



Buddhist 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.

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, 86 yards total, 48 grams total)
 - Colors: Use any 8 colors of your choosing (I used: Cream, Deep Violet, Sunflower, Soft Pink, Soft Sage, Claret, Peach, Midnight Blue)
 - 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

Buddhist practice provides relatively straightforward tools we could all use, regardless of our own personal religious backgrounds, to improve ourselves and our conduct with others. If you're new to Buddhist practice, use this mandala pattern as a way to learn and contemplate the Eightfold Path and how you could incorporate these Buddhist ideas into your daily life. If you already practice Buddhism, this mandala pattern is a fun way to switch up your usual meditation routine! This mandala is made with an eight-point lotus flower motif. Eight different colors represent the eight-fold path put forth by the Buddha. When finished, display your mandala proudly, as a wall-hanging, table center-piece, or even a kitchen trivet!

Stitch Key and Techniques

Abbrev.	Term	Technique
Ch	Chain	-
ChSp	Chain Space	-
SC	Single Crochet	Insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through both loops
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

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
BloSC	Back Loop Only Single Crochet	Make a SC in only the back loop of indicated St
BPSC	Back Post Single Crochet	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
St	Stitch	None
SlSt	Slip Stitch	Insert hook into indicated St, yarn over and draw up a loop, pull this loop through first loop on hook
YO	Yarn Over	-
-	Standing Stitch	With a slip knot on your hook, work indicated stitch as normal.
-	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.

Pattern Instructions and Meditation

Right View

What's your outlook on life? Are you a pessimist or an optimist? Can you practice adjusting your view to a more positive outlook on life?

Round 1 (Cream): magic circle, ch1 (does not counts as first SC), 8 SC in circle, join with SlSt to first SC, [**8 SC in magic circle**] do not fasten off

Round 2 (Cream): Ch2 (counts as first DC), DC in same St, Ch1, [(2DC, Ch1) in each St] around, join with StSt to 2nd Ch of starting Ch2 [**16DC, 8 Ch1Sp**] do not fasten off

Round 3 (Cream): Ch3 [SC in Ch1Sp, Ch3] around, join & fasten off [**8 SC, 8 Ch3Sp**]

Right Intention

Are you causing harm to others or yourself? Can you practice being more aware of your intent behind your actions in daily life?

Round 4 (Deep Violet): Standing SISt in any SC of previous round, [Ch5, SISt in next SC] around, join & do not fasten off [**8 SISt, 8 Ch5Sp**]

Round 5 (Deep Violet): [(SC, Ch1, 2DC, Ch3 and SISt in top of last DC, 2DC, Ch1, SC) in Ch3Sp from round 3] around, join & fasten off [**8 “petals” made of (2 SC, 2 Ch1Sp, 4 DC, and 1 Ch3 picot)**]

Right Speech

Are you being truthful or are you misleading? Can you practice avoiding harsh or divisive speech? Can you practice avoiding idle complaint or empty gossip?

Round 6 (Sunflower): [(SC, Ch1, 2DC, 2TrC, Ch3 and SISt in top of last TrC, 2 TrC, 2 DC, Ch1, SC) in Ch5Sp from round 4] around, join & fasten off [**8 “petals” made of (2 SC, 2 Ch1Sp, 8 DC, 8 TrC, 1 Ch3 picot)**]

Right Action

Are your actions harming yourself or others? Can you practice being more aware of the consequences of your actions on yourself and others?

Round 7 (Soft Pink): Standing BPSC in any DC before a Ch1 in a “petal” from round 6, Ch3, [BPSC in DC after a Ch1 in next “petal”, Ch5, BPSC in DC before a Ch1 in same “petal”, Ch3] *tip, Ch5’s go behind the petals, Ch3’s go between the petals* around, join & do not fasten off [**15 BPSC, 8 Ch5Sp, 8 Ch3Sp**]

Round 8 (Soft Pink): [In Ch3Sp: (SC, Ch1, 2DC, Ch3 and SISt in top of last DC, 2DC, Ch1, SC), In Ch5Sp: (SC, Ch1, 2DC, 2TrC, Ch3 and SISt in top of last TrC, 2 TrC, 2 DC, Ch1, SC)] around, join & fasten off [**8 small “petals” made of (2SC, 2 Ch1Sp, 4 DC, and 1 Ch3 picot), 8 large “petals” made of (2 SC, 2 Ch1Sp, 8 DC, 8 TrC, 1 Ch3 picot)**]

Right Livelihood

Are you involved in a job that is harmful to yourself, others, society, or the environment? Can you be more aware of how your daily work is affecting yourself and others? If your work is harmful in some way, can you balance your work with another pursuit that has a more positive impact? Can you find work that has more positive outcomes?

Round 9 (Soft Sage): Standing BPSC in any first TrC made in a large petal of previous round, BPSC in next TrC, Ch2, BPSC in next 2 TrC [Ch2, BPSC in top 2DC of next small petal, Ch2, BPSC in 2TrC of next large petal, Ch2 BPSC in next 2TrC of same petal] around, join & do not fasten off [**48 BPSC, 24 Ch2Sp**]

Round 10 (Soft Sage): SC in same St as join, SC in next, (SC, Ch1, SC) in Ch2Sp, SC in next 2 St, [2SC in Ch2Sp, SC in next St, Ch2, SC in next St, 2SC in Ch2Sp, SC in next 2 St, (SC, Ch1, SC) in Ch2Sp, SC in next 2 St] around, join & fasten off [**8 Ch2Sp, 8 Ch1Sp, 96 SC**]

Right Effort

In meditation, can you work to cultivate healthy and helpful states and minimize harmful and negative states?

Round 11 (Claret): [In (any) Ch2Sp: (SC, Ch1, 2DC, Ch2, and S1St in top of last DC, 2DC, Ch1, SC), skip 2 St, BloSC in next 4 St, (SC, Ch1, SC) in Ch1Sp, BloSC in next 4 St, skip 2 St] around, join & fasten off [**8 small "petals" made of (2 SC, 2 Ch1Sp, 4 DC, and 1 Ch2 picot), 8 (SC, Ch1, SC), 64 BloSC**]

Right Mindfulness

In meditation, can you become more open and aware of your current physical, mental, and emotional states? Can you practice daily awareness of your current reality?

Round 12 (Peach): Standing BPSC in first DC of any small petal of previous round, BPSC in next St, Ch2, BPSC in next 2 DC [Ch3, Skip 2 St, BloSC in next 4 St, (SC, Ch1, SC) in Ch1Sp, BloSC in next 4 St, Ch3, Skip 2 St, BPSC in next 2 DC, Ch2, BPSC in next 2 DC] around, join & fasten off [**64 BloSC, 8 Ch2Sp, 16 Ch3Sp, 8 (SC, Ch1, SC)**]

Right Concentration

What mental state absorbs your attention? In meditation, can you concentration on happiness or gratitude rather than negativity that arises?

Round 13 (Midnight Blue): [In (any) Ch2Sp: (SC, Ch1, 2DC, Ch2 and S1St in top of last DC, 2DC, Ch1, SC), Ch3, Skip Ch3Sp, BloSC in next 4 BloSC of previous round, Ch1, skip St, (SC, Ch2, SC) in Ch1Sp, Ch1, Skip St, BloSC in next 4 BloSC, Ch3, Skip Ch3Sp] around, join & fasten off [**64 BloSC, 8 (SC, Ch2, SC), 16 Ch1Sp, 16 Ch3Sp, 8 small "petals" made of (2SC, 2Ch1Sp, 4 DC, and 1 Ch2 picot)**]

Pattern Photos



R1: 8 SC in magic circle
R2: 16DC, 8 Ch1Sp
R3: 8 SC, 8 Ch3Sp



R4: 8 SlSt, 8 Ch5Sp



R5: 8 "petals" made of
(2 SC, 2 Ch1Sp, 4 DC,
and 1 Ch3 picot)



R6: 8 "petals" made of
(2 SC, 2 Ch1Sp, 8 DC, 8
TrC, 1 Ch3 picot)



R7: 15 BPSC, 8 Ch5Sp, 8
Ch3Sp



R8: 8 small "petals" made of
(2SC, 2 Ch1Sp, 4 DC, and 1 Ch3
picot), 8 large "petals" made of
(2 SC, 2Ch1Sp, 8 DC, 8 TrC, 1
Ch3 picot)



R9 Front: 48 BPSC, 24 Ch2Sp



R9 Back: 48 BPSC, 24 Ch2Sp



R10 : 8 Ch2Sp, Ch1Sp, 96 SC



R11: 8 small "petals" made of (2 SC, 2 Ch1Sp, 4 DC, and 1 Ch2 picot), 8 (SC, Ch1, SC), 64 BloSC



R12: 64 BloSC, 8 Ch2Sp, 16 Ch3Sp, 8 (SC, Ch1, SC)



R13: 64 BloSC, 8 (SC, Ch2, SC), 16 Ch1Sp, 16 Ch3Sp, 8 small "petals" made of (2SC, 2Ch1Sp, 4 DC, and 1 Ch2 picot)

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