



Slow Stitching

Sewing as Meditation

Lauren G. Koch | Keeper of the Old Ways

Slow Stitching is an intuitive mark making technique utilizing hand stitching on fabric or paper - it can be an accessible, low-pressure way to express yourself creatively while slowing down.

Pair it with some conscious breathing - a cup of herbal tea - maybe an inspirational quote.

Voilà!

you have sewing as meditation.

Supplies

- Fabric or Paper scraps
- Embroidery Thread or Yarn
- Large Needle
- Scissors
- Any other sewing notions like lace, ribbon, buttons, etc




*You can source from a local craft supply store or online – I like to shop the remnants section – and you'll often be able to find fun fabric scraps and sewing notions at thrift and vintage shops – or maybe raid your old clothes pile for scraps

Ways to Get Started



- Play around with your materials, look for textures & color combinations you like. It's fun to just go for it sometimes
- Brainstorm – mind map ideas & elements that you find inspirational or match your theme
- Create thumbnails in your sketchbook (just small sketches to get basic placement or try out color combos)
- If you create small mixed media compositions using watercolors, pastels, colored pencils, etc. that can then be used as reference & inspiration for your textile paintings or used as their own creative composition
- Add text, pictures, or found objects if you like

Prompts for Getting the Creative Juices Flowing



- Is it just for fun or to try new techniques?
- what emotion do you want to feel or evoke?
- Create something with colors you LOVE
- Go geometric or organic
- Look at nature or the city – draw inspiration from your surroundings.
- Depict your favorite poem, song, or passage from a book

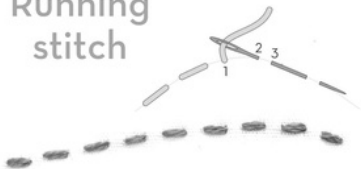
- Do you want to try a new technique and push outside of your comfort zone?
- Find implied lines or designs on your materials for intuitive creation
- Use only scraps or add an unexpected pop of color



- If you had a personal symbol, crest, or totem what would it look like?
- Who is it for - or is it for your pleasure
- How will it be displayed? On the wall, on the bed, worn – used to bind a journal?

Basic Stitches to try...

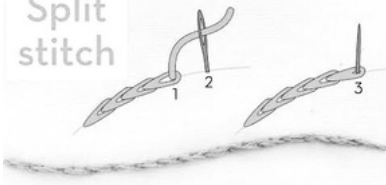
Running
stitch



Backstitch

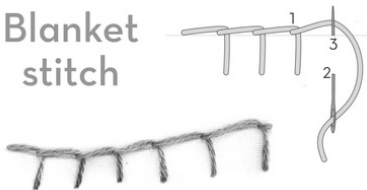


Split
stitch

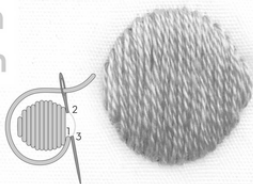


If you need assistance - scan QR code on the back of this booklet to access demos

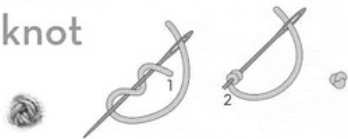
Blanket
stitch



Satin
stitch



French
knot





For Resources & Demos
[www.laurengkoch.com/
slowstitching](http://www.laurengkoch.com/slowstitching)

Happy Creating & don't forget to...
STOP BREATHE FEEL CREATE
while learning to...
TRUST THE INNER KNOWING



KEEPER
OF THE
OLD WAYS
Way-Shower of the New

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