1. Add the bead stopper & string two beads.
2. Sit the two beads next to each other.
3. Pass through 1st bead and back through the 2nd bead.
4. Add the 3rd bead and go through the 2nd bead.
5. Go back through 3rd bead.
6. Add a 4th bead and go through the 3rd bead and back through the 4th bead.

Adding the bead stopper:
Place a stopper bead 12 inches from your thread tail. Place a bead on thread and loop back through it. Pull.