



# *Ralph Waldo Emerson 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, 72 yards total, 40 grams total)
    - Colors used: Espresso, Deep Violet, Soft Sage, Orange, Light Gray
  - Hook: US G6 / 4.25 mm
  - Yarn Needle, Scissors
- 

*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
- 

## *About this Meditation*

Ralph Waldo Emerson (1803-1882) shares wisdom on our relationships with nature and our own minds in his many poems and essays. Leading the Transcendentalist movement, he championed the rights and responsibilities of the individual and our need to form better relationships with the natural world. He was an abolitionist and an environmentalist in a time when it was very unpopular to be either. This mandala is made with a central floral motif with bright orange and blue radiating outwards, as Emerson believed our greatest joy and peace of mind could radiate from the beauty of nature. 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
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
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
2DC-Cluster	2-Double Crochet Cluster	YO & insert hook into indicated St, YO & pull through two loops, YO & insert hook into same St, YO & pull through two loops, YO & pull through remaining three loops
DC2Tog	Double Crochet 2 Together	YO & insert hook into indicated St, YO & pull through two loops, YO & insert hook into next St, YO & pull through two loops, YO & pull through remaining three loops
BloSC	Back Loop Only Single Crochet	Make a SC in only the back loop of indicated St
BloDC	Back Loop Only Double Crochet	Make a DC in only the back loop of indicated St
BloTrC	Back Loop Only Treble Crochet	Make a TrC in only the back 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
Puff	Puff Stitch	[Yarn over, insert hook into indicated St, draw up a loop] three times, yarn over and pull through six loops, yarn over and pull through two loops
St	Stitch	None
SISl	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	SISl 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 SISl to beginning Ch to form a starting ring.

### *Pattern Instructions and Meditation*

"Life is a journey, not a destination."

**Round 1 (Soft Sage):** magic circle, ch2 (counts as first DC), 15 DC in circle [**16 DC in magic circle**] do not join or fasten off

“Make the most of yourself...for that is all there is of you.”

**Round 2 (Soft Sage):** BloSC in first St of Round 1, [ch3, skip St, BloSC] around, join & fasten off [**8 BloSC, 8 Ch3Sp**]

“Earth laughs in flowers.”

**Round 3 (Espresso):** Standing FPDC around and BloSC of previous round, [Ch1, SC in center Ch of Ch3, Ch1, FPDC around next BloSC] around, join & fasten off [**8 FPDC, 8 SC, 16 Ch1Sp**]

“Our greatest glory is not in never failing, but in rising up every time we fail.”

**Round 4 (Light Gray):** Standing SC in any Ch1Sp of previous round, [Ch 2, SC in next Ch1Sp] around, join & fasten off [**16 SC, 16 Ch2Sp**]

“I cannot remember the books I’ve read any more than the meals I’ve eaten; even so, they have made me.”

**Round 5 (Orange):** Standing FPTrC around any FPDC from round 3, [Ch1, 2DC-Cluster in next SC, Ch3, 2DC-Cluster in next SC, Ch1, FPTrC around FPDC from round 3] around, join & fasten off [**8 FPTrC, 16 2DC-Cluster, 8 Ch3Sp, 16 Ch1Sp**]

“People do not seem to realize that their opinion of the world is also a confession of their character.”

**Round 6 (Soft Sage):** Standing SC in any Ch3Sp, [DC2Tog in next St and Ch1Sp, (TrC, Ch2, TrC) in FPTC, DC2Tog in Ch1Sp and next St, (SC, Ch3, SC) in Ch3Sp] around, join & fasten off [**16 DC2Tog, 8 (TrC, Ch2, TrC), 8 (Sc, Ch3, SC)**]

“Little minds have little worries, big minds have no time for worries.”

**Round 7 (Deep Violet):** Standing SC in any Ch2Sp between TrC St's, 3 more SC in same Ch2Sp, [skip 3 St's, (DC, Ch2, DC, Ch2, DC) in next Ch3Sp, skip 3 St's, 4SC in Ch2Sp] around, join & fasten off [**32 SC, 24 DC, 16 Ch2Sp**]

“It is not the length of life, but the depth.”

**Round 8 (Espresso):** standing SC in DC before group of 4 SC's from previous round, SC in next 4 SC St's, SC in next DC, [Ch6, S1St in Ch2Sp from round 4, Ch6, SC in DC before group of 4 SC's from previous round, SC in next 4 SC St's, SC in next DC] around, join & fasten off [**48 SC, 8 S1St, 16 Ch6Sp**]

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

**Round 9 (Light Gray):** In any second SC of a group of six of the previous round, make a Standing SC in the back bar (behind the back loop), back bar SC in the next 3 SC, Ch1, skip SC, [2 puff in the next Ch2Sp of round 7, Ch2, skip DC of round 7, 2 puff in the next Ch2Sp of round 7, Ch1, skip SC, back bar SC in next 4 SC, Ch1, skip SC] around, join & fasten off [**32 puff, 8 Ch2Sp, 32 back bar SC, 16 Ch1Sp**]

“To be yourself in a world that is constantly trying to change you is the greatest accomplishment.”

**Round 10 (Deep Violet):** Standing BloSC in first SC in group of four of the previous round, BloSC in the next 3 SC, [Ch1, HDC in Puff, DC in next Puff, (DC, FPTrC in DC from round 7, DC) in Ch2Sp, DC in Puff, HDC in next Puff, Ch1, BloSC in next 4 SC] around, join & fasten off [**32 SC, 16 Ch1Sp, 16 HDC, 32 DC, 8 FPTrC**]

“Most of life's shadows are caused by standing in one's own sunshine.”

**Round 11 (Orange):** Standing BloSC in HDC after a group of 4SC in previous round, BloSC in next 6 St's, [Ch1, 2BloDC in SC St, BloTrC in next SC, Ch2, BloTrC in next SC, 2BloDC in next SC, Ch1, BloSC in next 7 St's] around, join & fasten off [**56 BloSC, 16 Ch1Sp, 32 BloDC, 16 BloTrC, 8 Ch2Sp**]

“The only person you are destined to become is the person you decide to be.”

**Round 12 (Soft Sage):** Standing SC in first BloSC in group of 7BloSC of previous round, (Ch1, SC) in next 6 BloSC, [skip Ch1Sp and DC, BloSC in next 2 St, (DC, Ch2, DC) in Ch2Sp, BloSC in next 2 St, Skip DC and Ch1Sp, (SC, Ch1) in next 7 BloSC] around, join & fasten off [16 DC, 8 Ch2Sp, 32 BloSC, 56 (SC, Ch1)]



**R1 & 2:** 16 DC in magic circle; 8 BloSC, 8 Ch3Sp



**R3:** 8 FPDC, 8 SC, 16 Ch1Sp



**R4:** 16 SC, 16 Ch2Sp



**R5:** 8 FPTrC, 16 2DC-Cluster, 8 Ch3Sp, 16 Ch1Sp



**R6:** 16 DC2Tog, 8 (TrC, Ch2, TrC), 8 (Sc, Ch3, SC)]



**R7:** 32 SC, 24 DC, 16 Ch2Sp



**R8:** 48 SC, 8 SlSt, 16 Ch6Sp



**R9:** 32 puff, 8 Ch2Sp, 32 back bar SC, 16 Ch1Sp



**R10:** 32 SC, 16 Ch1Sp, 16 HDC, 32 DC, 8 FPTrC



**R11:** 56 BloSC, 16 Ch1Sp, 32 BloDC, 16 BloTrC, 8 Ch2Sp



**R12:** 16 DC, 8 Ch2Sp, 32 BloSC, 56 (SC, Ch1)

---

### *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*

---