

Stitching Bliss: Soul Flower

Muse of the Morning Hand Embroidery Pattern



Stitching Bliss designs are all about taking some time to just stitch away and let your worries and anxieties float away. It's like a form of meditation, reaching your Zen, by stitching.

I use 2 strands of standard 6 strand cotton embroidery floss in a variegated color theme. I use a backstitch for most of the lines in Stitching Bliss designs. I like to sit on the couch in front of the fire and stitch stitch stitch until I've found my Bliss.

I hope you will enjoy this pattern too!

www.museofthemorning.com

Copyright & Terms of Use:

This design is ©Copyright 2023 by Muse of the Morning LLC, All Rights Reserved.

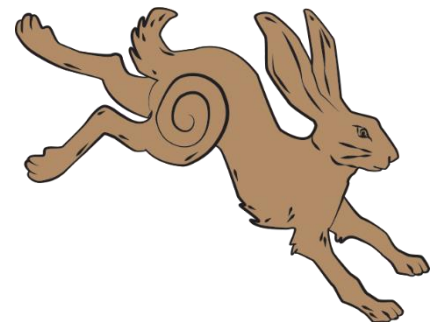
Reproduction of this pattern is strictly prohibited by US and International copyright law. No part of this design may be reproduced in print or electronically, including, but not limited to pattern pieces, embroidery design, diagrams, instructions, and photographs.

This pattern is for your personal and non-profit, non-commercial use only. Mass production and commercial use of this pattern is prohibited.

On the Website:

I have a special page set up with all sorts of embroidery tutorials to get you started with this and any embroidery design. Detailed tutorials of the tips given in this pamphlet and more resources, including FREE designs and patterns are also available!

Please check out: www.museofthemorning.com/embroidery



Follow me on Instagram at www.instagram.com/museofthemorning/

Post pics of what you make with this pattern with the hashtag #museofthemorning or @ me and I'll share your photos!



Transferring the Design

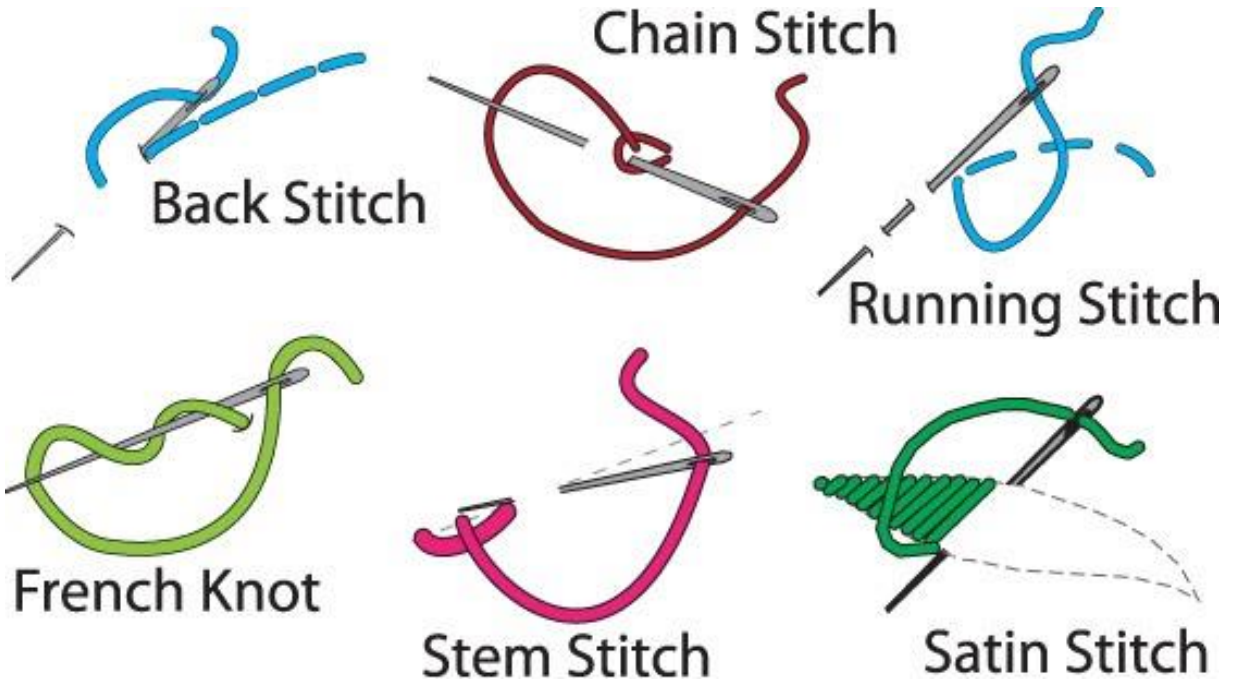
Window/Light Table Method: Stretch fabric in an embroidery hoop that is large enough to encompass the whole design. Tape the printed out design onto a window or light table. Place the fabric over the design and trace with a washable pen or pencil.

Sulky Sticky Fabri-Solvy: Print directly onto Sulky Sticky Fabri-Solvy. Cut out, peel and stick onto fabric.

Find more detailed instructions for transferring the pattern on our special embroidery web page at: www.museofthemorning.com/embroidery

Stitching

Here are some of my favorite stitches. Try these or any other stitches on your design!





Colors

Picking out colors is half the fun of starting an embroidery project! To get the full Stitching Bliss feeling, I recommend using a variegated embroidery floss like the [Color Variations from DMC](#), or try using [Muse of the Morning Hand Dyed Variegated Embroidery Floss](#) so you don't have to think about changing colors all the time, simply keep on stitching. Feel free to experiment with your own choices in colors though!



Display This Piece in a Hoop

This pattern is designed to be displayed in a 6 inch size embroidery hoop.

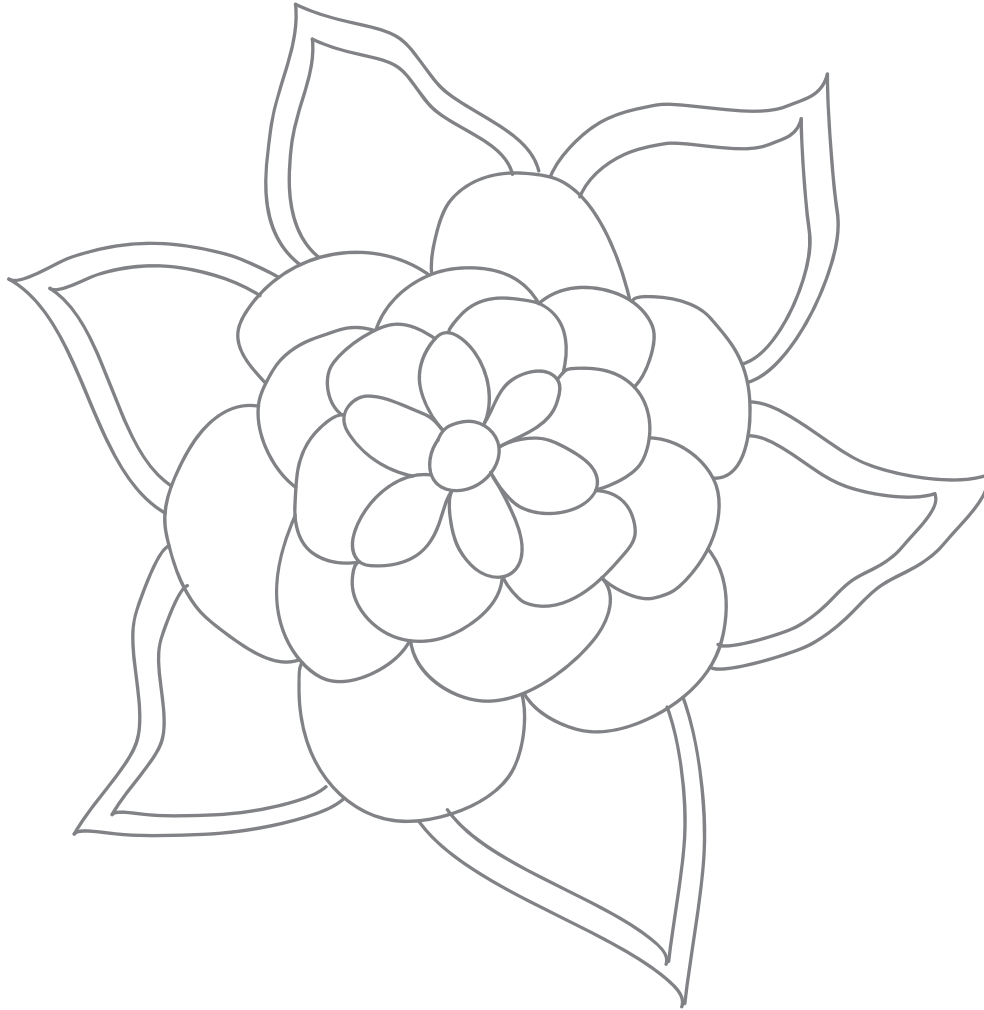
Iron the design from the back side. Stretch into an appropriate size of hoop. Cut the excess fabric 1-2 inches around the hoop. Stitch a wide running stitch $\frac{1}{4}$ inch from the edge of the excess fabric. Pull threads to gather. Tie knot to secure.

There are many other display methods and useful items to stitch the design onto. For more ideas, see this post on the Muse of the Morning website: www.museofthemorning.com/embroidery.

Pattern Printing:

Greyscale Version (for printing on Stick & Stitch or tracing)... print page 4

Backwards Version in Black and White... print page 5

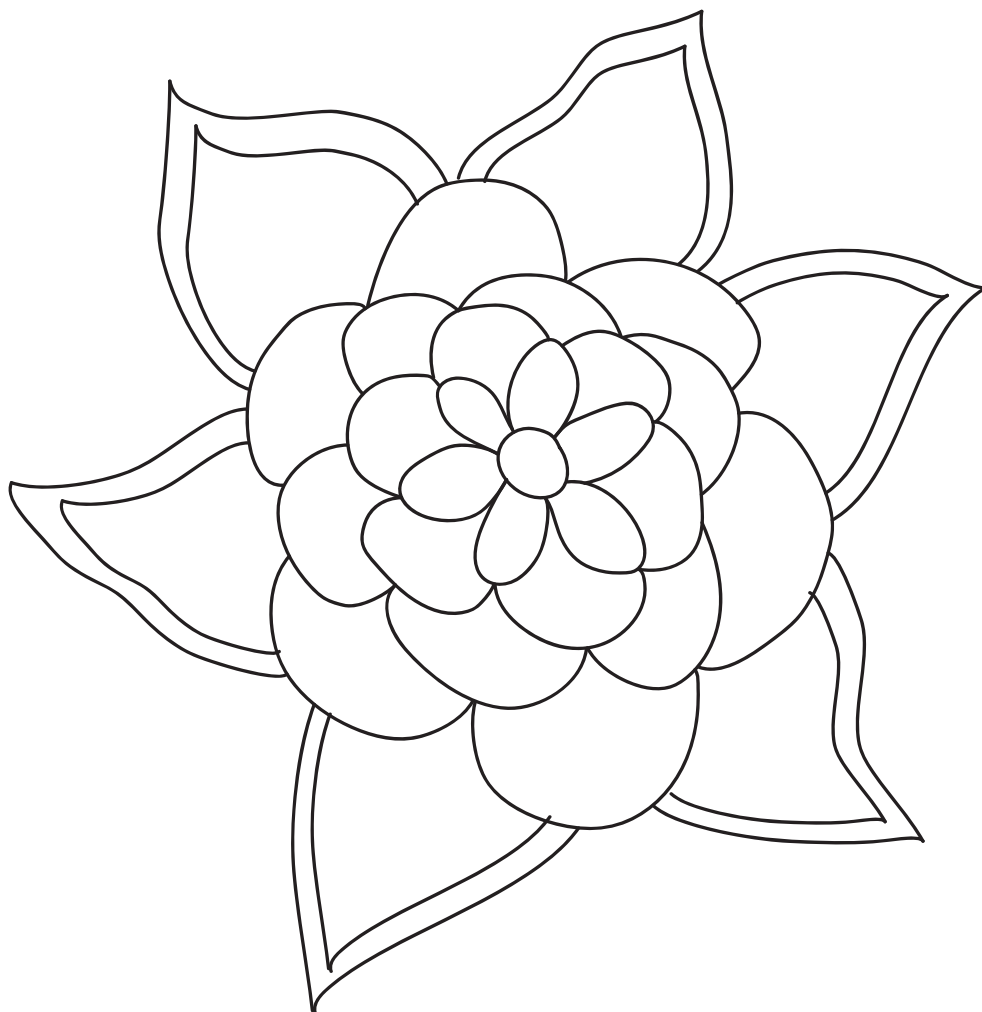


Stitching Bliss: Soul Flower

A free embroidery pattern from

Muse of the Morning.com

© Copyright 2023 by Muse of the Morning LLC, All Rights Reserved.
Reproduction of this pattern is strictly prohibited by US and International copyright law.
No part of this design may be reproduced in print or electronically.



Stitching Bliss: Soul Flower

A free embroidery pattern from

Muse of The Morning.com

© Copyright 2023 by Muse of the Morning LLC, All Rights Reserved.
Reproduction of this pattern is strictly prohibited by US and International copyright law.
No part of this design may be reproduced in print or electronically.