IKIGAI COWL

in malabrigo Caprino

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www.malabrigoyarn.com

IKIGAI COWL

Pattern information

SKILL LEVEL

Easy

SIZES

One size

FINISHED MEASUREMENTS

Length:
13½" / 34.25cm

Circumference:
27½" / 70cm

YARN AMOUNTS

2 skeins Malabrigo Caprino,
shown in #035 Frank Ochre and #862 Piedras

NEEDLES

US 6 / 4mm 24" / 60cm long circular needles,
or size needed to obtain gauge

GAUGE

19 sts and 26½ rnds = 4" / 10cm in Openwork Rib

NOTIONS

Stitch markers (1)

Tapestry needle

NOTES

Needles with pointy tips are recommended to make passing the slipped stitches over easier.

Abbreviations

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"	inches	mm	millimeter(s)	skp	slip 1 stitch as if to purl, knit 1 stitch, pass slipped stitch over the knit stitch and off the needle	st(s)	stitch(es)
cm	centimeter(s)	p	purl			yrn	yarn round the needle (see techniques)
k	knit	rep(s)	repeat(s)				
		rnd(s)	round(s)				

about Ikigai

This pattern was inspired by the Japanese concept of "ikigai," which represents a person's reason for being. Roughly translated, ikigai is "the happiness of always being busy."

We live in such a busy world these days. We're always rushing from one thing to the next, attached to our devices, rarely taking the time we need and deserve to stop, breathe and notice all of the beauty and wonder that surrounds us each and every day.

It's likely that we are not finding happiness in this type of busyness, so I'd like to suggest an alternative. Find your reason for being. Discover your ikigai and become busy doing something that brings you satisfaction, happiness and meaning.

Until then, shrug off all of the stressors of the day and immerse yourself in the busyness of knitting. Stitch by stitch, allow yourself to relax into creating this simple cowl, which I've designed to soothe your soul, slow your racing mind and provide both a source of intention and a place to direct your focus, if only for a brief respite.

You see, I believe humans yearn to solve problems, connect with others, make things with their hands and express themselves in creative ways. I hope you enjoy knitting this "beautifully simple" design as much as I enjoyed creating and sharing it with you! Good luck and may you find your ikigai.
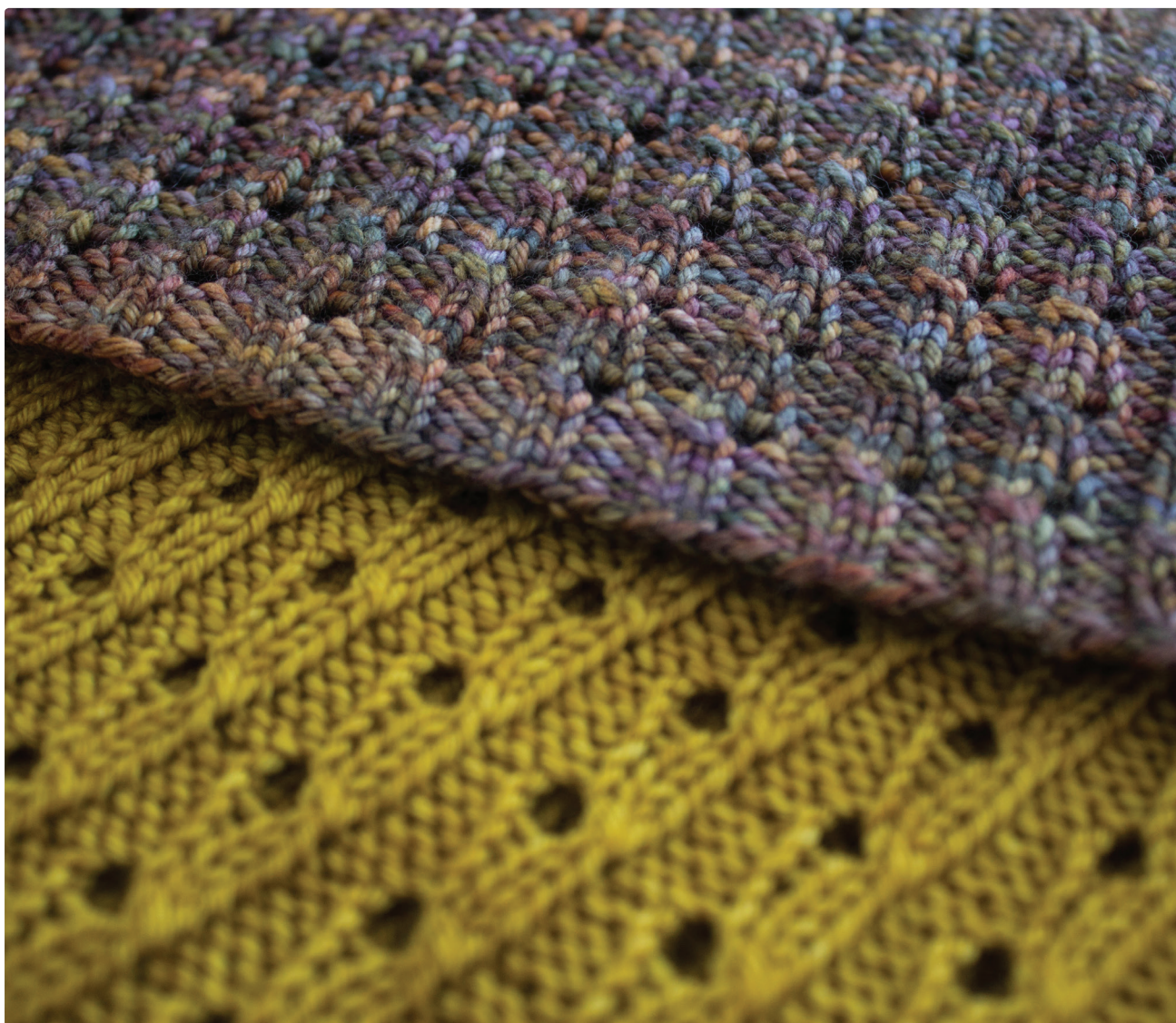
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Techniques

YARN ROUND THE NEEDLE (YRN)

After a purl st, bring yarn to the back of your work OVER the right needle (not between the needles). This will create a yarn over when the next st worked is a knit st.

OPENWORK RIB
(multiple of 4 sts)

Rnds 1-5: *k2, p2; rep from * to end.

Rnd 6: *yrn, skp, p2; rep from * to end.

Repeat rnds 1-6 for pattern.

Directions

Loosely cast on 132 sts. Place marker and join to work in the round, being careful not to twist the sts.

Work rnds 1-6 of the Openwork Rib pattern 14 times, then work rnds 1-5 again.

Bind off loosely in the established rib.

FINISHING

Weave in ends.

Place cowl in warm water and gently squeeze under the water to penetrate the fibers. Remove from the water and, gently squeeze to remove excess water. Lay cowl out to finished measurements, spreading out the stitches so that the ribbing becomes a bit flattened. Allow to dry completely.

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