

## Knotta Mala Instructions

### Supplies:

- 2 ½ yards for a 27-knot necklace
- 5 yards of #36 twine [www.twinebydesign.com](http://www.twinebydesign.com) for 54 knot necklace
- 9 yards for 108 knot necklace
- 1 bead with a hole large enough for both ends of twine to fit through
- Masking tape (cut a 1/2" piece of masking tape to tape twine at each end. Put tape on before cutting twine as twine unravels really fast. This also makes it easier to thread twine through the bead when finishing the project.)

### Directions:

1. At mid-point of twine begin making your knots
2. Start knots from center and work towards one end until 27 or 54 knots are tied
3. See previous sheet for how to tie knots, or, go to the website [www.twinebydesign.com](http://www.twinebydesign.com)
4. Go back to center and tie 27 or 54 knots going out towards the other end of the string. You will have 27 or 54 knots for the small necklace total, or, 108 for the large necklace total
5. **To finish off with a bead:** Thread each end of twine through the opposite side of bead. With two strands of twine make a knot like you have done above except only go around index finger once or twice at most. This is the trickiest knot to do, as you want it to hug the bead. Brush a tiny amount of clear nail polish at bottom of knot so it won't loosen. Trim twine to 1" below knot and unravel.
6. **To finish off without a bead:** Go once around your finger with both ends of twine and make a knot close to the last 2 knots. Cut off excess twine 1" below the two strand knot. Trim twine to 1" below knot and unravel. Brush a tiny amount of clear nail polish at bottom of knot so it won't loosen

## Detailed Knotta Mala instructions:

When starting a Knotta Mala, find the middle point of your length of twine. This will end up being your Mala's third decade. Fold the twine over the index finger from front to back, angled from left to right.

Loosely loop the twine around your finger and then back to the left making an "X" shape.

Lightly loop the twine around your finger three times, 3 loops total. Each new loop should be made toward your palm. Not toward the tip of your finger.

Don't let the loops tangle...gently move them to the end of your finger. Holding the taped end of the twine used to make the loops around your finger, insert the end of the twine into the back of the loops, and pull through, away from your left hand.

Pull the length of the twine all the way through the three loops, but don't take the loops off of your finger yet.

Next comes the tricky part! Now CAREFULLY take the three loops off your index finger. Using your left hand fingers as guides, make sure the loops stay aligned and don't crisscross.

With the middle finger and pinkie of your right hand, pull the twine to shrink the knot. When the knot is made, hold the knot tightly with your left fingers, and pull HARD with your right hand to make a nice, tight knot.

Repeat... Repeat... Repeat... the more you practice the tighter your knots will become.

Buy pretty beads with large openings and put both ends through the strings... make a knot under the string and then fringe the twine if you want. Add feathers... get funky!