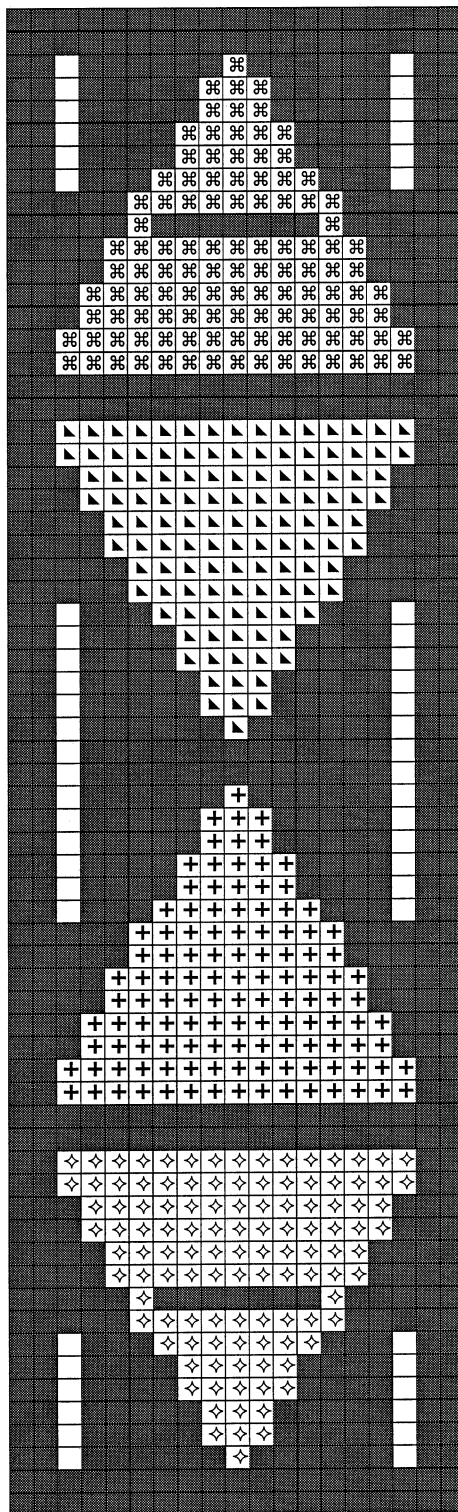


elements bookmark

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- ☞ YELLOW (Air)
- ▤ BLUE (Water)
- ⊕ RED (Fire)
- ◇ GREEN (Earth)
- WHITE (Spirit)
- BLACK

For needlepoint instructions, visit the 'Instructions' page on www.threefoldneedlepoint.com

This design has been worked on 10 count open weave canvas - after the design was finished, I just trimmed the edges (so keep as neat as possible on the back!).

I used yarn from the Victorian Tapestry Workshop, and double the strand on the needle - if using DMC stranded cotton, you can use a single strand.