

# Knitted One-Piece Feelie Heart Pattern

*A Knitting Kindness Project™ Designed to Knit and Give with Love*  
from the authors of *The Knitting Way*

## Important Notes

Short rows (turns according to *Wrap* instructions) create the heart "lobe" shaping.

*Wraps* avoid holes in fabric on short rows.

**Wrap:** Yarn to front, slip next stitch, turn, yarn to front, slip stitch (this "wraps" stitch)

♥ **Always** work wrap *with stitch* when you come to a wrapped stitch, as follows:

*On a Knit stitch:* lift wrap onto needle from front then Knit wrap tog. with stitch through back

*On a Purl stitch:* lift wrap onto needle from back then Purl wrap tog. with stitch through front

When you see the ♥ at the beginning of a step, watch for wraps!

Knit with *any weight of yarn* with appropriate size needle. This will determine the heart size.

Increase (Inc) by knitting in front and back of stitch

CO 2, leaving 8" of yarn to sew one side of heart

1. Inc in each stitch. *4 stitches*
2. Purl across.
3. Inc in 1st stitch, knit to last stitch, inc in last stitch
4. Repeat steps 2 & 3 until there are 14 stitches.
5. Purl across
6. Knit 1 row, Purl 1 row, 4 times.

## First "Lobe"

7. Knit 6, wrap
8. Purl 5, wrap
9. Knit 4, wrap
10. Purl 3, wrap
11. Knit 2, wrap
12. Purl 1, wrap
13. ♥ Knit to last stitch, wrap

"Our knitting witnesses and testifies to who we are."

Pg. 182 *The Knitting Way*



## Second "Lobe"

14. Purl 5, wrap
15. Knit 4, wrap
16. Purl 3, wrap
17. Knit 2 wrap
18. Purl 1, wrap
19. ♥ K across

♥ 20. Purl across

21-33. Repeat steps 7 to 19

♥ 34. Purl across

35. Knit 1 row, Purl 1 row, 4 times

36. Knit first 2 stitches together, Knit to last 2 stitches, Knit them together

37. Purl across

38. Repeat steps 36 and 37 until there are 2 stitches left.

39. Bind off.

Break yarn leaving 8" to sew one side of heart. Sew sides of heart. Stuff with a few yards of yarn before heart is completely closed.

The Knitting Way: A Guide to Spiritual Self-Discovery

by Linda Skolnik and Janice MacDaniels

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