



Elemental Macramé

20 macramé and crystal projects for balance and beauty

Rebecca Millar

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Description

The idea of classical 'elements' is common to many belief systems including Ancient Greek, Egyptian, Babylonian, Hinduism and Buddhism, as well as Chinese and Japanese philosophies. The five elements of the Pagan religion Wicca represent the five points of the pentagram, a powerful sacred symbol. No matter what your beliefs, paying attention to the forces of nature can bring a greater sense of spirituality and calm to your life, which is equally true of the craft of macramé, which like all handicrafts has proven benefits for wellbeing.

This unique and beautiful book celebrates each of the Earth's sacred elements with projects that even beginners to macramé can tackle with ease. In nature, each element has its own specific properties, colours and stones associated with it, which these projects incorporate to dramatic effect. The 20 projects all draw their inspiration from nature and the elements. Many of the projects have crystals incorporated into them, for the good vibrations and healing energy they bring. You'll also learn how to dip-dye macramé for wonderful ombre effects and work with a variety of different coloured cords to bring beauty and interest to your pieces.

Make a tree of life hoop to connect with the earth, a dreamcatcher to protect you during sleep, a hanging shelf to display your crystals, and a plant hanger to purify the air. Make a tiara to bring out your inner goddess, a crystal bracelet to control and direct your fire, or some coasters for your altar candles to sit on. With 20 projects to choose from you will find a whole host of ways to enjoy macramé in a new intentional, spiritual light.

About the Author

Rebecca Millar is a UK-based professional macramé artist who goes by the name Vanir Creations, a business she started in 2017. Vanir is the name of the group of Norse gods associated with health, fertility, wisdom, and the ability to see the future. She sells her creations on her own website and Etsy. She has over 30,000 Instagram followers and a growing fan base on YouTube where she shares DIY videos. Visit her website www.vanircreations.com.

Example spreads from the book

