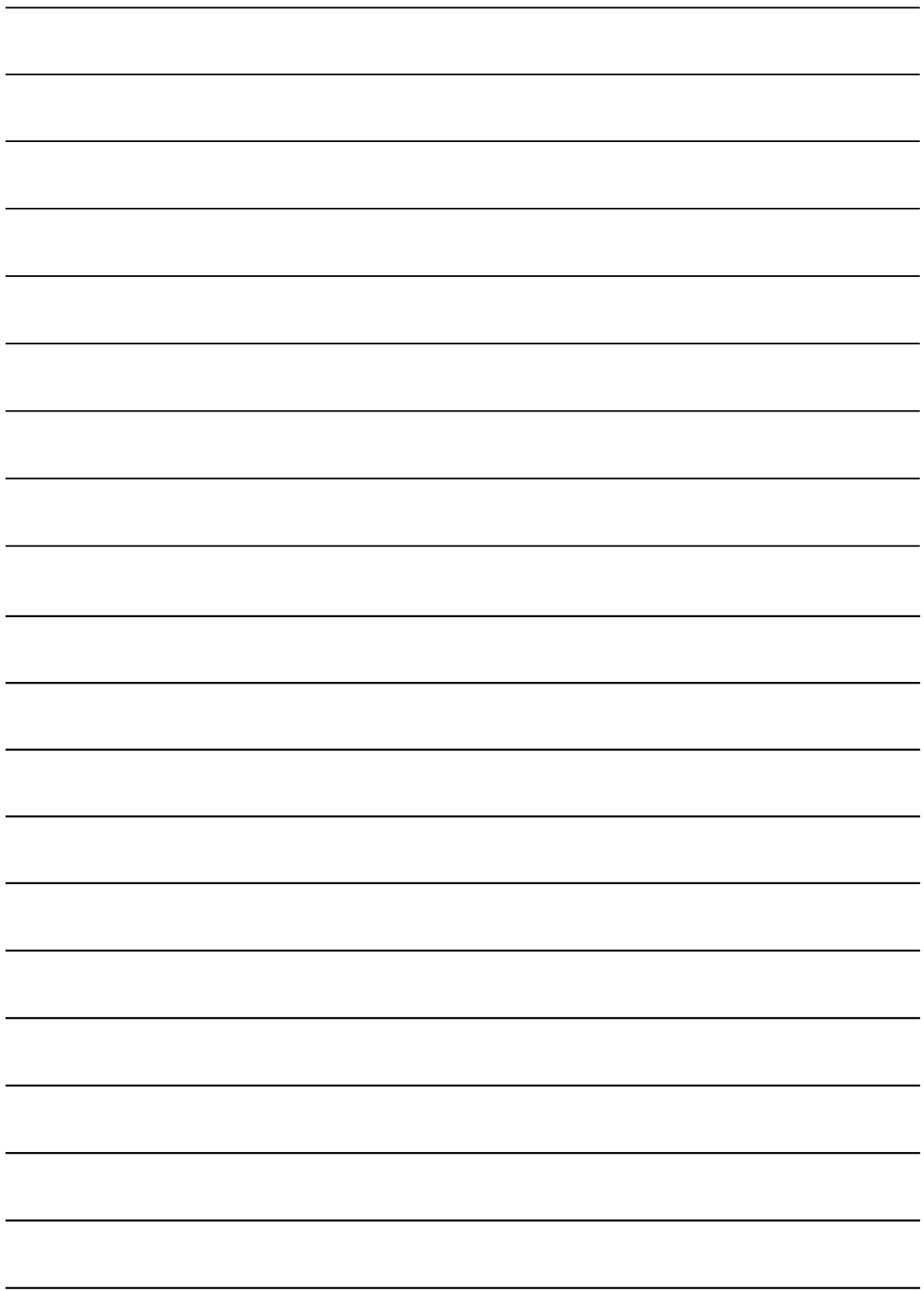


Positive things I feel and know about these colors:



These things only need to make sense to you.





Shawl Recipes

These are recipes instead of patterns because you can use any yarn, needle/hook size you want.

These will create triangle shawls that start at one tip and grow larger. Make sure you give yourself enough yarn to finish off the last row.

Yarn weight and yardage will impact the size of your shawl.

Basic Knit Shawl Recipe

Cast on 4

k1, kfb, k2tog

k to last 2 sts, kfb, k1

k1, kfb, knit to last 2 sts, ktog

Repeat these two rows until desired size. Bind off.

Basic Crochet Shawl Recipe

Chain 4

hdc in 2nd chain from hook, hdc across, turn
chain 1, work 2 hdc in first stitch, hdc across, turn

Repeat these 2 rows until desired size.

Note: you can use any crochet stitch if you don't want to use hdc.

These simple patterns are just here to get you going. You can use any pattern for any item you want.

When in doubt,
knit or crochet it out.

The following pages are for planning
out your projects.

Remember to duplicate pages as
needed.

Project Planner:

- ☐ Hand Wash ☐ Machine Wash
☐ Seasonal ☐ Year Round

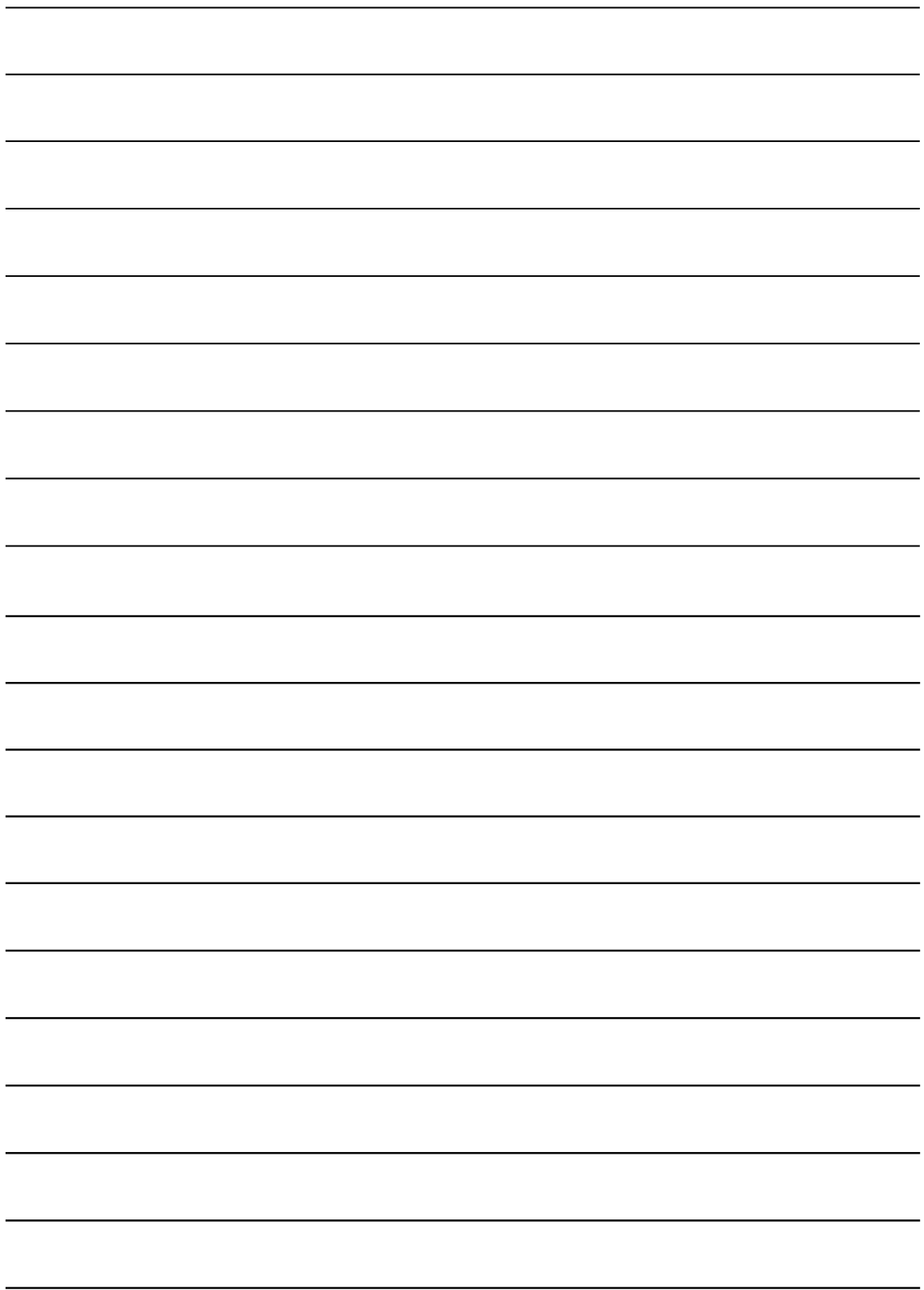
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Pattern:

Label info:

Yarn photo

Notes:



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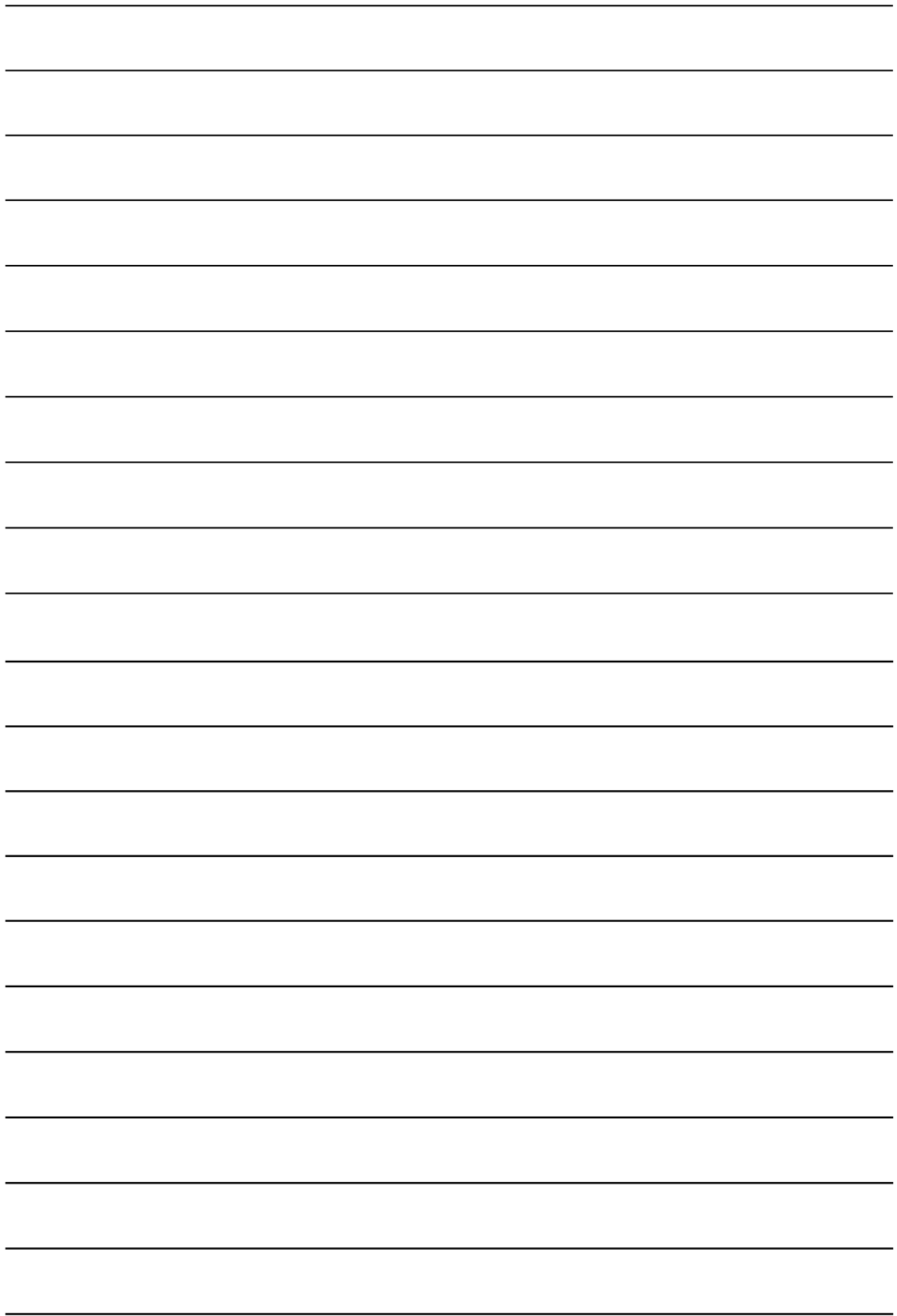
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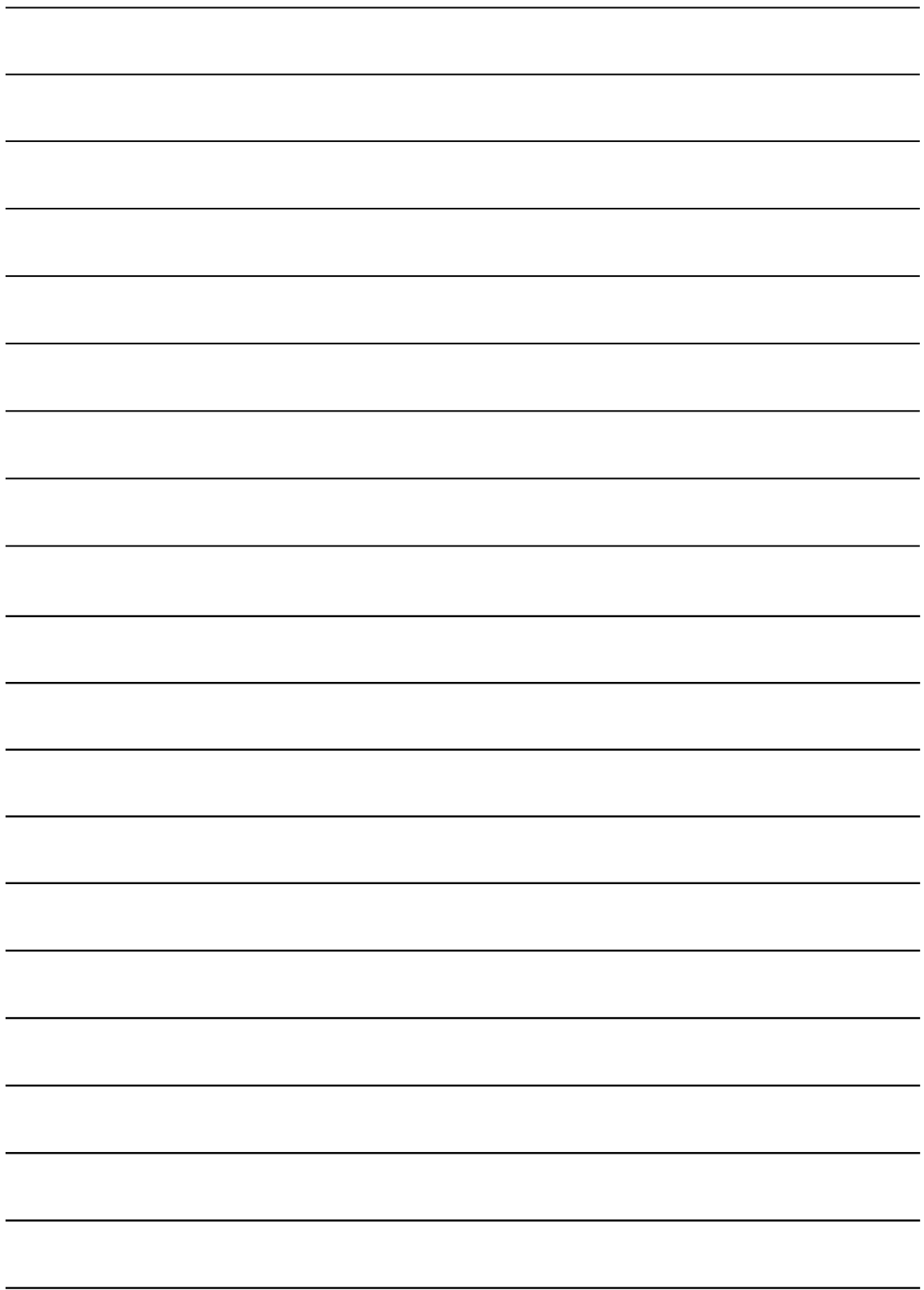
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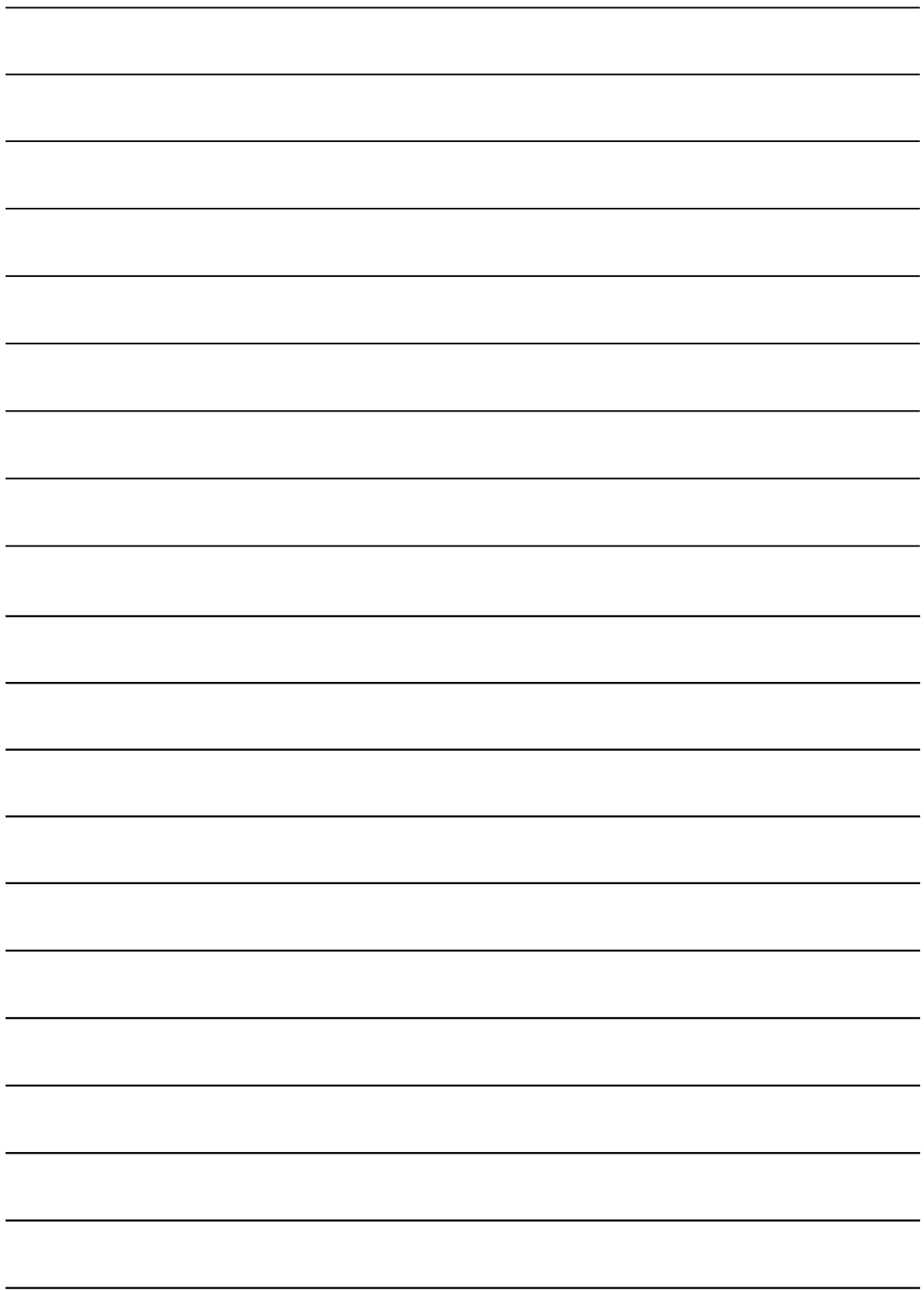
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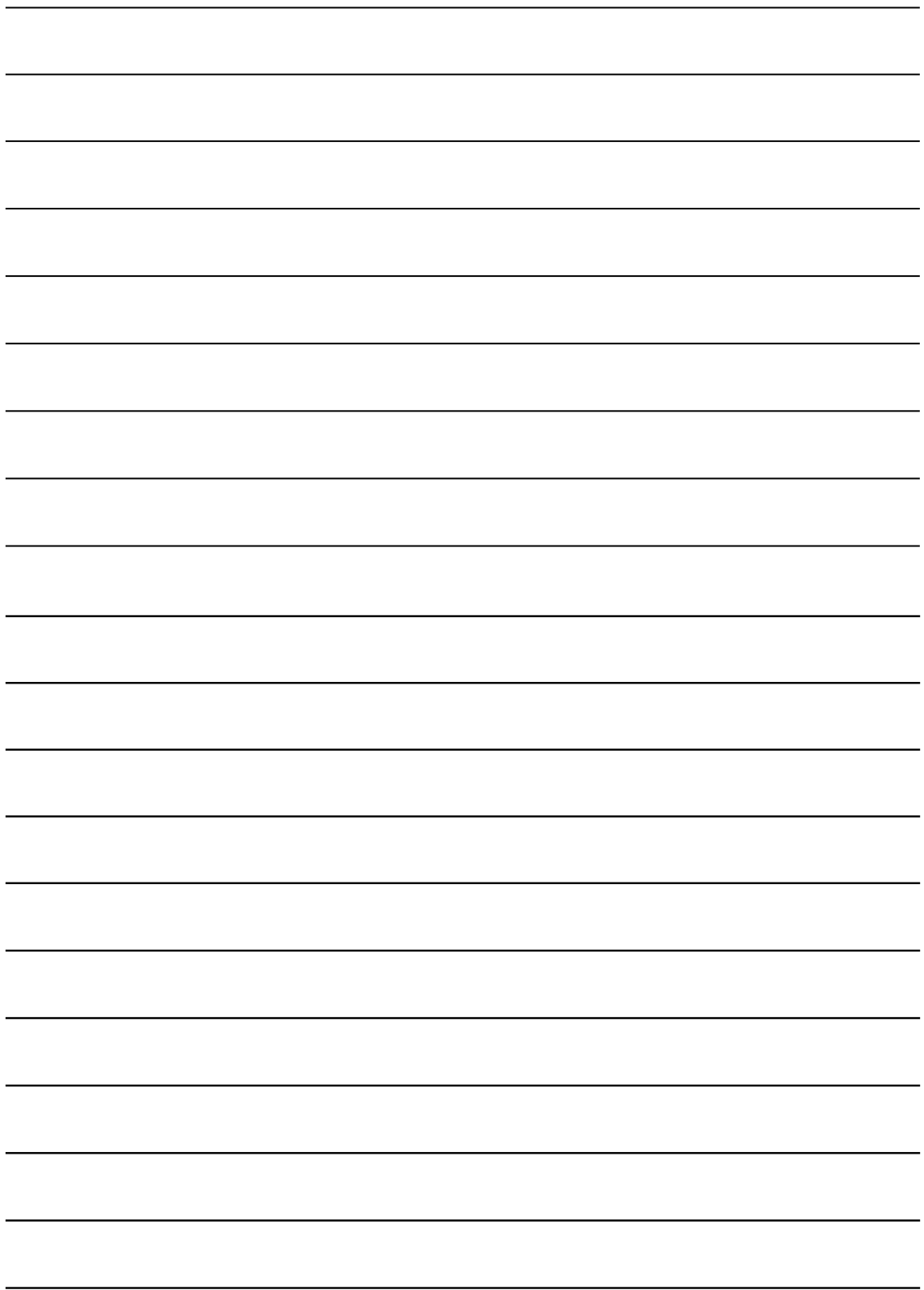
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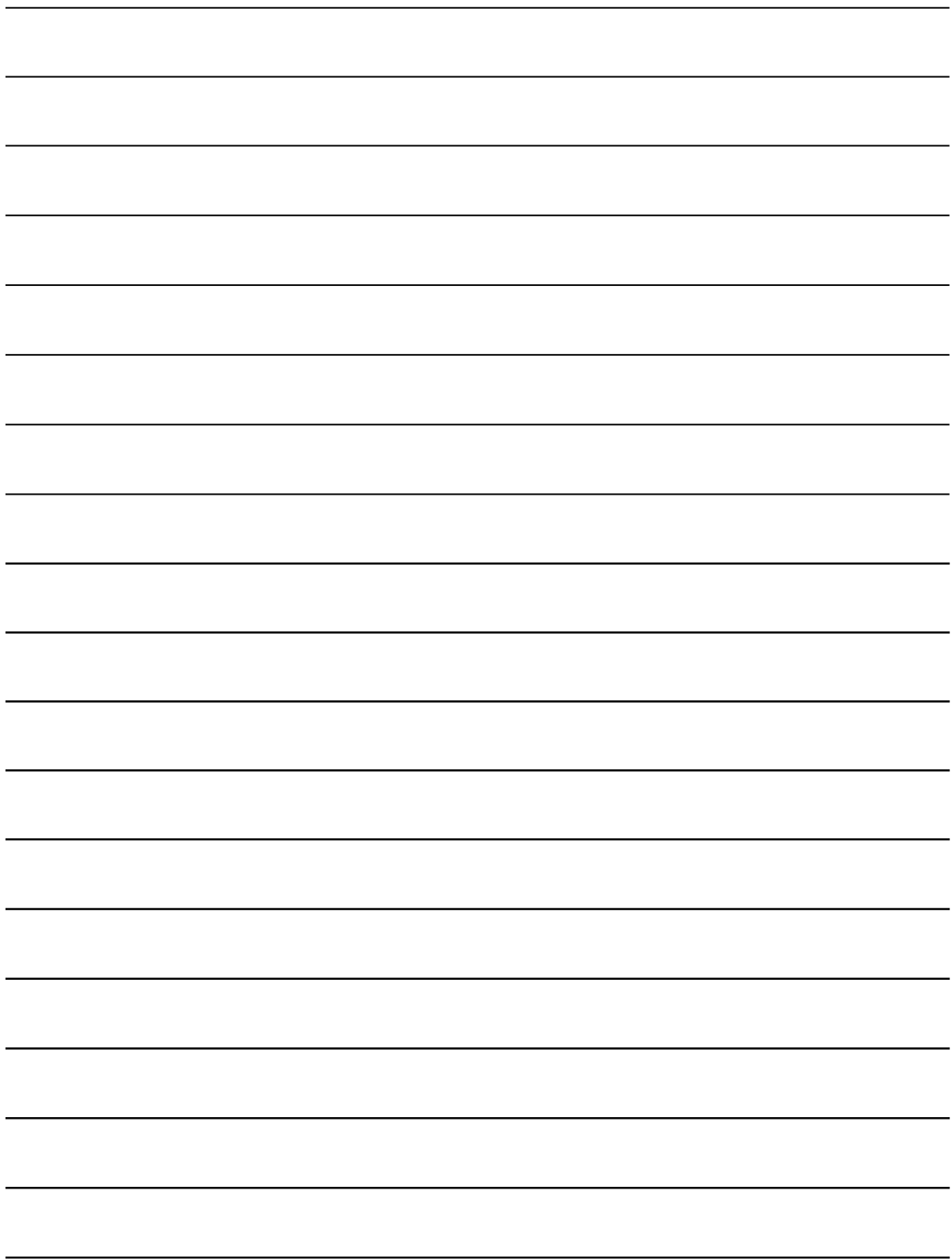
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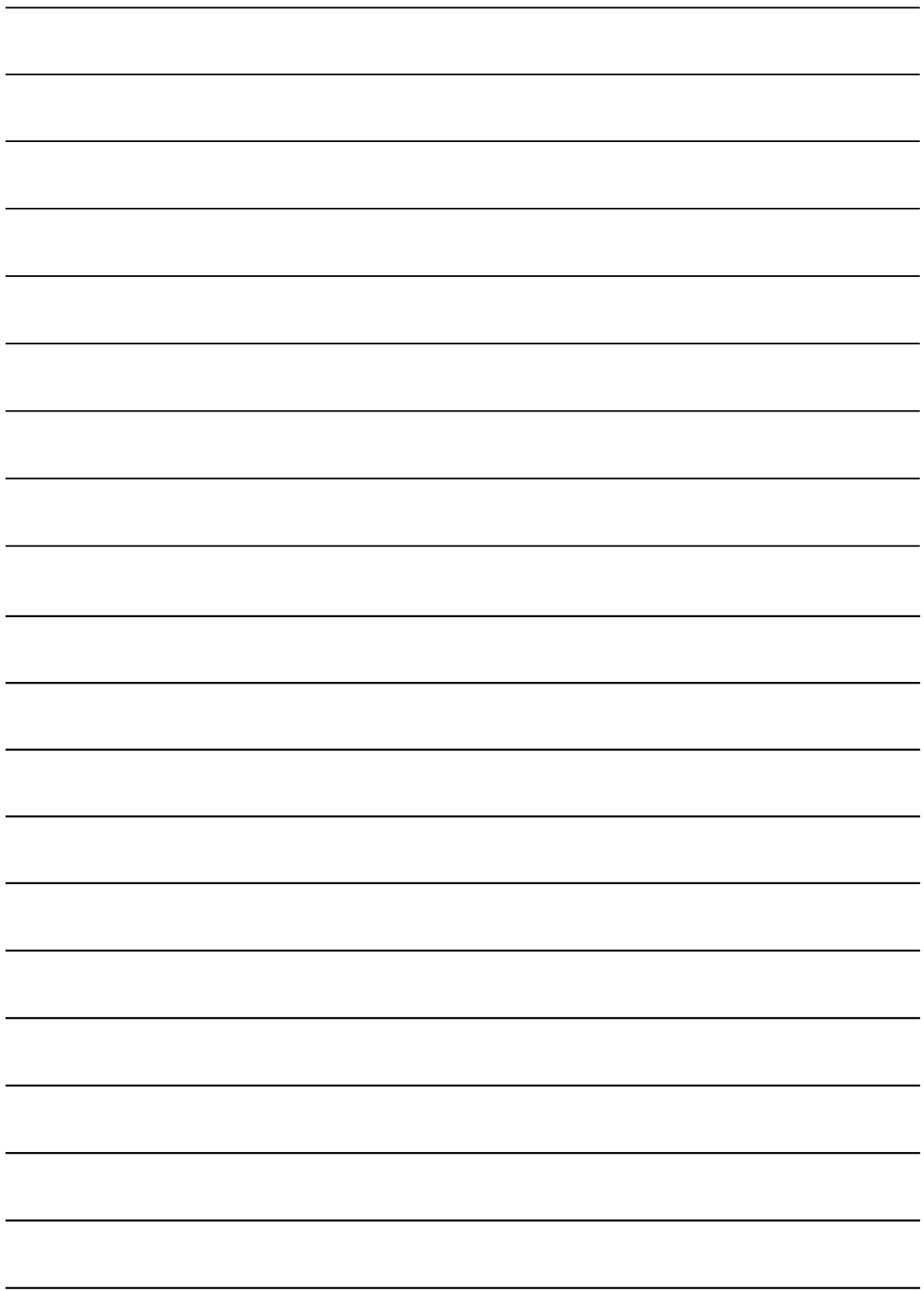
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