



Puffy Heart

- 1) This piece uses a cross-over pattern meaning your two threads will intersect through a common bead going in opposite directions.
- 2) Start with a length of monofilament approximately 5' long. Darken the ends with a marker to assist in seeing where the threads will be going. Keep a firm tension throughout and go back to tighten the sections as you go along as needed.
- 3) Center three (3) beads on the monofilament; place a bead at the 12 o'clock position and cross-over by threading through this bead in opposite directions; tighten the bead into a square, making sure that the beads are still centered.
- 4) Pick up 1 bead on the left thread and 1 on the right, Cross over through a bead at the 12 o'clock position.



- 5) Pick up 1 bead on the left thread and 1 on the right. Cross over with a 12 o'clock bead.
- 6) Pick up 1 bead on the left thread and 1 on the right. Cross over with a 12 o'clock bead.
- 7) You now have formed 4 squares.



- 8) Now you will turn the corner. Pick up 3 beads on the left thread and cross over through the last bead you have placed on the left thread. At this time both threads are on the right side of the piece.



- 9) Again, pick up 3 beads on the left and cross over.
- 10) Now you have changed direction and your piece will look like a backwards facing L with 5 squares on the right and 1 square on the left with your threads coming out of the top of the "L square".



- 11) With your right thread, go through the bead directly above where your right thread is emerging from the bead.



- 12) Pick up 2 beads on the left and cross over.
- 13) With your right thread, go through the bead directly above where it emerges from the bead.
- 14) Pick up 2 beads on the left and cross over.

- 15) With your right thread, go through the bead directly above where it emerges from the bead.
- 16) Pick up 2 beads on the left and cross over.
- 17) Check the shape. The left side of your piece has 4 squares and the right side has 5 squares.



- 18) With your right thread, go through the bead above your right thread and through the very top bead from right to left.



- 19) Pick up 1 bead with the left and cross over. At the same time fold the piece by pressing down on the outer edges and bringing the fold up. The 5 square side will be on the bottom and the 4 square side on the top. Then turn the piece so that the fold is toward the left.



- 20) You have now completed the first side of your heart and are at the bottom point. Make sure the threads are coming out of the top bead at the bottom of your piece and the fold is to the left facing downwards.
- 21) Now to build the other side of the heart, pick up 2 beads with the left and 1 bead with the right and cross over.
- 22) Pick up 2 beads with the left and 1 bead with the right and cross over.
- 23) Pick up 2 beads with the left and 1 bead with the right and cross over. You now have 4 squares including the shared bottom square. Your piece looks like a V and the threads are at the top of the right arm of the V.



- 24) Now we will turn the corner again. Pick up 3 beads on the left and cross over. Your threads will now be on the right side of the right arm and the threads are at the top of the right arm of the V.
- 25) With the left, pick up 3 beads and cross over. Now the arm you are working on will look like a backwards facing L with the other side of the heart coming out of the top of the arm. You will have to twist and turn the piece a bit so that it makes it a little easier to work on, but this is what it should look like when you have it sitting on the table.

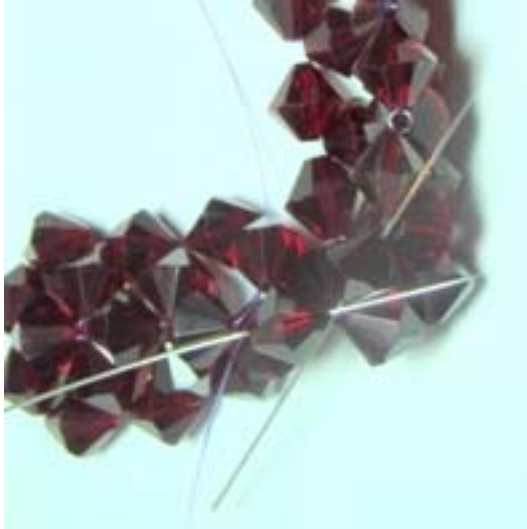


- 26) Turn the piece upside down with the side you are working on to the left. With your right thread, go through the bead directly above where the thread is emerging from the bead.



- 27) Pick up 2 beads with the left and cross over.
- 28) With your right thread, go through the bead directly above where the thread is emerging from the bead.

- 29) Pick up 2 beads with the left and cross over.
- 30) This step is the most difficult of the entire heart, but once you can see where the correct beads are, it makes sense. The position of the heart at this time is with the V toward the right side. Check that you have 3 squares on the arm of the heart that you've been working on, then go through the upper bead with the right thread and then with the same thread go through the bead directly to the left from right to left.



- 31) Pick up 1 bead with the left and cross over. This joins two arms of the heart.
- 32) You now have a full V shape and the bottom of the heart is at the bottom of your piece and your right thread is facing down and your left thread is facing up. The threads will be coming out of the center-left bead.



- 33) With your right thread, go through the bead directly above (to the right) where your right thread is emerging from its bead.
- 34) Pick up 2 beads with the left and cross over.
- 35) With your right thread, go through the bead directly above where your right thread is emerging from its bead.
- 36) Pick up 2 beads with the left and cross over.
- 37) Now go through 2 upper right beads with the right thread.



- 38) Pick up 1 bead with the left and cross over. You have started to form the first shoulder of your heart.
- 39) Now you are going to form a 2 square flap to complete this shoulder.
- 40) Pick up 2 beads with the left and 1 bead with the right and cross over.
- 41) Pick up 2 beads with the left and 1 bead with the right and cross over.



- 42) Now, with the flap out to your left, skip 4 beads (start counting with the bead next to where the right thread is coming out and continue across the top of the piece).



- 43) With the right thread go through the 5th and 6th beads from top to bottom. To count properly, look at the direction of the beads. You will see that the 4 beads across the top are facing one way (sideways) and the 5th and 6th are facing a different direction (up and down).
- 44) With your other thread, pick up 1 bead and cross over to pull the shoulder section toward the opposite side of the heart.
- 45) You have completed your first shoulder and are now going to fill in one side and then complete your second shoulder.
- 46) Your heart is upside down with the V part facing upwards and slightly to the right. With your right thread, go through the bead directly above where your right thread is emerging from its bead.
- 47) Pick up 2 beads with the left and cross over.
- 48) Go through the upper right bead with the right thread and with the same thread go through the bead to your left from right to left (same as step 30).
- 49) Pick up 1 bead with the left and cross over, joining the two arms of the heart. With your right thread, go through the bead directly above where your right thread is emerging from its bead.
- 50) Pick up 2 beads with the left and cross over.
- 51) Now, go through 2 upper right beads with the right.
- 52) Pick up 1 bead with the left and cross over.
- 53) You are now working on the last shoulder of your heart.
- 54) Again you are going to form a 2 square flap as in steps 39, 40 and 41.

- 55) Pick up 2 beads with the left and 1 bead with the right and cross over.
- 56) Pick up 2 beads with the left and 1 bead with the right and cross over.
- 57) With the flap out to your left, skip 4 beads (start counting with the bead next to where the right thread is coming out and continue across the top of the piece – same as step 42 and 43).
- 58) With the right thread go through the 5th and 6th beads from top to bottom.
- 59) With your other thread, pick up 1 bead and cross over.
- 60) Go through the upper right bead with the right thread and with the same thread, go through the bead to your left from right to left (same as steps 30 and 48).
- 61) Pick up 1 bead with the left and cross over.
- 62) Once again connected the two arms.
- 63) To finish the heart, weave the uppermost thread through three consecutive beads so that it emerges on the opposite side of the heart from the lower thread. Place a bead on one thread, cross over and tighten to pull the two sides of the heart together.
- 64) Weave each thread through several beads so that they emerge on opposite side edges of the heart and then down to the V. Tie a double overhand knot, tightening the heart and then weave the ends through several beads; cut threads close to beads.



- 65) To make the necklace portion, take a length of monofilament approximately a yard long and run it through the vertical bead on the outside edge at the top corner of the heart. Center the thread and on each side place a small bead, crossing over with a large bead. Repeat this step three times more.



- 66) Thread alternating beads on each side to make the necklace the desired length. Secure a strong closure (toggle or lobster claw).