

Shamballa Bracelet

Now expanding throughout culture, Shamballa bracelets were once a traditional prayer accessory for meditation. The bracelets have gained popularity with celebrities and jewelry stores everywhere. These bracelets are gender neutral and can be made for and by anyone.

Shamballa, sometimes spelled Shambhala, is a Tibetan Buddhist mythical kingdom meant to be the epitome of perfection, peace, and enlightenment. It is said to be hidden deep inside mainland Asia and hard to locate.

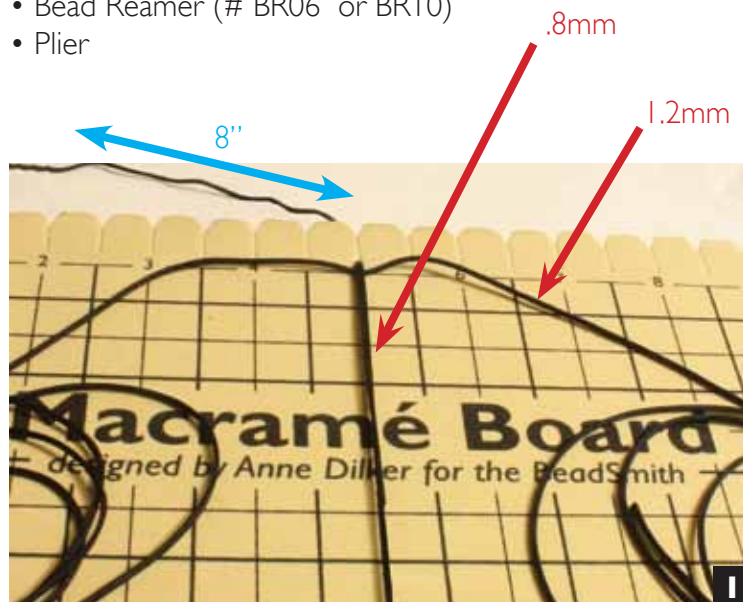


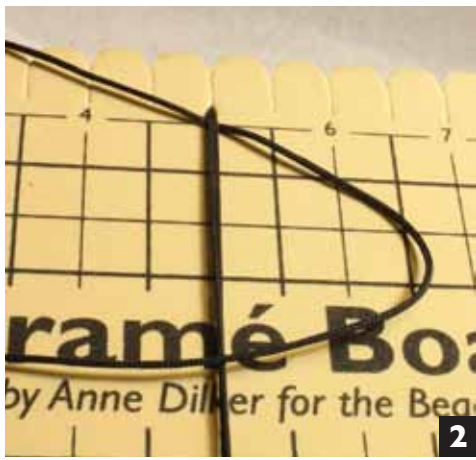
MATERIALS:

- Macrame board (# MWB20)
- .8mm Chinese knotting cord (# KC08BK) and 1.2mm (# KC12BK82)
- 6-8 Pave beads 12mm (# CRI201AB & CRI203)
- 2 smaller beads for dangles - 8mm fire polish rounds (#6-FPR082398)
- Thread Zap (# TZ1300)
- Hypo cement glue (#BTC20)
- Large Hole Needle (# LE5-4)
- Bead Reamer (# BR06 or BR10)
- Plier

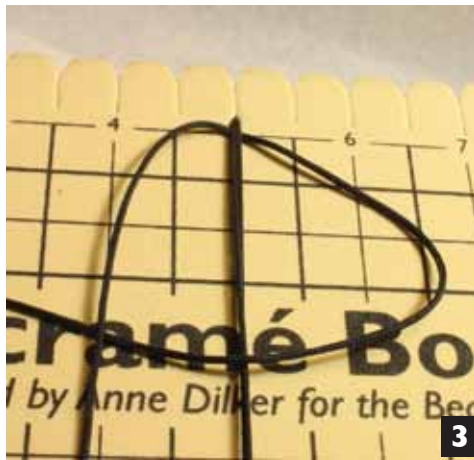
1. Cut 1 piece of .8mm Chinese Knotting Cord about 24" long and insert into the top middle slot on macramé board, leaving approximately 8" of sting hanging from the back of board (this will be your filler cord), slide the bottom end of cord into the middle bottom slot of the macrame board to hold it in place.

Cut another piece of 1.2mm Chinese Knotting Cord about 2 yards long (this will become the knotting cords). Find the middle of the knotting cord, slip under the filler cord and slide to the top of the filler cord.

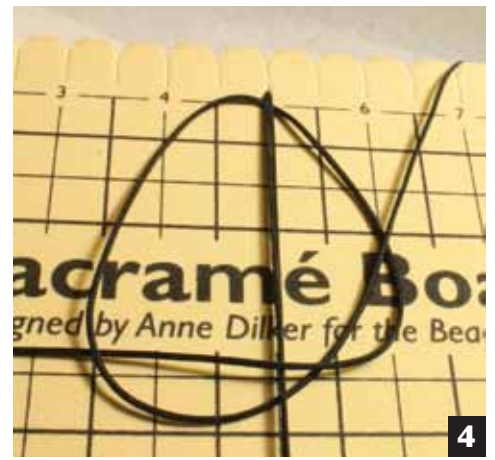




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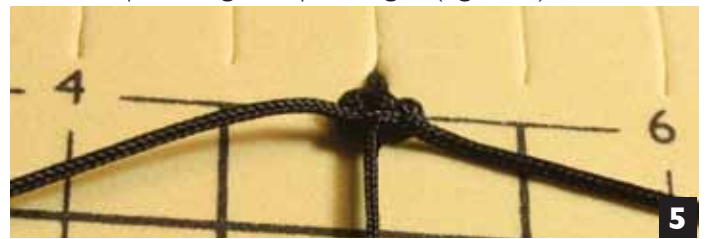


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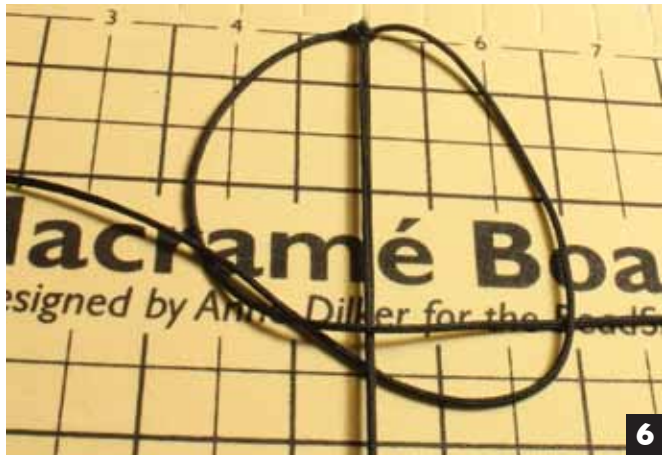


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2. Now we will begin making square knots with the knotting cords over the filler cord. Start with the 1.2 mm cord to the right side of the filler cord. Lay it over the filler cord horizontally forming a loop on right (figure 2). Take left cord and place over horizontal cord, (figure 3), then underneath all cords and up through loop on right (figure 4). Pull both knotting cords out and tight. That's 1/2 of the square knot (figure 5).



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3. Repeating step 2, but take the left cord and lay over the filler cord horizontally forming a loop on left. Take right cord and place over horizontal cord, then underneath all cords and up through loop on left. (figure 6) Pull both knotting cords out and tight. Completing a square knot.

4. Repeat Steps 2 & 3 to complete 3 full square knots.



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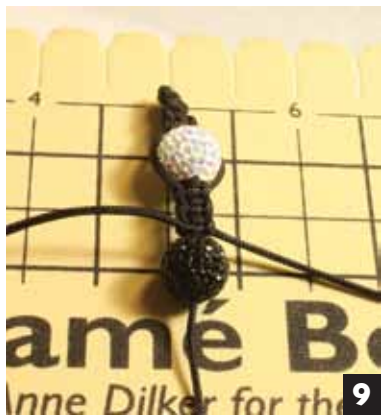
5. It is always easier to gently go over the whole of the pavé bead with a bead reamer to clear any extra epoxy from the strings path. **Please Note:** I also like to treat the edge of my filler cord with a small touch of Hypo Cement to make it a bit stiff.



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6. Take bottom end of filler cord out of slot in macramé board and slide one pavé bead onto string and all the way to where you ended your 3 square knots. (figure 8).

7. Make your next knot around the pavé bead, and continue making square knots and placing a pavé bead on the filler cords after every 3 complete square knots, alternating colors of pavé beads as you continue along.



8. Continue this pattern to the desired length. Keep in mind that the sliding clasp will add about 1/2". (figure 9 & figure 10)



9. When you're done, thread one knotting cord on to your needle and sew up the center as far as you can. Use a pair of pliers to pull your needle through, then pull the last knots tighter. (figure 11)

Note: If your last couple of knots are too tight, try loosening them first with a pair of pliers.



10. After neatly sewing up both knotting cords, trim off the excess with the thread zap and add a small amount of hypo cement. (figure 12)

11. Next we'll make the clasp. Form your work into a circle and hold together by loosely sliding the 2 ends into slots in the macramé board.



12. Cut a 1.2mm chinese knotting cord about 12" long. Just as you did in step 1, slip this cord under two filler cords and work square knots over filler cord for approximately a 1/2 inch. Finish ends off just like you did with the bracelet. (figure 13)





13. You will notice there are 2 loose filler cords coming out of each end of the sliding clasp (figure 14). Slide the bracelet open a bit (enough to fit your hand through). Take one filler cord and make a knot as close to sliding clasp as possible, then slide a 8mm Fire Polish Round Bead onto that filler cord and make another knot to secure it (figure 15).



14. Use Hypo Cement to secure both of those knot, and use Thread Zap to trim the remainder of the cord off. (Repeat for other filler cord) (figure 16)



Feel free to have fun with this project. It can be done with different types of beads and different color cords. Just make sure that the Beads you choose have a hole big enough to slide on the .8mm cord!



NEW
ITEM #MWB20
BeadSmith
Macramé Board