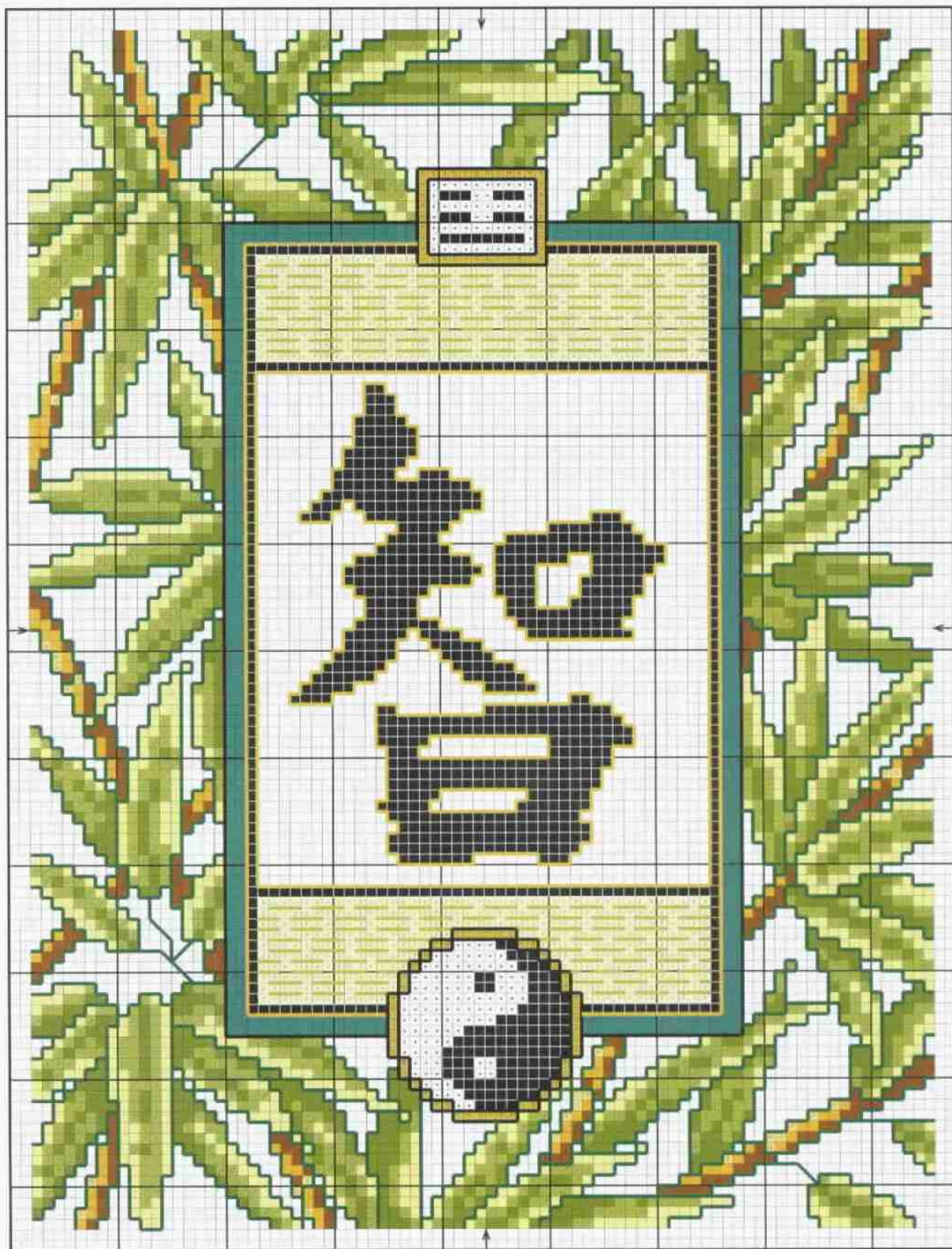


FOUR ELEMENTS



BAMBOO 'WISDOM'

Chen is the trigram for Wood. Its two broken lines above a lower solid line represent feminine energy and its underlying masculine qualities. It is a combination of earthly endeavours and spiritual enlightenment that brings us wisdom. The long, earth-bound stems of the bamboo securely hold leaves the green colour of new life.



DESIGN SIZE: 15.25 x 20.3cm (6 x 8in)

STITCH COUNT: 84w x 112h

MATERIALS

- 28 x 33cm (11 x 13in) Rustico (#54) 14-count Aida
- DMC stranded cotton (floss) as listed in the chart key
- Tapestry needle No.24

1 Begin by referring to Techniques, page 103 if necessary. Find and mark the centre of the fabric and then circle the centre of the chart with a pen. Mount your fabric in an embroidery frame if you wish.

2 Begin stitching from the centre of your fabric and work outwards, following the colour changes on the chart. Work all the cross stitches using two strands of stranded cotton (floss). Refer to the chart key for working all the backstitches.





3 Once all the stitching is complete, finish your picture by mounting in a suitable frame.

BAMBOO 'WISDOM' KEY

DMC stranded cotton
Cross stitch

 677	 869	 470	 blanc
 676	 472	 3814	 5282 (gold metallic)
 729	 471	 310	

Backstitch

-  5282 2 strands, wisdom symbol outline & both sides of black border
-  3814 1 strand, leaves and bamboo outlines
-  310 1 strand, trigram outline, around yin yang symbol & outside green border
-  470 1 strand, pattern below trigram & above yin yang symbol