



Be"you"tiful Mandala

Meditation and Pattern

Hasty Tortoise Crochet
By Ash Naylor

Welcome to Hasty Tortoise Crochet, where mindfulness meets creativity. Our lives today are too busy and chaotic! For me, crochet has always been a small oasis of calm in a too-noisy world. I hope you find a peace of mind, a little wisdom, and creative inspiration as you work your way through this pattern.

I invite you to find a comfortable chair, turn off the distractions, ready your yarn and hook and take a deep breath. Read each quote, passage, or mantra at the start of each round, and focus your attention on the thoughts and feelings that arise. Let those thoughts and feelings flow as your mind and hands are captured by each stitch.

Materials

- Caron One Pound, Medium wt. 4 (100% acrylic, 80 yards total, 44 grams total)
 - Colors used: Peach, White, Black, Sunflower, and Soft Sage
 - Hook: US G6 / 4.25 mm
 - Yarn Needle, Scissors
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Finished Size = 10 inches across

Pattern Notes

- Instructions in [brackets] are repeated the indicated number of times or to the end of the round
 - Instructions in (parentheses) are all carried out in the one indicated stitch
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About this Meditation

Sometimes you need a little reminder that you're beautiful just the way you are! All of the quotes that go along with this pattern are self-affirming and confidence building. The colors I chose include bright, joyful Peach and Sunflower, calming Soft Sage, and contrasting Black and White to really make the colors stand out! As you build your mandala, round by round, let your confidence build too! When finished, display your mandala proudly, as a wall-hanging, table center-piece, or even a useful kitchen trivet!



Stitch Key and Techniques

Abbrev.	Term	Technique
BloDC	Back Loop Only Double Crochet	Make a DC in only the back loop of indicated St
BloSC	Back Loop Only Single Crochet	Make a SC in only the back loop of indicated St
BPDC	Back Post Double Crochet	Yarn over, insert hook from back to front to back around indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
Ch	Chain	Yarn over and pull through single loop on hook
ChSp	Chain Space	-
DC	Double Crochet	Yarn over, insert hook into indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
FloSC	Front Loop Only Single Crochet	Make a SC in only the front loop of indicated St
FPDC	Front Post Double Crochet	Yarn over, insert hook from front to back to front around indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
FPtrC	Front Post Treble Crochet	Yarn over twice, insert hook from front to back to front around indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) three times
HDC	Half Double Crochet	Yarn over, insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through all three loops
Pop	Popcorn Stitch	Make 5DC in indicated St, remove your hook and insert it into the first DC of the cluster, grab the working loop with your hook and pull it through the DC
SC	Single Crochet	Insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through both loops
SlSt	Slip Stitch	Insert hook into indicated St, yarn over and draw up a loop, pull this loop through first loop on hook
St	Stitch	-
TrC	Treble Crochet	Yarn over twice, insert hook into indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) three times
-	Join & Fasten Off	SlSt into beginning St of current working round, Ch1, trim end (leave 5-6" for weaving in when finishing piece), pull loop all the way out and pull tight to secure
-	Magic Circle/Ring	I highly recommend finding a YouTube tutorial if you haven't yet learned how to crochet in a Magic Circle/Ring. As an alternative, Ch4 and SlSt to beginning Ch to form a starting ring.
-	Standing Stitch	With a slip knot on your hook, work indicated stitch as normal.

Pattern Instructions and Meditation

“Talk to yourself like someone you love.” ~ Brene Brown

Round 1 (Peach): Magic circle, Ch2 (counts as first DC in circle), 15 DC in circle, join & fasten off, gently tighten circle [**16 DC in magic circle**]

“You’re always with yourself, so you might as well enjoy the company.” ~ Diane Von Furstenberg

Round 2 (White): Standing DC in same St as join, FPDC in same St, [(DC, FPDC) in next St] around, join & fasten off [**16 DC, 16 FPDC**]

“As I began to love myself, I found that anguish and emotional suffering were only warning signs that I was living against my own truth.” ~ Charlie Chaplin

Round 3 (Black): Standing SC in same St as join, [BloSC] around, join & fasten off [**32 BloSC**]

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within.” ~ Elisabeth Kubler-Ross

Round 4 (Sunflower): Standing BloSC in any St, skip St, [(HDC, 2DC, 2TrC, 2DC, HDC) in next St, skip St, BloSC in next St, skip St] around, join & fasten off [**8 BloSC, 8 (HDC, 2DC, 2TrC, 2DC, HDC) clusters**]

"Loving yourself isn't vanity;
it's sanity." ~ Katrina Mayer

Round 5 (Soft Sage): Standing FloSC in the front loop of round 3 (black) in front of the BloSC St, [SISSt in next 4 St from round 4, Ch2, SISSt in next 4 St from round 4, FloSC in St from round 3] around, join & fasten off [**8 FloSC, 64 SISSt, 8 Ch2Sp**]

"How you love yourself is
how you teach others to love
you." ~ Rupri Kaur

Round 6 (Peach): *Note: this round is worked into round 4!* Standing BloSC into the first DC in any of the 8 clusters, BloSC in the next 2 St, Ch3, BloSC in the next 3 St, Ch3, skip 3 St, [BloSC in next 3 St, Ch3, BloSC in next 3 St, Ch3, skip 3 St] around, join & fasten off [**48 BloSC, 16 Ch3Sp**]

"When admiring other
people's gardens, don't
forget to tend to your own
flowers." ~ Sandbar Khan

Round 7 (White): (Standing SC, Ch2, SC) in any Ch3Sp at a point (not a Ch3Sp in between points), [SC, HDC, skip St, (2DC, Ch2, 2DC) in Ch3Sp between points, skip St, HDC, SC, (SC, Ch2, SC) in Ch3Sp at point] around, join & fasten off [**32 SC, 16 HDC, 32 DC, 16 Ch2Sp**]

"Love yourself so much that
when someone treats you
wrong, you recognize it." ~
Rena Rose

Round 8 (Black): Standing BloSC in any SC before a Ch2Sp [Ch2, skip Ch2Sp, BloSC in next 2 SCSt, skip HDCSt, BloSC in next 2 DCSt, Ch2, skip Ch2Sp, BloSC in next 2 DCSt, skip HDCSt, BloSC in next 2 SCSt] around, join & fasten off [**64 BloSC, 16 Ch2Sp**]

"Most of the shadows of this
life are caused by standing in
one's own sunshine." ~
Ralph Waldo Emerson

Round 9 (Sunflower): Standing Pop in any Ch2Sp, [Ch3, skip St, SC in next 2 St, Ch3, skip St, Pop in next Ch2Sp] around, join & fasten off [**16 Pop, 32 SC, 32 Ch3Sp**]

“Stop shrinking to fit places you’ve outgrown.” ~ unknown

Round 10 (Soft Sage): Standing SC in any Ch3Sp to the left of a Pop, [Ch1, FPTrC in the skipped HDC from round 7, Ch1, SC in Ch3Sp, Sc in Pop, Sc in Ch3Sp] around, join & fasten off [**16 FPTrC, 48 SC, 32 Ch1Sp**]

“Stay afraid, but do it anyway. What’s important is the action. You don’t have to wait to be confident. Just do it and eventually the confidence will follow.” ~ Carrie Fisher

Round 11 (White): Standing BPDC in any FPTrC from previous round, [DC in Ch1Sp, BloDC, Ch2, skip St, BloDC, DC in Ch1Sp, BPDC in FPTrC] around, join & fasten off [**16 BPDC, 32 DC, 32 BloDC, 16 Ch2Sp**]

“My mission in life is not merely to survive, but to thrive and do so with some passion, some compassion, some humor, and some style.” ~ Maya Angelou

Round 12 (Peach): S1St into any BPDC from previous round, [SC, HDC, (2DC, TrC, 2DC) in Ch2Sp, HDC, SC, S1St] around, join & fasten off [**16 (2DC, TrC, 2DC) clusters, 32 HDC, 32 SC, 16 S1St**]

Finishing your work

- **Weave in ends using your yarn needle.** I like to use the zig-zag method, where I weave one way, then back the other to make sure the ends are extra secure. Loose ends means a shorter life of your project, and we all want our hard work to last a long time!
- **Blocking:** there are several ways to get your project to lay flat. I like to use the spray bottle method. Spritz your mandala lightly and evenly with water. Shake it out and stretch it gently, then lay it out to dry on a flat surface.

“Living in the moment, it’s a gift. That’s why they call it the present.” ~ Ted Lasso
