



Intentional Heart

with Emily Miller

Explore a new project using bead embroidery: the Intentional Heart.

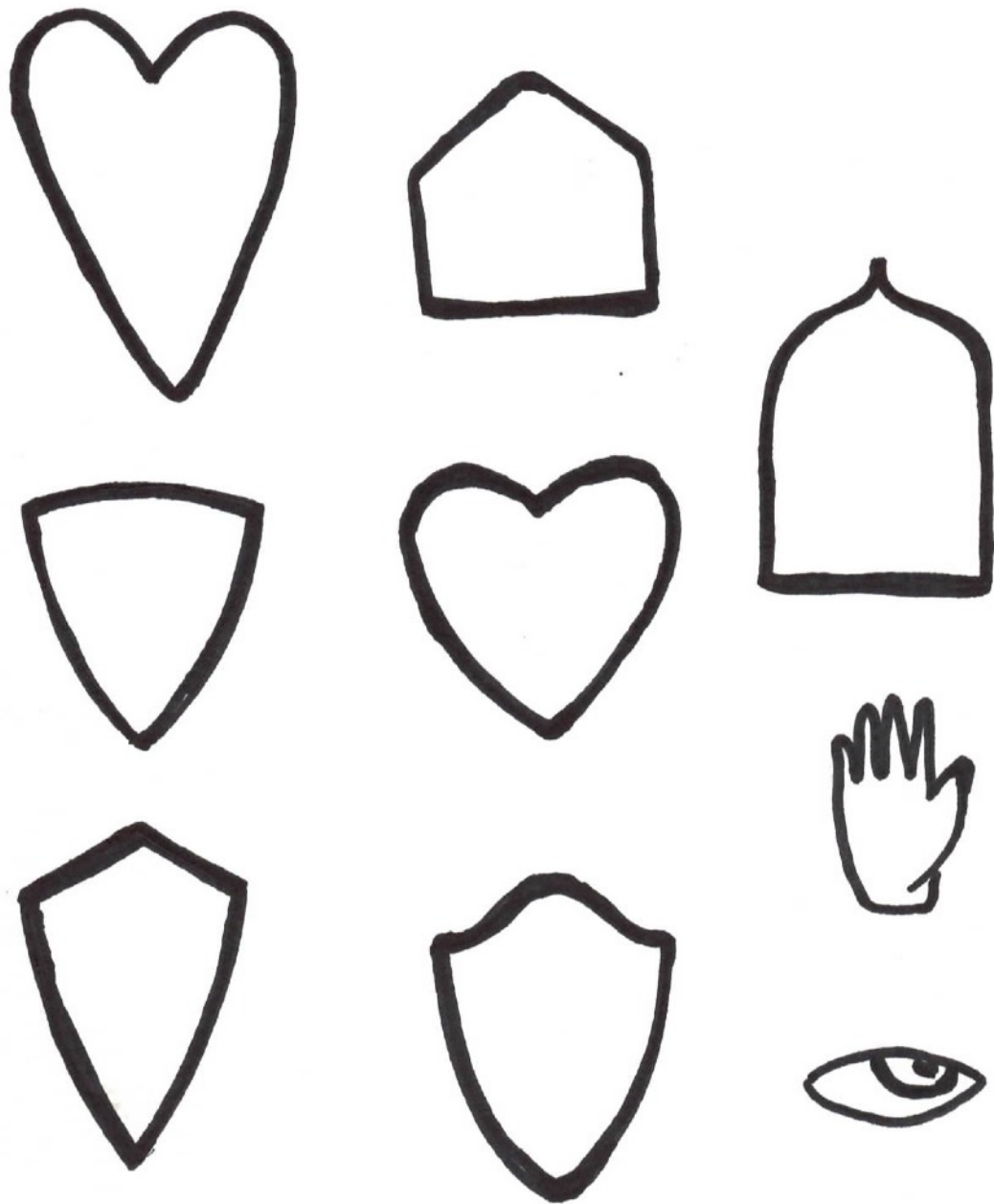
This heart-shaped pendant sparkles with patterns worked in bead embroidery, and hides a special note, an "intention," stitched inside. A perfect gift for someone special, or a personal reminder for yourself! Emily even has a cool cord technique to show you, working with waxed linen in a fresh way that will soon be a favorite!



Refer back to older [embroidery broadcasts](#) (air dates 3.28.18 and 11.11.20) for instructions on the various stitches and techniques. Use one of the template provided in this handout, or create your own shapes using anything you have around at hand. For more symbols, try searching online with the term that matches your intention.

Transfer the shape by printing out the page, then trace over the shape several times with a soft pencil. Lay the template face down onto the ultra suede and rub over the outline to transfer. Darken the outline as needed with pencil and add in any other embellishment. Excess pencil marks can be erased with a kneaded eraser, which you can purchase from an art supply store.

Cut around the shape leaving a scant 1/2 inch edge of Ultra Suede, or add a frame around the edge to accent the shape. Cut a second piece of Ultra Suede for the back.



For outlining the shape, try using *Stop Stitch* with a combination of Miyuki spacers and 11/0 beads. Try 11/0 beads using *Couching* to make curving lines. For the *Picot border* use 11/0 beads to add texture and definition. Miyuki Spacers can also be used without a bead stopper, stitch down in 2-3 spots to attach.

Cut a second piece of Ultra Suede for the back, the same size, trim to the final shape after all stitching is complete. Add Picot or whip stitched border after the cord is attached.

Write your intention on a small piece of paper and place inside the layers before stitching shut.