



Inner Peace

*designed by Toji Locatelli in
collaboration with Sundara Yarns*

This single skein fingering project will enlighten your day and lift your spirits!

This shawl is worked from side-to-side using a mesmerizing yarn that subtly reflects light as it moves. As usual, the design was produced from that light deep down inside that drives all of our emotions. It came at a time of inner reflection and thus, I've named it Inner Peace.

Peace is an energy that comes from within, it is not something that just happens. Peace is being in control of your inner monster when it makes you feel greedy, selfish, angry or spiteful. It is taking a step back and doing what you can do to make YOURSELF better and no longer expecting others to make it happen for you.

Like our knitting, peace is something we have to work at, to fashion with all our might. It is a magic you have to make time for every day and something that will make your world all the more easy to bear. Every ounce you put in will come back to you two-fold.

Work on this shawl and imagine your personal inner peace, what does it look like to you and what can you do today to change our world for the better.

Peace starts with you, own it!

Finished Measurements:

67 inches (167cm) from side to side and 18 inches (45 cm) from top to bottom at deepest point (including fringe).

Materials:

Yarn:

Sundara Yarn Fingering Silky Merino (50% Silk/50% Merino – 150g) – 560 yards (1 skein). Shown in colorway “Snow Clouds”.

Needles: US 4 (3.5mm) knitting needles.

Gauge:

20 stitches and 30 rows to 4 inches (10 cm) in garter stitch, after blocking.

Gauge is not crucial for this project. However, changes might result in a different yardage requirement.

Techniques:

Bobble edge:

Every 4 rows, the instructions will tell you to:

Work bobble: CO3 using the knitted CO (see *Glossary*), kfbfb (knit the same st 4 times), turn work. P4, turn work. K4. Slip the 2nd, 3rd and 4th stitches on your Right Needle one by one over the 1st one. BO 3 st (you should have 1 st left on your RN – this is the first st of your upcoming row).

Directions:

The shawl is worked from end to end in one piece. It is formed by a sequence of triangles that follow each other to give this shawl its special shape.

The instructions are written in sections, so that it would make the row numbering easier.

SECTION 1:

CO 120 st.

Setup Row 1 (RS): Sl1, *k1tbl, p1* 10 times, pm, ssk, k to 2 st before the end of row, wrap next st and turn (w&t – see *Glossary*).

Setup Row 2 (WS): K to 2 st before m, k2tog, sm, *k1, p1tbl* 10 times, k1.

Row 1: Work bobble (see *Techniques*), *k1tbl, p1* 10 times, sm, ssk, k to 2 st before last wrapped st, w&t.

Rows 2 and 4: K to 2 st before m, k2tog, sm, *k1, p1tbl* 10 times, k1.

Row 3: Sl1, *k1tbl, p1* 10 times, sm, ssk, k to 2 st before last wrapped st, w&t.

Repeat **rows 1-4** ten more times, and then rows 1-2 once more. You should now have 72 st on your needles.

Next row (RS): Sl 1, *k1tbl, p1* 10 times, sm, k1, w&t.

Next row (WS): K to m, sm, work in patt to end.

Next row (RS): Work bobble, *k1tbl, p1* 9 times, k1tbl, w&t.

Next row (WS): Work in patt to end.

Next row (RS): Work in patt to 2 st before last wrapped st, w&t.

Next row (WS): Work in patt to end.

Repeat the last 2 rows 8 more times.

SECTION 2:

Row 1: Work bobble, *k1tbl, p1* 10 times, sm, k to end.

Row 2: Sl1, K to m, sm, *k1, p1tbl* 10 times, k1.

Row 3: Sl1, *k1tbl, p1* 10 times, sm, k to 2 st before the end, w&t.

Row 4 and all foll WS rows: K to m, sm, *k1, p1tbl* 10 times, k1.

Row 5: Work bobble, work in patt to 2 st before last wrapped st, w&t.

Row 7: Sl1, work in patt to 2 st before last wrapped st, w&t.

Repeat **rows 5-8** 16 more times.

SECTION 3: Repeat section 2

SECTION 4:

Row 1: Work bobble, *k1tbl, p1* 10 times, sm, k to end.

Rows 2 and 4: Sl1, k to m, sm, *k1, p1tbl* 10 times, k1.

Row 3: Sl 1, *k1tbl, p1* 10 times, sm, k to end.

Repeat **rows 1-4** 15 more times.

SECTION 5:

Row 1: Work bobble, k1tbl, p1, k1tbl, w&t.

Rows 2, 4 and 6: *P1tbl, k1* to end.

Row 3: Sl1, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 5: Work bobble, k1tbl, *p1, k1tbl* 9 times, w&t.

Row 7: Sl1, *k1tbl, p1* to m, sm, m1r, k7, w&t.

Rows 8, 10, 12: K to m, m1l, sm, *k1, p1tbl* 10 times, k1.

Row 9: Work bobble, *k1tbl, p1* to m, sm, m1r, k to last wrapped st and knit it, k7, w&t.

Row 11: Sl1, *k1tbl, p1* to m, sm, m1r, k to last wrapped st and knit it, k7, w&t.

Work **rows 9-12** once more. 82 st.

SECTION 6:

Row 1: Work bobble, k1tbl, *p1, k1tbl* 8 times, w&t.

Row 2 and all foll WS rows: *p1tbl, k1* to end.

Row 3: Sl1, k1tbl, *p1, k1tbl* 7 times, w&t.

Row 5: Work bobble, k1tbl, *p1, k1tbl* 6 times, w&t.

Row 7: Sl1, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 9: Work bobble, k1tbl, *p1, k1tbl* 4 times, w&t.

Row 11: Sl1, k1tbl, *p1, k1tbl* 3 times, w&t.

Row 13: Work bobble, k1tbl, *p1, k1tbl* twice, w&t.

Row 15: Sl1, k1tbl, p1, k1tbl, w&t.

Row 17: Work bobble, *k1tbl, p1* to m, sm, k to end of row.

Row 18: Sl1, k to m, sm, *k1, p1tbl* 10 times, k1.

Note: This is the exact middle point of your shawl. You should make sure you have enough yarn to complete it. If you think you are going to run out of yarn, you might want to tweak back section 5 and make section 4 a little bit shorter (fewer repeats).

SECTION 7:

Row 1: Sl1, k1tbl, p1, k1tbl, w&t.

Row 2 and all foll WS rows: *p1tbl, k1* to end.

Row 3: Work bobble, k1tbl, *p1, k1tbl* twice, w&t.

Row 5: Sl1, k1tbl, *p1, k1tbl* 3 times, w&t.

Row 7: Work bobble, k1tbl, *p1, k1tbl* 4 times, w&t.

Row 9: Sl1, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 11: Work bobble, k1tbl, *p1, k1tbl* 6 times, w&t.

Row 13: Sl1, k1tbl, *p1, k1tbl* 7 times, w&t.

Row 15: Work bobble, k1tbl, *p1, k1tbl* 8 times, w&t.

SECTION 8:

Row 1: Sl1, *k1tbl, p1* to m, sm, ssk, k to 12 st before end, w&t.

Rows 2 and all foll WS rows: K to 2 st before m, k2tog, sm, *k1, p1tbl* 10 times, k1.

Row 3: Work bobble, *k1tbl, p1* to m, sm, ssk, k to 8 st before last wrapped st, w&t.

Row 5: Sl1, *k1tbl, p1* to m, sm, ssk, k to 8 st before last wrapped st, w&t.

Work rows 3-6 once more.

Row 11: Work bobble, k1tbl, *p1, k1tbl* 9 times, w&t.

Row 12 and all foll WS rows: *P1tbl, k1* to end.

Row 13: Sl1, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 15: Work bobble, k1tbl, p1, k1tbl, w&t.

You should now have 72 st.

SECTION 9:

Row 1: Sl 1, *k1tbl, p1* 10 times, sm, k to end.

Rows 2 and 4: Sl1, k to m, sm, *k1, p1tbl* 10 times.

Row 3: Work bobble, *k1tbl, p1* 10 times, sm, k to end.

Repeat **rows 1-4** 15 more times.

SECTION 10:

Row 1: Sl1, k1tbl, w&t.

Row 2 and all foll WS rows until row 20: *p1tbl, k1* to end.

Row 3: Work bobble, k1tbl, p1, k1tbl, w&t.

Row 5: Sl1, k1tbl, *p1, k1tbl* twice, w&t.

Row 7: Work bobble, k1tbl, *p1, k1tbl* 3 times, w&t.

Row 9: Sl1, k1tbl, *p1, k1tbl* 4 times, w&t.

Row 11: Work bobble, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 13: Sl1, k1tbl, *p1, k1tbl* 6 times, w&t.

Row 15: Work bobble, k1tbl, *p1, k1tbl* 7 times, w&t.

Row 17: Sl1, k1tbl, *p1, k1tbl* 8 times, w&t.

Row 19: Work bobble, k1tbl, *p1, k1tbl* 9 times, w&t.

Row 21: Sl1, *k1tbl, p1* to m, sm, k1, w&t.

Row 22 and all foll WS rows: K to m, sm, k1, *p1tbl, k1* to end.

Row 23: Work bobble, *k1tbl, p1* to m, sm, k to last wrapped st and knit it, k1, w&t.

Row 25: Sl1, *k1tbl, p1* to m, sm, k to last wrapped st and knit it (without lifting wrap), k1, w&t.

Repeat **rows 23-26** 11 more times.

Next row (RS): Work bobble, *k1tbl, p1* to m, sm, k to end of row.

Next row (WS): Sl 1, k to m, sm, k1, *p1tbl, k1* to end of row.

SECTION 11: Repeat section 10.

SECTION 12:

Row 1: Sl1, k1tbl, w&t.

Row 2 and all foll WS rows until row 20: *p1tbl, k1* to end.

Row 3: Work bobble, k1tbl, p1, k1tbl, w&t.

Row 5: Sl1, k1tbl, *p1, k1tbl* twice, w&t.

Row 7: Work bobble, k1tbl, *p1, k1tbl* 3 times, w&t.

Row 9: Sl1, k1tbl, *p1, k1tbl* 4 times, w&t.

Row 11: Work bobble, k1tbl, *p1, k1tbl* 5 times, w&t.

Row 13: Sl1, k1tbl, *p1, k1tbl* 6 times, w&t.

Row 15: Work bobble, k1tbl, *p1, k1tbl* 7 times, w&t.

Row 17: Sl1, k1tbl, *p1, k1tbl* 8 times, w&t.

Row 19: Work bobble, k1tbl, *p1, k1tbl* 9 times, w&t.

Row 21: Sl1, *k1tbl, p1* to m, sm, m1r, k1, w&t.

Row 22 and all foll WS rows: K to m, m1l, sm, k1, *p1tbl, k1* to end.

Row 23: Work bobble, *k1tbl, p1* to m, sm, m1r, k to last wrapped st and knit it (without lifting wrap), k1, w&t.

Row 25: Sl1, *k1tbl, p1* to m, sm, m1r, k to last wrapped st and knit it (without lifting wrap), k1, w&t.

Repeat **rows 23-26** 11 more times.

Next row (RS): Work bobble, *k1tbl, p1* to m, sm, m1r, k to end of row.

Next row (WS): Bind off all st loosely.

Finishing:

Weave in ends and block.

Glossary:

Knitted CO

Very clear video by the Knitwitch here:

<http://www.youtube.com/watch?v=xocjmgIM1Q>

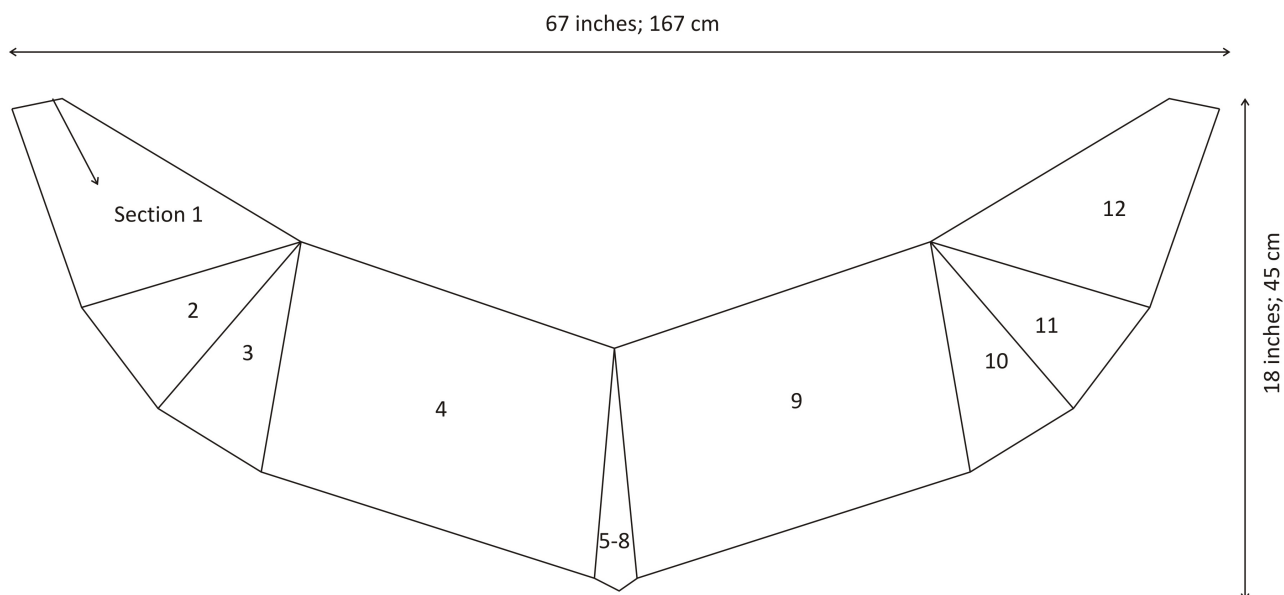
Wrap and Turn

A great tutorial by **The Purl Bee** on short rows can be found here:

<http://www.purlbee.com/short-row-tutorial/>

List of Abbreviations:

BO	bind off
CO	cast on
k	knit
k2tog	Knit 2 together.
ktbl	Knit through the back loop
m1l	Increase slanted to the left (pick up the horizontal bar btw the sts from front to back, knit through back leg)
m1r	Increase slanted to the right (pick up the horizontal bar btw the sts from back to front, knit through front leg)
p	purl
patt	pattern
ptbl	Purl through the back loop
RS	right side
sl	Slip
sm	slip marker
st (sts)	stitch (stitches)
tog	together
w&t	wrap and turn
WS	wrong side



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For comments or questions regarding this pattern, please contact me at designsbyjoji@gmail.com.

You can also find me in Ravelry as **jojilocat**, or in Facebook as **Joji Knits**.