

MACRAMÉ

FOR BEGINNERS

*The Simplest and Most Complete
Guide to Start Making Macramé*

THE ART OF
macramé

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Chapter 1. Introduction - History and Tradition

Macramé is an ancient craft that has enjoyed a recent resurgence in popularity among modern crafters. This fascinating technique involves knotting strings or cords in a variety of patterns to create beautiful and functional works of art. From plant hangers to wall hangings, jewelry to purses, and everything in between, macramé offers endless possibilities for creative expression.

Macramé has been practiced for thousands of years, with evidence of its use dating back to ancient times in cultures all around the world. The word macramé comes from the Arabic word “miqramah,” which means “fringe.” It was used by sailors in the 13th century to decorate their ships and make hammocks, fishing nets, and other functional items.

The craft eventually spread to other parts of the world, and each culture added its own unique spin on the technique. In the 19th

century, macramé became popular in Victorian England, where it was used to create elaborate lace collars and other ornate decorations. It also enjoyed a resurgence in the United States during the 1960s and 1970s, when it was used to create bohemian-style clothing and home décor.

Today, macramé has once again captured the attention of modern crafters, who appreciate its versatility and the endless possibilities it offers for creative expression. It's a craft that can be easily learned by beginners, yet also offers plenty of opportunities for more advanced techniques and intricate designs.

One of the most popular applications of macramé today is in the creation of plant hangers. These simple yet elegant designs allow you to showcase your favorite plants while adding a touch of bohemian style to your home décor. Macramé wall hangings are also very popular, as they add a unique and eye-catching focal point to any room.

In addition to plant hangers and wall hangings, macramé can be used to create a wide variety of other items, including jewelry,

purses, keychains, and even clothing. The possibilities are truly endless, and the only limit is your imagination.

Whether you're a complete beginner or an experienced crafter looking to expand your skills, macramé is a craft that offers something for everyone. With its rich history, versatile techniques, and modern applications, it's no wonder that this ancient craft has once again captured the hearts of crafters around the world. In this book, we'll explore the basics of macramé and provide step-by-step instructions for creating a variety of beautiful and functional items. So grab your cords and let's get knotting!

Chapter 2. Benefits of Macramé

Do you know the Physical, Psychological, Social, and Economic Impact of Macramé?

In this chapter we will see the most important benefits of practicing Macrame. You won't believe how many reasons you'll have to start right today

Therapeutical and Relaxation Benefits

Do you realize that hobbies can minimize tension by 34 percent? Stress therapy has been a major agitation in the world today. With the rise in so many activities and the busy schedules of many, there is a need to bring balance through actions that calm the nerves and reduce tension. Depression and anxiety are other emotional problems that need serious attention. All these arise from the body's response to some events and casualties. Macramé art is the proper way of combating such pressure. The processes in creating a piece of macramé art take your attention away from the stress and

emotional imbalances your body faces and focus them on the art of crafting. The joy of having to create something beautiful is a good way of taking off unnecessary stressors.

As you craft different forms of macramé art, it helps you meditate. This meditation brings about peace and calmness in your entire body. This is why many people who are macramé crafters are most times joyful and happy.

As you create different materials, it indirectly affects the neurons that are secreted in your brain. So, even when the emotions you're feeling at that point are depressing, your brain can secrete other hormones that trigger happiness and joy within you. The more time you spend making macramé, the more your mood and state of mind change for the better.

Boost Your Mental Capacity

For many people, macramé means different things. For some, the skill of creating something that appeals to the eyes is both mental and intellectual. Intellectual in the sense that the individual has to come up with a really good design that makes his works stand out.

This process indirectly increases your brain power and cognitive reasoning. You can use it as a medium to awaken your critical reasoning power, especially when you feel you are gradually losing control over it as a result of pressures from the office or family. Today so many have been celebrated on account of the beautiful pieces of art they have created. Sometimes you might not have all the necessary material to finish your design. Your ability to improvise and make use of what you have can boost your thinking capacity.

Strengthen Your Arms

Tying macramé knots and patterns help strengthen your arms and muscles. For persons who have begun experiencing conditions that weaken their arms and muscles, macramé knot tying can be used to bring back their strength. As you continue tying and knotting, you will discover your joints becoming free and loose.

Become More Creative

Everyone is creative; all you need is to trust and believe in yourself to unlock that part of your brain. You are free to express yourself in

what you make, and therefore, this allows you to engage your creative side and make breathtaking macramé pieces.

It Helps You Grow

Once you are out of your comfort zone, growing with each day, you start to grow and become a better person. Learning macramé allows you to live an active, healthy, and connected life, as you spend time learning what other people are doing, get inspired by their crafts, find ways of improving or customizing them, and more.

It Gives You Time to Learn a New Skill

People are always looking to learn new beneficial skills. By learning macramé, you build a new skill that is not only fun but also very beneficial to you.

Macramé offers just that — the perfect combination of challenges and fun as you slowly become better knot by knot. Once you create something nice, you'll feel quite happy and satisfied that you'll love engaging in macramé.

Make Amazing Works of Art

Macramé is a great form of art that allows you to create beautiful works of art. Many things you can make from macramé, such as wall hangings, jewelry, clothes, or even sandals.

These amazing works of art can be used to decorate homes or even offices. They add a great touch to the vibe and general look of a place. You could even gift your loved ones and impress them with your skills and thoughtfulness.

You can turn your hobby into a real job

People love beautiful things, irrespective of how the economy is performing! So, if you can perfect this skill, you could make it your little side hustle, which could easily pay some bills for you, and if you are serious about it and become a pro at macramé, you could even turn it into a full-time business, as you make breathtaking works of art that people will not say no to.

Chapter 3. Tools & Accessories

Tools and Cords

Cord/Rope

When you start your journey into the world of macramé, you need to understand the materials used in making your designs. Some terms you need to get used to are cords and ropes. Many people don't know the various types of cords that are available. Good knowledge of this will help you choose a cord that suits your design the most. Many people assume that there are just plain ropes; they fail to realize that various fibers can be used in macramé designs. With that said, let's try to differentiate macramé ropes from cords, although they are sometimes used as synonyms.

Macramé Ropes

These ropes are three-stranded ropes (also called three-ply) in which the strands are twisted around each other. There could be as many

as four strands, but the most common is the three-strand ropes. A macramé rope is stronger than a string. It gives better flexibility when untwisted. You would notice a full, wavy fringe as it unfolds, making a great choice when you seek to design with great texture.

Its strength makes it a good option for making furniture pieces so that weight can be supported easily. As time progresses, they tend to expand as much as 1 mm in some climatic conditions.

Macramé Cords

A macramé cord is a group of fiber and strands which are twisted and braided together. They can be used to create knots or just tied together to form macramé. It is sometimes referred to as yarns, ropes, or strings. These names are just used to mean the same thing.

Macramé cords are mostly found in a six-strand braid. This has been around for a long time, even as the cotton string was disliked by many. Cotton macramé cords, also called sash was the major type of cord used at that time. Although stiff when in use, its strength has proven to be of immense benefit. Many weight-bearing pieces were crafted with the sash cotton cord.

Beads

Bead types can be described and named from different angles. They could be categorized based on criteria such as:

- Material
- Shape
- Production process
- Origin
- Surface pattern
- Fashion trends

Types of Beads

Gemstone Beads: These can also be called semi-precious beads. They are obtained from natural gemstones, artificially created gemstones, or even reconstructed materials. Available in various sizes and shapes, all to suit whatever you have in mind. They are round in shape, with sizes ranging from 4-12 mm. You can also get other shapes apart from the smooth round ones that are more

common. They can be in the form of chips or irregular (e.g., amethyst, jade, agate).

Natural Pearls and Shells: These pearls either come from freshwater or saltwater. They exist in colors like pink, peach, mauve, white, and sometimes creamy colors. You can also make use of glass pearls, which have the same features as consistency in size, color, shape, and finishing.

Glass Beads: These types of beads have existed for a long time, dating as far as 3500 years ago. They were first discovered in Egypt because of their clear and colorful outlook. Today, we have many more varieties of this type of bead. A lot of them come from countries like Japan, Italy, Swarovski, and a lot more. China has also been able to come up with imitations that resemble glass beads (glass pearls).

Crystal Beads (Swarovski): These beads are made from lead glass and have a shining quality or effect. Their faces are faceted so that the shine it emits is more prominent. Among the most common are the Swarovski and Czech crystals, which have high quality and are sold at lower prices.

Wooden Beads: These beads are made from wood and are widely used for jewelry making like necklaces, bracelets, etc.

Bugle Beads: These beads have a tubular shape and are cut to various lengths. They can also be classified among the seed group since they are small and can be used to create amazing patterns on the macramé design. They are available in different colors, finishes, and twists. Their sizes are represented in small decimal diameters like 0.5, 1, 1.5, 2, 3, and 5. The bugle beads with sizes 2 and 3 are also equivalent in size to seed beads of size 11.

Roller

Since dowels have a round shape, we can make use of them to our advantage by using them as rolling pins for domestic and catering uses. You achieve this by pressing down the diesel on the material you want to roll, either flat or round. You can use them as a roller for whatever form of cooking materials to create your desired shape, feel, and taste.

Cheap Curtain Hangers

As curtain hangers, dowels are great substitutes for curtain rods. You could make these more appealing by including fancy finials in them. All these are at a cheap and affordable rate. The choice of the dowel is according to the type and length of fabric to be used. The dowel should be able to support the weight of the material, e.g., canvas or velvet. Dowels can also be used as sliders in window locks to ensure extra security.

Adhesive Tapes

Adhesive tapes are a combination of materials and films which help hold and join objects together instead of using fasteners. Some macramé projects would require the use of adhesive tapes to hold in place some decorative materials, e.g., beads. This helps avoid the use of high-temperature measures to ensure that different components are put together. Adhesive tapes also protect the surface area of materials since there is no need to use extra fasteners to hold the materials in place. It is preferable to use them instead of

liquid adhesives, which are more time-consuming since they need to be sprayed or rolled on the surface before any bonding can occur.

Scissors

Scissors are a handy tool for any kind of macramé project. The thing about them is that you cannot use the same type of scissors you use for other crochets to make macramé. You'll run into many complications and difficulties. They constantly need to be sharpened so that they maintain their edge over materials. You will need to cut a variety of things, including fringes, knots, and done ropes. An example of a recommended scissors is the Fiskars scissors; they are shaped at angles different from each other and can cut both cord and fringes effectively. Their serrated edges make cutting so easy and stress-free. They also have large blades that supply enough power when cutting through fabrics and cords. Their larger-sized handles provide a four-finger grip giving better control and grip over the tool. You can equally adjust the nut to see that any adjustments to the arrangements remain in place.

You also need scissors that have long-lasting life and can avoid rusting and other damages that could occur on exposure to moisture and environmental conditions. The more you maintain them, the more durable they become.

Pliers

Pliers come in various shapes and sizes so that they can fit into different purposes. You can find some applications in gripping pipes and rods, while others can be used for twisting wires or even cutting some of them. Although there are specialized tools for carrying out cutting, pliers, when used effectively, can achieve the same purpose. You also require pliers for macramé crafting. Here you can use it to twist and cut some rods or even dowel parts.

Knotting Boards

Knotting boards are another great tool you need while trying to craft macramé. They are important because sometimes, you may have trouble holding knots and helms together. This can only be done with attachments made on the knotting board. However, some people feel that macramé should be done in an old-fashioned way

and not with any type of implementation. Nonetheless, you will need them, especially if you need to be very detailed with thread works. Its use, however, depends on what type of macramé project you are constructing. For more serious projects like wall hangers, suspended tables, and plant hangers, you will most likely need them.

Metal Ring or Hoops

Metal rings can be used in your macramé projects to create mandalas, wreaths, earrings, and other wall hangings such as plant hangers. If you intend to make plant hanger loops and other hanging macramé designs, small metal rings would be a great fit. However, if you will be hanging anything heavy, ensure that the chosen ring is welded closed so that it is strong enough to hold the weight of your macramé design.

Measuring Tape

It is used to measure the length of the macramé cord and to tape the ends of the macramé cords.

Materials Source List

Natural Materials

Natural materials for macramé are still very common choices. They have properties that are very different from conventional materials that you need to know if you want to use them. This contains a description of today's most common natural cord materials. And yarns are made from natural fibers, too.

Hemp Material

Hemp twine is the most common of all the natural products used for macramé. The natural color here in the back is light brown. Dyed hemp comes in colors that are single or mixed. Hemp products are produced from the outer bark of the plant genus *Cannabis Sativa*, one of the fastest-growing plants. This crop was first woven into fiber 10,000 years ago, sometimes called "industrial hemp." Generally, plants do not require chemicals or pesticides, making them one of today's cleanest natural materials. Fiber materials include paper, clothes, biodegradable plastics, food, paint, and biofuel.

There are 3 types of hemp: twine, rope, and yarn. They each have different properties, so I'll separately explain them.

Hemp rope usually has a diameter of 1-3 mm and is determined by size instead of weight. Size 3 mm is sometimes referred to as "spring cord" because it is often used in spring mattress construction.

Properties:

- Hemp fibers are mold and mildew-resistant, which makes them distinct from other natural materials.
- Hemp “yarn” is solid and so flexible, but not like knitting yarn. In the way this bends, it is similar to cotton. This creates perfect solid knots keeping their form.
- For strong knot designs, hemp “twine” is just as flexible, and it is a good choice.
- Hemp “cord” is less flexible, and when you use it, you can find it difficult to tie some knots.
- Hemp “twine” is made of many fibers as well, but usually, it has more than the thread. It can be found in different colors and patterns.

- Hemp “cord” begins as a yarn made of several twisted fibers. The yarns are then twisted to form the cord together. So, it is double twisted, which makes it much more effective. It is not easy to find and is usually a natural brown color.

Jute Twine

Jute twine is the least common of all the natural materials available for macramé. Finding a good quality Jute material is very hard. It is going to be the same width in the roll. It'll be cool, too, with a little shine. Jute is a plant with a high content of cellulose and wood fiber. It is woven into compressed and twisted coarse threads to form cords. Many jute fiber fabrics are used to make inexpensive burlap bags, carpets, chairs, canvas, etc. Often jute fibers are mixed with other materials for making clothes and household furniture. One thing people like is the blurred quality of it. Jute's going to have SMALL tendrils of good quality. Colored jute is difficult to find, but online shops carrying packaging can have it.

Size:

- The natural materials are also sold by the number of fibers that make up the ply cord. Jute, ply, and weight defines the sizes, making it very confusing. The scale of the producer also varies.

Properties:

- This course content, even in the heavyweight format, is strong and surprisingly flexible. The weights of the medium make strong knots. The heavyweight will take more effort, but the knots will still be fairly tight. Jute's strength will decrease if it's muddy. This is also quickly biodegrading. That's why this isn't the perfect choice for outdoor projects. Finding good quality content is the most difficult thing with the jute cord.

Linen Cord

The linen cord is a special flax plant fiber. It's not as common as other natural materials. Because it is mainly used for jewelry, it is often carried by online stores. The cellulose fibers just below the bark of the flax (stem) plant are collected first, then spun into threads and yarns. We then make clothes, bedding, and household things.

This ancient fiber has been used for producing silk since 3,000 BC. It was finer and more luxurious than they've ever been before. Until burial, Egyptian kings were covered with flax fabric strips. It was highly respected by Greeks and Romans, and it was considered sacred. It takes time and effort to harvest and process the fiber so only a few countries produce it for commercial purposes.

Size:

- Sadly, it is difficult to find linen in the form of a cord or yarn without living in the producer countries. It is provided by Ireland, Belgium, and Scotland, along with several other countries in the vicinity. It is often called "Irish Linen" when you find this material. It is usually between 0.6 mm and 2 mm in diameter. The PLY markets it, varying from 2-ply to 8-ply.

Properties:

- Flax Linen is the most powerful of all-natural plant materials. This is unique because when wet, it is stronger. It can last without deterioration for hundreds of years. Its anti-static properties help it withstand stains and dust.

Style:

- Flax linen cord is normally a material of twist style. These are highly flexible, producing tight knots. Usually, the natural colors are gray, yellow-gold, or brown. It can also be used in several colors. A waxed cord of linen is a great beading and micro-macramé option. Flax cord material, similar to lacing, may often have a flat profile. For this style, you can still tie knots, but you have to work a bit more for the cord, so these fold and bend easily.

Silk Cord

It is possible to produce natural products from animals. Moth larvae originating in northern China are produced from soil called Silkworm. Every cocoon is made of 1,000-2,000 feet long, continuous thread of raw silk filament. Silk in ancient China was used for clothing, in artistic designs, and as ornamentation in furniture. Back then, as it is now, it was a luxury material. Creating 1 yard/meter of fabric requires around 3,000 coconuts. Instead of their increased cost after World War 2, synthetic materials were

created to replace silk. Several countries still produce genuine silk, but it is still expensive.

Properties:

- Silk is the most powerful of all-natural materials. It has a shiny but not slippery, soft texture. Typically, it stays that way if the cord/thread is extended. When wet or exposed to sunlight for long periods, it is weakened. Silk is delicate, given its strength. So, when dealing with it, use the cross-pin method (or no pins at all). You may also roll and stitch the seed to form the cord.

Leather Cord

Leather is made of animals as well. This has somewhat different characteristics than other natural materials. Cattle are primarily raised for food, but all parts, including the hide, are used. Leather is made of hides and skins in different shapes. To avoid decomposition, leather is tanned. This is done using some ingredients, many of which are natural products such as tree bark and leaves. With brains or other fatty substances, buckskin is tanned. Chromium is the most common chemical used for tanning. Leather

is stabilized, thin, and lubricated after tanning. This is known as crusting. It may be done in various ways, gently painted.

Not all leather is made of cattle: Fish leather is made from fish skin and scales. Deerskin leather is made from deer skin. Pig, elephant, alligator, lizard, squirrel, ostrich, and kangaroo, are leather from other species.

Size:

- Leather cord comes in so many sizes, but if it's longer than 2 mm, it's really hard to make knots. The best jewelry size is between 1 mm and 1.5 mm.

Properties:

- Leather is incredibly strong but very fragile as well. It is important, because the holes are permanent, that you do not pass pins through the material. To tie up cords to a board, use the cross-pin technique or tape. The cord of leather on the skin is very smooth and comfortable. It's not very good at breathing, so you should use your designs as little as you can. The natural color of bovine leather is brown, but in many

colors, you can also get it. The shape of the knots is better in leather than in any other cord material. Also, loosely bound knots will maintain their form, like those that produce up this leather bracelet. Similar to other natural materials, leather is not versatile. Tightening knots with material over 2 mm long is very difficult. That's the biggest reason why it doesn't make big macramé items.

Natural Yarns

Natural materials include different types of yarn that can be used for projects in macramé.

Size:

- Most yarns are priced by weight, so it's difficult to assess the material's actual width before you get it and measure it. Just a few brands will show the actual width so quantity in the roll on the label. Keep in mind that the yarn is so compact that the knots are smaller than expected.
- Normally, wool yarn can be stretched, and when released, this will spring back. The material repels moisture and is therefore

flammable. Merino wool is extra soft, not as scratchy as other wool yarn types.

- Alpaca yarn is cool and finer than wool. It's not prickly either, or it doesn't have lanolin. It is also considered to be hypoallergenic. Some brands are brilliant.
- It is not necessary to make natural materials from animals. Paper yarn is made of a wide variety of paper products, including rice paper, washi, and raffia. These are fuzz-free fabrics that are easy to dye.
- Bamboo yarn is another special kind of natural fiber made from the bamboo plant's pulp. It's strong, very flexible, and it can be as soft as silk. It's got a perfect natural shine. It makes very tight, tiny knots. Pins will damage bamboo yarn, so treat it as if you were going to use some fragile material and use the cross-Pin Technique or no pins at all.

For any kind of yarn, the tape is not recommended.

Synthetic Materials

For macramé projects, synthetic materials are commonly used. Olefin, parachute cord, nylon beading cord, and satin cord are the common synthetic materials. Different sizes, general and specific properties, available styles, and price ranges are included.

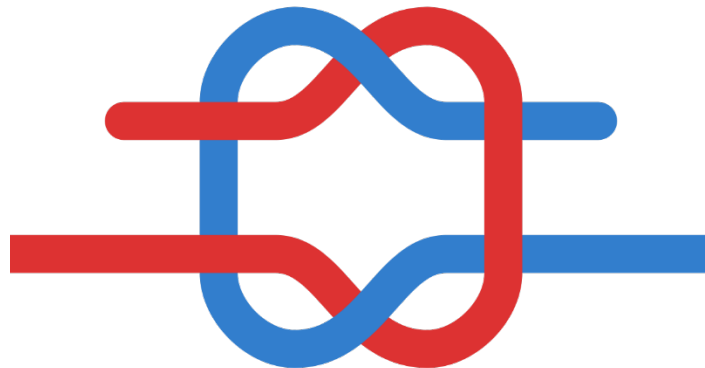
“Synthetic” means that the fibers are made by a chemical process.

“Natural” means that the fibers are made of animals or plants. Such materials are explained in the context of “natural materials.”

Chapter 4. The Most Common Basic Knots

Square/Reef Knot

This is the primary knot used. This is done by binding the line or rope around a certain object. It is also known as the base knot. You could make it by tying a left hand over a knot over a right hand over the knot. In short, right over left and left over right.



The Half Hitch

This is done by working the end of one line over the standing part of the knot. It is perhaps one of the most valuable components of knots, bends, and hitches, among anything else.



The Overhand Knot

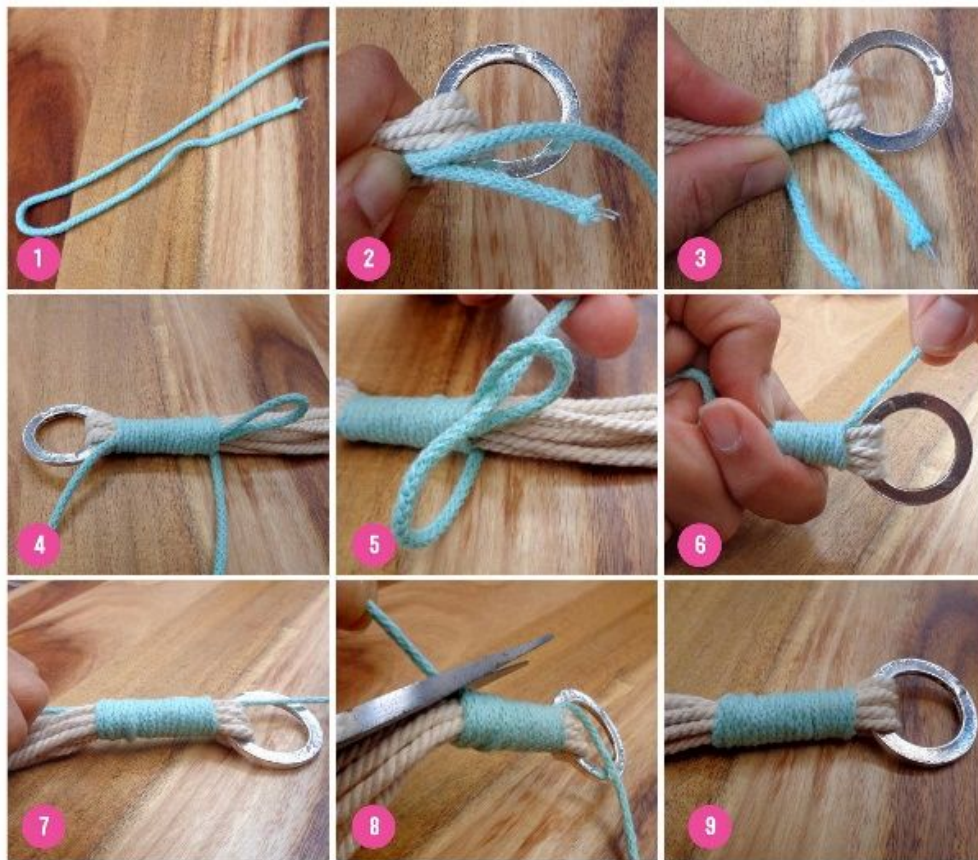
Another knot you could use is the overhand knot. It is known as one of the world's fundamental stitches and is especially helpful in macramé. To tie, you could simply loop a thread to the end with the help of your thumb, or you could also twist a bight by placing your hand over your wrist as you loop — stroke using fingertips to work all the way to the end.



Wrap Knot

Wrap knots are made by grouping some cords and forming a loop by placing the knotting cord over the top of the grouped cords.

1. Wrap smoothly round and round the group of cords with your knotting cords until the loop is almost completely covered by the wraps.

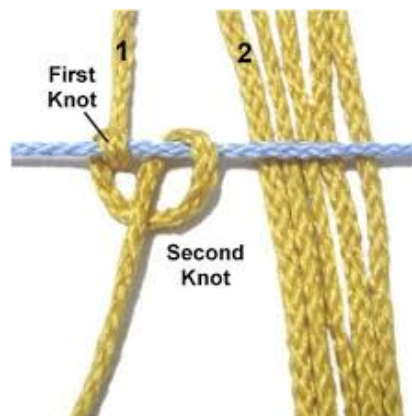


2. When the loop is almost completely covered, the end of the knotting cord should be pulled going through the loop at the end of the incomplete knot.
3. Pull the knotting cord at the top of the knot.
4. Make sure that the loop is neatly packaged and obscured completely inside the wraps.
5. Now, use your scissors to trim and cut off all excess lengths of cords on the top and bottom cords. Do this very close to the knot wraps.

Double Half-Hitch Knot

This essentially refers to the knotting of two half-hitch knots.

Follow these instructions to make a double half-hitch knot



1. First knot 1 half-hitch.
2. Then use the knotting cord to go over the second cord, creating a loop.
3. Pass the knotting cord through the loop, and you have yourself a nice double half-hitch.

Half Knot

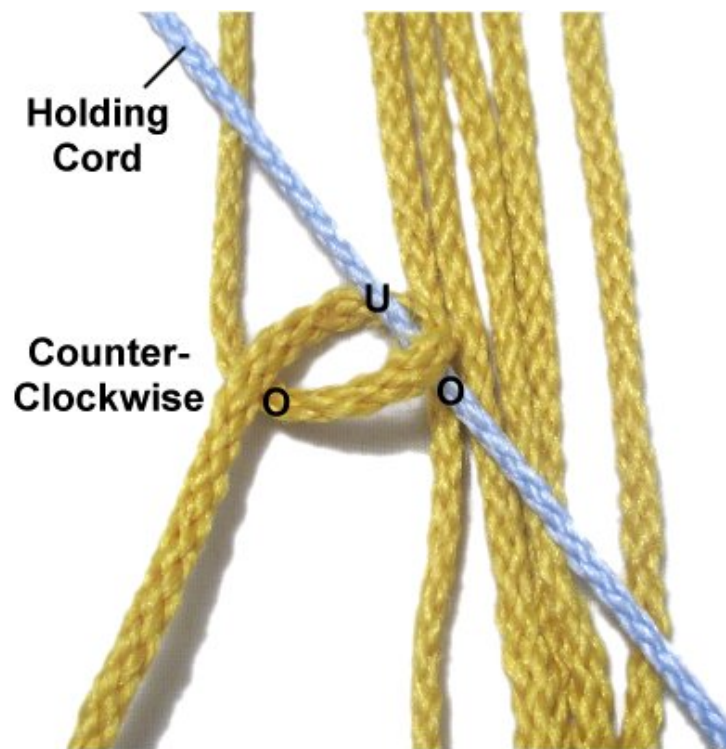


The half knot runs on 4 strings. The knotting strings are the 2 outer strings, and the knot-bearing strings are the 2 middle cables.

1. Place the left cord on the 2 knot-bearing strings to the north, and under the right knotting cable.

2. Place the knotting right strand to the left beneath the 2 knot-bearing strands and on the knotting left cable.
3. Pull a half-knot to hold. If you operate a half-knot sennit, they'll start spiraling naturally.

Diagonal Half Hitch



The distinction is that a knot-bearing rope is diagonally fixed until the knots are carried out. Below are the guidelines:

1. Bind the dowel to your cords. They are tied to the reverse larks head knot. For our case, the knot-bearing strand is going to be the left cord, and all the other wires will be wrapping cords.
2. Seal the bearing knot rope with a needle to the side of the cords.
3. Place your knot-bearing rope over the knotting strands at a diagonal.
4. Lock this to the right of your cords.
5. Begin with the knotting cord first (further to the left).
6. Loop it around and under your knot-bearing thread.
7. Using the same rope knotting. Lace it around the knot-bearing rope again, and then tie it into the connection that was formed between it. Zoom in to safety.
8. Follow the preceding 2 measures from the left to right for every knot-bearing thread, before you meet the diagonal edge.

That is a lateral half-line, left to right. You can also build a diagonal half hop. This is achieved by bringing into work the farthest right

wire as your knot-bearing rope as well as the other strands as the knotting cables, working from right to left rather than left to right.

It will operate the same way for a horizontal half hitch except with your knot-bearing rope pinned horizontally around the item.

Lark's Head Knot



1. This is a boundless foundation knot for any venture and can be used as the foundation of the project. Use a lightweight cord for this; it can be purchased at craft stores or online wherever you get your macramé supplies.



2. Watch the photos very carefully as you move along with this project, and take your time to ensure you are with the correct string at the correct point of the project.



3. Use the base string as the core part of the knot, working around the end of the string with the cord. Make sure all is even as you loop the string around the base of the cord.





4. Create a slipknot around the base of the string and keep both ends even as you pull the cord through the center of the piece.



5. For the finished project, make sure that you have all your knots secure and firm throughout, and ensure it is all even. It is going to take practice before you can get it perfectly each time, but remember that practice makes perfect, and with time, you are going to get it without too much trouble.

6. Make sure all is even and secure and tie off. Snip off all the loose ends, and you are ready to go!

Reverse Lark's Head Knot



1. This is a great beginning knot and can be used as the foundation of the project. Use a lightweight cord for this; this again can be purchased at craft stores or online wherever you get your macramé supplies.



2. Do not rush and ensure you have even tensioned throughout. Practice makes perfect, but with the

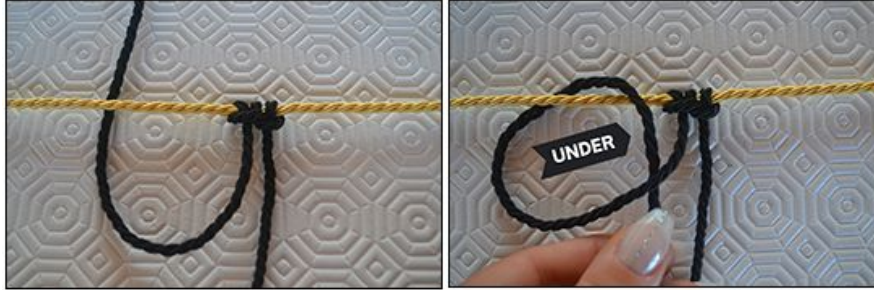
illustrations to help you, you will find it is not difficult to create.



3. Use both hands to make sure that you have everything even and tight as you work. You can use tweezers if it helps to make it tight against the base of the string.



4. Use both hands to pull the string evenly down against the base string to create the knot.



5. Once more, keep the base even as you pull the center, creating the firm knot against your guide cord.



Alternating Square Knots



Alternating square knots are basic Macramé knots that are extremely popular and common and are considered one of the macramé's most important basic knots. For perfection to be achieved in the construction of this knot, however, constant practice and time are needed.

In a simple context, creating alternating square knots is tying square knots in vertical rows such that in the other rows, you merely alternate the cords to form knots. From two knots, different knots, select two cords to shift the position of the alternating square knots. This creates a woven and interconnected design. Before attempting to make a pattern with alternating square knots, it is important for you to first learn how to make square knots. An important application of the alternating square knots is in the production of striped clutches. Practicing requires about six 36-inches cords or more.

Before you begin making your knots, fold the six (or more) cords into 12 by folding each cord into halves. For the purpose of this manual, we would be considering the use of 6 cords, which is the minimum number of cords required for the alternating square knots

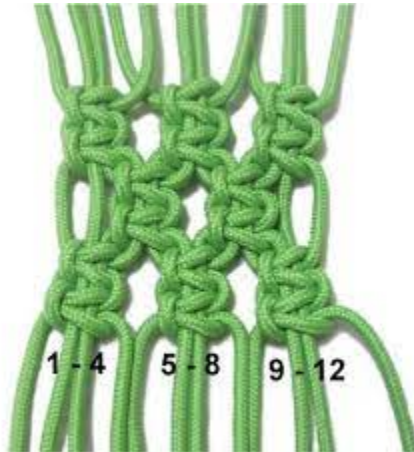
pattern. Fasten your cords to the board where the folds are, and number the cords from left to the right. Tie each of the square knots using 4 cords; 2 will act as working cords while the other 2 act as fillers. It is also important to note, as would be described in this procedure, that each row must be created such that you will move the cord on your extreme left to the one on your extreme right.

Now, let's get down to the business of creating our pattern.

1. Forming groups of four chords, tie square knots to create the first rows of two fillers and two working cords. We have square knots 1-4, 5-8, and 9-12.
2. Combine cords 3 and 4 from knots 1-4 with cords 5 and 6 of knots 5-8 to create the second row. Tie the remaining square knots with cords 7-10. At most times, you would simply tie square knots alternate to each other together closely. Some space may be needed in some other patterns; so, this depends on the exact kind of results you are hoping to achieve. Most importantly though, maintain even row spaces.
3. Do step 1 again, creating the third row of the ASK with the 1-4, 5-8, and 9-12 cords.

4. Now, redo steps 2 and 3 once or more.

Double Alternating Square Knot



The double alternating square knots pattern is a very important variant of the original alternating square knots pattern. The double alternating square knot pattern is very important in the creation of some vintage macramé projects; hence, it is important that you understand how to make this knot right away. Also note that this particular variant looks better if the Alternating Square Knots rows are made firmly, and close to each other.

Directions:

1. For the first row, tie 2 alternating square knots with cords 1-4, and the cords 5-8, and then cords 9-12, as described in the procedure for your regular alternating square knots.
2. With cords 3-6 and cords 7-10, tie the ASK in row 2 by alternating the cords. While tying the first knots of the sets, ensure to bring it close to the previous row ASK.
3. Do step 1 again to create the third row of ASK and continue the pattern until your desired number of rows is attained.

Barrel or Coil Knot



This knot is also connected at tassel ends. This makes them tidy and customizable.

1. Create between 4-6 loops of chord finishing.

2. Push the top, then close the tie.
3. Break the knot beneath the extra yarn.

Extended Barrel Knot

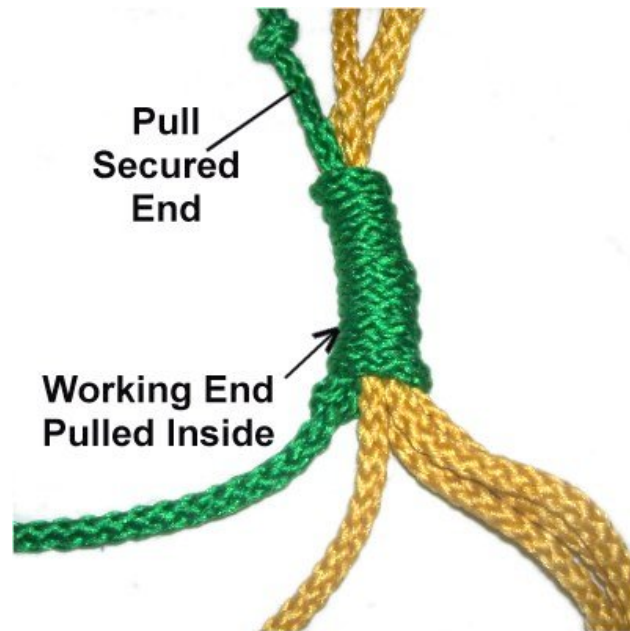


As the name implies, the knot is extended by simply adding additional wraps to the knot. You can achieve perfection in the extended barrel knot pattern with constant practice. It is recommended to practice with up to 5 knots, or even more to master this technique.

First of all, repeat the first 3 steps as described above for a basic barrel knot. Add 1 or 2 more wraps, each new one always on the left of the previous.

Pull the working cord gently to make the wrapped area tight and then tug at the secured end to make the loop tight.

Gathering Knot



Also known as a wrapping knot, the gathering knot is a closure knot that binds cords together. You can also find these at the end of the plant hangers for macramé. This knot comprises 2 functioning strings; the remaining strings are going to work as filler cords. You need to take a different cord length (it is going to be your working cord) and build a lengthy loop (U-shaped) above the filler cord ring, with the loop facing downwards.

1. Beginning below the functioning cord's top-end — which points upwards — wrap it across your filler cords and your string. Make sure you keep the loop exposed for a while.
2. Move the wrapping string end into the loop on the bottom of your wrappings.
3. Pick up one end of your cord — that's stuck out upwards — that will put the rope under your wraps.
4. Draw through the wraps before the coil is enclosed.
5. The knot inset is complete!
6. To get a smooth finish, cut both ends of your working cord if you wish.

Chapter 5. Macramé Step-By-Step Projects

Home Decoration

Hanging Light



Made with a simple yet effective half-knot spiral pattern, this hanging light is a great macramé starter project — it's an easy DIY undertaking that enables you to create something special for your home. To create something really awe-inspiring, you could make multiple lights and hang them in conjunction with each other for your very own installation piece.

Materials:

- 27 m (89 ft) length of 8 mm (5/16 in) rope
- 90 cm (3 ft) length of 4 mm (5/32 in) twisted rope
- 3 m (10 ft) DIY fabric cord set with plug, lead, and E27 lamp holder

Knots and Techniques:

- Half knot spiral
- Wrapped knot



Preparation:

- Firmly secure the lamp holder to a horizontal rail around 2 m (6 1/2 ft) high so that the electrical cord hangs down vertically.

Directions:

1. Fold the 27 m (89 ft) length of 8 mm (5/16 in) rope in half and place the halfway point behind the electrical cord and as close to the lamp holder as possible.
2. Begin to tie a half knot spiral using the electrical cord as the filler cord and the rope as the working cords, making sure to push your first half knot firmly against the lamp holder.
3. Continue to tie a half knot spiral until you are 3 cm (1 1/8 in) from the plug.
4. Trim the excess rope just above the plug and push the ends down flat against the electrical cord.
5. Using the 90 cm (3 ft) length of 4 mm (5/32 in) twisted rope, tie a wrapped knot starting directly under your last half knot and over the rope ends to finish directly above the plug so that all the electrical cord is covered.

Macramé Wall Hanging



Macramé is in style, so now is an ideal occasion to break out your knot-tying skills. With all the demonstrations at Urban Outfitters and macramé window ornaments lighting up Pinterest, we needed to make our own version of this wall pattern. As opposed to making a conventional macramé venture with rope, we used an optional material: a shirt texture! It worked magically. The final product was a ravishing wall hanging that would be impeccable to hang in your home, to use as a setting at a gathering, or even as a chic, DIY, wedding-style layout.

Materials:

- Wooden dowel
- Shirt texture
- Texture scissors

Knots and Techniques:

- Square knot
- Double square knot

Directions:

1. Cut slim portions of the texture of around 1 inch by 10 feet.
Tying the texture makes the last task a lot shorter. Our 10-foot strips made a 3-foot wall hanging.
2. Overlay a texture strip into equal parts and slide the circle end under the dowel. String the open parts of the deals through the circle and pull it tight to make sure it goes over the dowel. Rehash with each piece of texture, setting them around 1 inch apart until you arrive at the end of the dowel.
3. Make a line of essential knots, fixing them as near the dowel as you need (between our dowel and knot, we left approximately one inch of space).

4. Make a line of square knots a couple of inches underneath your underlying line of basic knots (read above for step-by-step square knot instructions!). At that point, directly underneath, include a second column of square knots using similar texture strips, making a double square knot design.
5. Move a couple of inches underneath and include another line of square knots beginning two strips in from the edge. At that point, directly underneath, include a third column of square knots using similar texture strips, making a similar double square knot design.
6. Move a couple of inches underneath and make another column of square knots using the texture taken from the principal push. At that point, directly underneath, include a fourth line of square knots using similar texture strips, making a similar twofold square knot design.
7. Get it? Make extra columns of knots (either double square or essential knots) until your plan is ended.
8. Cut the parts of the deal's strips with the goal that they are even. Your smallest strip will decide the length of your wall hanging.

9. Firstly, you need to cut some long portions of texture. By long, we do not mean a yard. We mean 3 or 4, or possibly 5 yards. Hold up! Each piece will be collapsed into equal parts and afterward hitched, so the length will diminish substantially.
10. Overlay a texture strip down the middle and afterward wrap the circle end around your dowel. Pull the open parts of the strip through the circle and fix it to tie down it to the dowel. Rehash this progression with different strips. This part is somewhat similar to throwing on for all of you knitters out there.
11. Although it is not time to sew, it is a great opportunity to tie. We should get to it! We are going, beginning with an extremely basic knot. You had done this previously, perhaps even today, when you tied your shoes.
12. Make a column of essential knots by collapsing one strip over the other and pulling it through. Fix your knot as near the dowel as you need. Between our dowel and knot, we left 1 inch. Sufficiently simple, eh? Curveball!

13. Here is an increasingly convoluted knot for you: the square knot. The square knot is a classic macramé knot, and it is very basic once you get the hang of it. You will need to use 4 portions of texture. It allows all beginning on a similar side to make the instructions simpler, alright? So, move to the extreme right half of your venture. Take the 4 texture strips on the extreme right and separate them from the rest. Using the strip on the extreme left (that is the fourth strip in from the right side of your task), lay it over the center 2, making the number “4.” It ought to be opposite to the center 2 pieces. Weave it under the texture strip on the extreme right. At that point, take the strip on the extreme right, and get it under the 2 in the center and through the circle on the left. Pull these tightly (we left our own small piece free, as should be obvious). Presently make a similar knot again to end your square. Ta-dah! We bent over our square knots and made a full column from them.
14. We included a second line of twofold square knots, beginning with 2 strips in from the edge, to make a greater an example (oh, jewels!). At that point, we included a third line of twofold

square knots, using similarly textured strips as the mainline. To complete, we tied a column of fundamental knots falling diagonally.

Macramé Curtain



Materials:

- Rope
- Window rod/wood dowel

- Masking tape
- Scissor

Knots and Techniques:

- Square Knot
- Lark's Head Knot

Directions:

1. On a foam core frame, bind 4 strands together and insert pins into the top knot and the two middle strands at the bottom to hold those in place.
2. Take a right outer string (pink) and move it over the other 2 middle strands on the left side. Take a left (yellow) outer strand and move it under the pink string, behind the central strand, and on the other hand, over the pink strand.
3. Pull firmly on the 2 fibers. Now, during the first step, you revert to what you did! End up taking the outer edge left string (which has become the pink one) and laying 2 strands in the center. Take a right outermost strand (which is now the yellow one)

and move under the pink one, behind the 2 middle strings, and on the other hand, over the pink one. Drag these 2 strands close until they create a knot from the preceding stage with the twisted strands. The toughest thing is that! These simple movements only replicate the rest of the actions.

4. Using four additional strands, repeat directions 1-3 to create another knot straight next to the first knot. To create a new community with the 2 leftmost strings of the second knot, carry the 2 rightmost strings of the first knot.
5. For the new group, repeat the fundamental knot by trying to take the external right strand (purple) and moving it over the central 2 strands on the left side. Take the outer left (green) strand and move it under the purple string, behind the central strand, and on the other hand, over the purple strand.
6. Pull firmly on the 2 fibers. Invert the first move now! End up taking the outer left string (now the purple one) and laying 2 strands in the center. Take a right outermost strand (that is now the green one) and move it under the purple one, above the

middle 2 strands, and on the other side, over the purple one. Tightly pull the 2 strands.

7. Split the middle group of threads by shifting the 2 leftmost strings left and the 2 rightmost threads right. For both groups, repeat the simple knot and start this method until you've completed as many rows as you like.
8. You will see that the idea of creating the simple knots with the yarn in the steps seems to be the same, but just on a far larger scale.
9. Hang your fresh curtain in the perfect position until you stop braiding the cords. To finish, tie masking tape across the ends just before the rope meets the floor. Break the tape into it, leaving 2/3 or half of the tape on the string untouched. This would hopefully prevent the ends from creasing over time.

Macramé Mirror Wall Hanger

Macramé mirror hangers are hangers that are made from knotting techniques to hold the mirror in place.



Materials:

- 4 m Macramé cord of length
- Octagon mirror
- 2 inch Wood ring
- Wood beads of 25 mm w/10 mm hole size
- Scissors

Knots and Techniques:

- Square Knot
- Lark's Head Knot

Directions:

10. Cut 108 inches of macramé cords into 4 pieces each.
11. Fold the strips in half. Using a lark's head knot, tie all 4 on the wood ring, then pull the knots tight and beside each other. Spread out two of the lark's head knots, then begin to tie them into a square knot.



12. Begin to tie two square knots into the second 2 lark's head knots.



13. As you begin the second square knot, loop it across one side of the other two square knots to form a larger square knot. Tie 7 square knots descending on both sides and altogether.



14. The ends should be split off upon tying the knots — 2 strings for both sides and 4 in the middle. Tape should be added to the ends of the cord to seal the frayed ends, thus, making it easy to add the beads.



15. One bead should be added to both sides of the 2 side cording lines, while a knot should be made beneath the bead on both sides to make them even by tying the center 4 cords into a plain knot about 1/14 inch beneath the beads.



16. One cord from the center should be taken and added to the 2 cords on both sides. Then tie the 3 cords altogether in a knot on the two sides. Now, the mirror should be added so that the knot lengths become even. One of the 3 side cords should be added to the back of the mirror for a firm grip. Tie a simple knot in all the 3 sides of the cords beneath the left and right sides of the mirror. Separate the 3 side cords again, take one from each side and place them behind the mirror. Bring 2 on both sides to the front of the mirror, tying them into a knot.



17. Turn over the mirror, tying all cords together. Turn the mirror back over to loosen the front knot. At this point, the back

ords should be slipped inside the knot and retightened. Cut the ends of the cord to 14 inches. Pull the ends or let the cords be loosened, and let them fray. Hang and enjoy!

Hang Planters

Simple Plant Holder



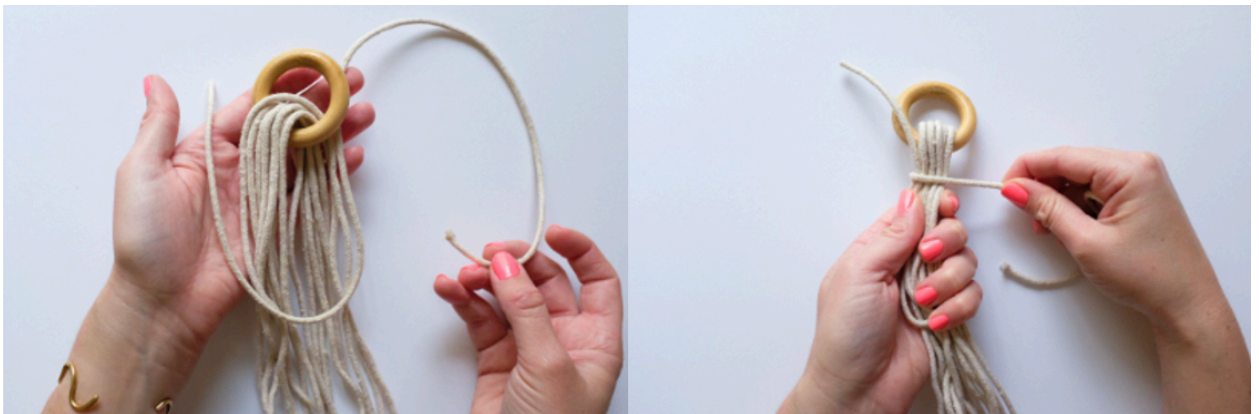
Materials:

- 8 macrame cords, 108 inch pieces of 3mm

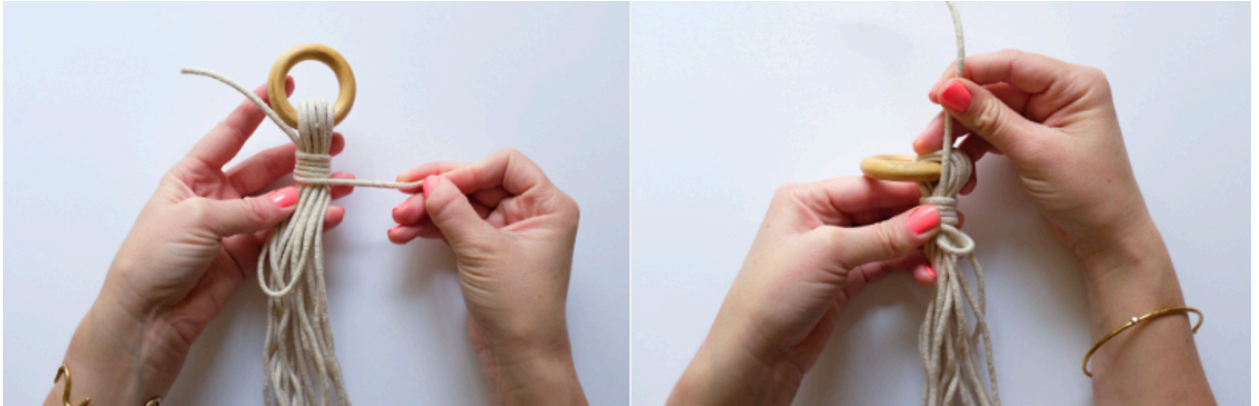
- 2 macrame cords, 36 inch pieces of 3mm
- 2" wooden ring
- Scissors
- Potted plant

Directions:

1. Take the eight 108 inch pieces of cord and slide them through your ring. Center the ring on the cords, making sure your ends are even.
2. Tie a gathering Knot: Lay the 36 inch piece of cord on top of your cord bundle in a "V" shape, so the left side of the V is shorter than the right side. Holding the bottom of the V shape, wrap the bundle with the longer piece of cord.



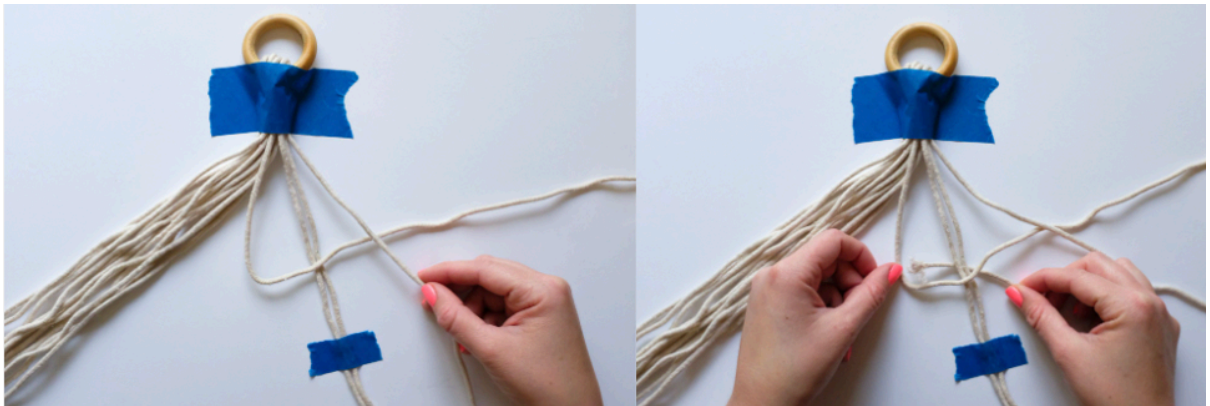
3. Continue wrapping from the top down, positing each coil neatly underneath the last. Once you are satisfied with the length of your gathering knot, slide the wrapping cord into the loop. Pull the short end of your original V shape up.

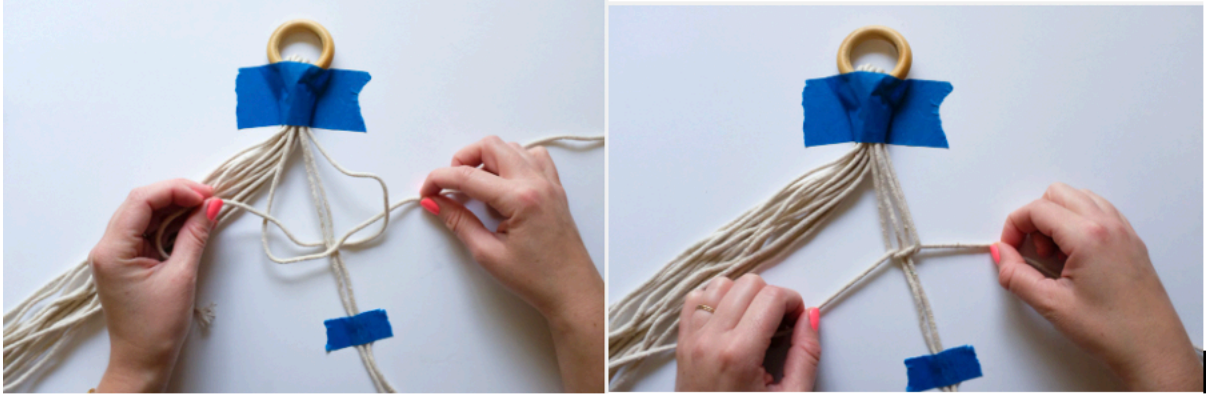


4. Watch as your loose end is secured within the coils of your knot. Trim your excess cords.



5. Square Knot: Split four cords away from the rest of the group. Pull the left knotting cord over the other cords making the shape of a number 4. Place the right knotting cord over the left knotting cord that is now on the right side. Grab the right knotting cord and bring it behind the two middle anchor cords and up through the triangle part of the number 4 shape. You should have cord on the top and the bottom of the anchors. Pull the right and left knotting cords evenly and slide the knot up the anchor cords. You finished one half of the square knot! We are now going to do the same steps on the other side to complete the knot!



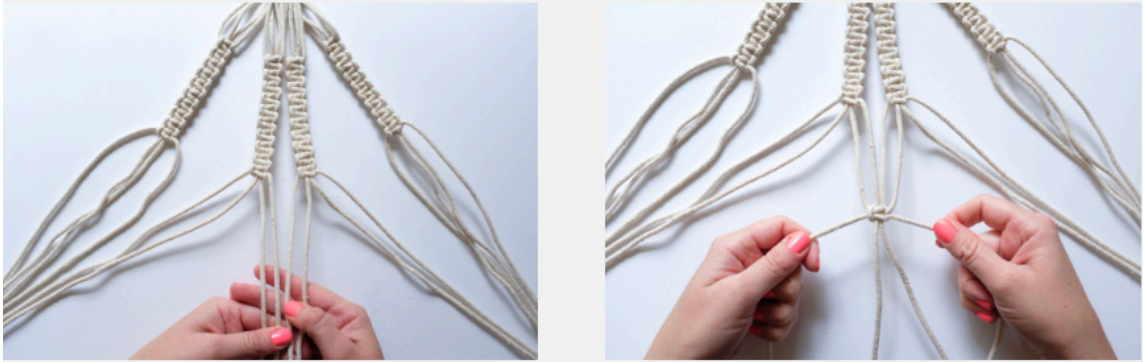


6. Continue this pattern for about 10 inches. Repeat for the rest of the cords.



7. Create a Net: combine the left anchor and knotting cord from one group with the right anchor and knotting cords of the

adjacent group. Create a single square knot about three inches down from your knotted cords.



8. Repeat, creating a square knot in between each group of knotted cords.
9. At this point, you should have four square knots connecting all your cords. Complete a second row of alternating square knots approximately 3" down from your last row.



10. Gather all cords in your hand. Tie a final gathering knot 3 inches down from the last square knot. Make sure it is tight enough to hold your pot



Hang Planter with Wooden beads



Materials:

- Cotton Cord (Measure your flower pot height, and multiply by 16 to find the required length of each cord)
- Wodden ring
- Wodden Beads
- Scissors

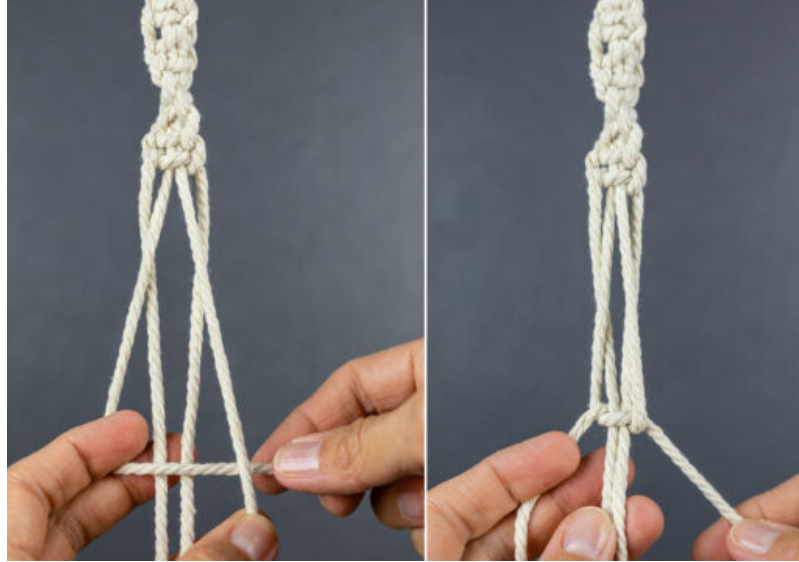
- Measuring tape

Directions:

1. Cut eight cords of this length. (My pot was 8.5 inches tall, so I cut eight cords, each 136 inches long.)
2. Cut two additional pieces of cord about 1 foot in length. These will be used for gathering knots.
3. Begin by folding each cord in half. Attach each cord to the mounting ring using a lark's spur knot. You will feed each loose end of your hanging cord through the loop you have created at the fold to enclose your mounting ring.
4. Tie the bundle of cords together using a gathering knot or a simple knot. This is also referred to as a wrapped knot.
5. Grab four strands of cord and begin making a half square knot, also called a spiral knot. You'll create a shape of the number "4" with the left cord and place the right cord over the left cord. Then, fold the right cord behind the center cords to come out through the opening in the number 4.



6. Complete 24 spiral knots.
7. Swap the outside cords with the center cords. Leave about 2 inches of un-knotted cord, then continue making 12 spiral square knots.



8. Add two beads. Make a full square knot in between the beads.
Continue making 18 spiral knots (a.k.a. half square knots).





9. Repeat the process for all four cords.
10. Once finished, measure your pot to determine where the cords should be joined together. Join two adjacent cords from each set of four using a full square knot. With a full square knot, you'll start with the same half square knot (spiral knot) forming the number 4 and then mirror the knot with right cord forming a reverse number 4.



11. Make a final gathering knot to join all 16 cords together at the bottom. You also have the option of making a simple knot instead.
12. Trim cords at the bottom to create fringe.

Jewelry

Macramé Bracelet with Rattail Cord and Glass Beads



This is an artful quality for beginners, as it only requires knowing how to tie a half knot to complete. Colors and beads can be substituted to suit personal tastes.

Materials:

- 130 cm length of 1 mm rattail cord

- 1 (10-12 mm) disk bead or button with a central hole (hole must be 1 mm minimum)
- 10 (6 mm) black glass spacer beads
- 3 (6 mm) patterned glass spacer beads

Tools:

- Macramé board and pins (optional)
- Ruler
- Scissors
- Lighter

Knots and Techniques:

- Half knot

Directions:

1. Fold over the first 5 cm of the shorter length of cord and lay it in front of you. These are the central cords.



2. Fold the longer cord in half and place the center point underneath both cords.



3. Starting with the left side cord, tie one-half knot.



4. Tighten the knot fully and position it to create a 10 mm loop at the end of the shorter length of the cord. This loop will form part of the bracelet's fastener and needs to be a tight fit for the disk bead to fit through. Adjust as needed to suit your bead.



5. Always start with the left side knotting cord, continue tying half knots until you have a Sennett 3.5 cm long. The Spiral pattern can be seen, forming within a few knots. Pull the first few knots tied a little tighter than normal to hold the loop created in step 1 securely. The completed section of the bracelet, including the loop, should measure approximately 4.5 cm.



6. Thread one black bead, a patterned bead, and a second black bead onto the central cord and move these up to the bottom of the knots. Tie one-half knot underneath the beads to hold them in place. This knot should not be too tight. The beads should be sitting freely with the cords around them, not squashed together.



7. Tie a further four half knots.



- Repeat step 6. This time I am adding one white, one black, and then a second black bead. Tie four more half knots.



- Repeat steps 6-8 until all the beads have been added to the bracelet.



- Continue tying half knots until you have a 3.5 cm Sennett to match the one at the beginning of the bracelet.



11. Cut off the excess knotting cords leaving a 3 mm tail. Gently melt this tail using the lighter and fuse them to the final knot.
12. The melted rattail cord can get very hot and stick to the skin, so it is best to use the point of the scissors, a needle, or a similar item to carry out this step.



13. Thread the disk bead onto the central cord. Leave a gap of 3 mm between the last knot and the bead and tie an overhand knot to secure the bead. Trim off the excess central cord and gently melt the end to avoid wearing out.



Hoop Earrings



A pair of shop-bought hoop earrings are covered with an easy square knot pattern, embellished with round metallic beads. They are so simple to make that you'll want to create several pairs in a variety of colors to complement your fashion choices.

Materials:

- 2.6 m (9 ft) length of 1 mm (1/32 in) nylon bead cord in a color of your choice
- Pair of 4 cm (1 1/2 in) hoop earrings

- 6 (4 mm-5/32 in) round metallic beads with a 2 mm (3/32 in) hole

Knots and Techniques:

- Square knot
- Overhand knot

Preparation:

- Cut 2 (1.3 m-41/2 ft) lengths of 1 mm (1/32 in) nylon bead cord

Directions:

1. Fold one of the 1.3 m (41/2 ft) lengths of nylon bead cord in half over the inside of one of the hoop earrings.
2. Secure the hoop earring to a project board using T-pins. The hoop will be used as your filler cord and each side of the folded cord as your working cord.
3. Tie a firm square knot as close as possible to where the connector inserts into the hoop.

4. Tie a sinnet of 15 square knots working your way around the hoop (your filler cord). Push the knots firmly together once the sinnet is complete.
5. Thread a metal bead onto the earring hoop and push it firmly against the square knot sinnet.
6. Directly beneath the bead, tie a sinnet of 3 square knots.
7. Repeat step 5.
8. Repeat step 6.
9. Repeat step 5.
10. Directly beneath the bead, tie a sinnet of 16 square knots to finish just before the connector.
11. Tie a tight double overhand knot with both cords.
12. Trim the cords and carefully singe the ends to prevent fraying. Use a flame to melt the cord ends but be sure to stop before they char.
13. Repeat steps 1-12 with the second hoop earring to complete the pair.

Choker Necklace



The delicate links of this exquisite choker-style necklace are created using square knots embellished with metallic beads, and the finished piece is secured in place around your neck with plaited ties. Simply adjust the length of the plaits to make the necklace longer or shorter to fit.

Materials:

- 12 m (40 ft) length of 1 mm (1/32 in) nylon bead cord in a color of your choice
- 8 mm (5/16 in) jump ring

- 14 (4 mm-5/32 in) round metallic beads with a 2 mm (3/32 in) hole

Knots and Techniques:

- Reverse Lark's Head Knot
- Square Knot
- Overhand Knot
- Numbering Cords
- Plaiting

Preparation:

- Cut 8 (150 cm-5 ft) lengths of 1 mm (1/32 in) nylon bead cord

Directions:

1. Secure the jump ring to the top of a project board using a T-pin.
2. Mount 4 (150 cm-5 ft) lengths of nylon bead cord onto the jump ring with reverse lark's head knots.

3. Separate the cords into two groups of 4 cords and tie a sinnet of 3 square knots with each group.
4. Number the cords 1 to 8. Thread a metal bead onto cords 4 and 5 so that the bead sits directly against the square knots above it.
5. Tie a square knot directly beneath the metal bead using cords 4 and 5 as filler cords and cords 3 and 6 as working cords.
6. Separate the cords into 2 groups of 4 cords and tie a sinnet of 4 square knots with each group.
7. Number the cords 1 to 8. Thread a metal bead onto cords 4 and 5 so that it sits directly against the square knots above it.
8. Tie a square knot directly beneath your metal bead using cords 4 and 5 as filler cords and cords 3 and 6 as working cords.
9. Repeat steps 6-8 four more times.
10. Number the cords 1-8. Tie an 8-cord square knot using cords 3- 6 as filler cords and cords 1 and 2 and 7 and 8 as working cords.

11. Directly beneath the 8-cord square knot, tie an overhand knot using all 8 cords and pull really tightly to secure.
12. Cut off 5 of the cords just beneath the overhand knot and carefully singe the ends with a flame to melt them, taking care not to char them, then press them onto the 3.
13. With the remaining three cords, make a 12 cm (43/4 in) plait and tie a tight overhand knot to secure.
14. Thread a metal bead onto the cords and secure with a tight overhand knot, then trim the cords to your desired length.
15. Unpin the half-completed necklace from the project board, rotate it through 180 degrees and connect it to the top of the board (the completed half of the choker is still right side facing up, but it is now trailing off of the top of the project board).
16. Now repeat steps 2-14 on the other side of the jump ring to complete the necklace.

Conclusion

Congratulations! You've reached the end of "Macramé for Beginners." By now, you should feel confident in your ability to knot, braid, and twist your way to creating beautiful and functional macramé pieces. We've covered the basics of the craft, including which yarn to use, basic knots, and simple patterns to get you started.

But this is just the beginning of your macramé journey. With the skills you've learned from this book, you're now ready to explore more advanced techniques and create more intricate designs. Luckily, you don't have to go it alone. Our bundle of macramé eBooks offers a wealth of knowledge and inspiration to take your macramé skills to the next level.

In our other eBooks, you'll learn how to create stunning wall hangings, intricate jewelry, and even macramé clothing. You'll learn how to incorporate unique materials, such as beads and feathers, into your designs.

But even as you explore more advanced techniques and designs, it's important to remember that macramé is a craft that's meant to be enjoyed. Whether you're creating a simple plant hanger or a complex wall hanging, take your time, savor the process, and enjoy the satisfaction of creating something beautiful with your own two hands.

So go forth and knot! With the knowledge and inspiration you've gained from "Macramé for Beginners" and our other eBooks, the possibilities are truly endless. We can't wait to see the beautiful macramé creations you'll come up with.