



BOHOKNITS PATTERNS

by Kelly McClure

Nirvana Eye Pillow

Abbreviations

approx	approximately
beg	beginning
bet	between
BO	bind off
CC	contrasting colour
ch	chain
cn	cable needle
CO	cast on
cont	continue
dc	double crochet
dpn(s)	double point needle(s)
dec(s)	decrease(s)
folll	follow(ing)
hdc	half double crochet
hk	hook
inc	increase
incl	including
K	knit
K1 f&b	knit 1 st in front and back
ktbl	knit through back loop
kwise	knitwise
K2tog	knit two together
lp(s)	loop(s)
M1	make one
M1L	make one left
M1R	make one right
MC	main colour
P	purl
patt	pattern
pm	place marker
pssso	passover
pu	pick up
pwise	purlwise
rem	remaining
rep	repeat
rnd(s)	round(s)
RS	right side
sc	single crochet
sk	skip
sl m	slip marker
sp(s)	space(s)
ssk	slip, slip, k2 slipped sts tog
st(s)	stitch(es)
st st	stockinette stitch
tbl	through back loop
tog	together
WS	wrong side
YO	yarn over



This is a seamless pillow designed to help you relax and revitalize. Take a few minutes each day to meditate with your lavender pillow and you will notice a major difference in your mental health. Knitting it up will also help you relax as it's all stockinette stitch, making it an ideal TV watching or a car riding project. It's also quick and easy, making it a great last minute gift.

Craft: knitting

Skill Level: Rookie-Apprentice-Virtuoso-Genius

Skills: knit, grafting, provisional cast on

Sizes: one size

Finished Measurements: approx. 4.75" wide and 9" long (when full) lying flat

Gauge: 24 sts and 28 rows = 4" in st st on 4 mm needles

Yarn: 50 g, 137 yds (125 m), DK weight yarn

Suggested Brand: 1 skein Noro Chirimen, 60% cotton, 24% silk, 16% wool, shown in colour 4

Needles: 4 mm dpns and medium size crochet hook (for provisional cast on)

Other Materials: tapestry needle or teeny crochet hook, scrap yarn (for provisional CO), fabric sack (best to sew it after your pouch is complete so you can match the size), 100 mL or grams lavender, 200 mL or grams buckwheat (recommended), wheat berries or beans

This pattern is for personal use only, not for profit © Kelly McClure

Etsy: www.bohoknits.etsy.com **Blogger:** www.bohoknits.blogspot.com **Ravelry:** bohoknits

**Instructions:**

Note: If you don't want to do the grafting, CO with backwards loop method (or whatever method you prefer) and cast off as you normally would. Sew up each end (after putting the lavender sack in!).

With dpns and scrap yarn, CO 50 sts with provisional method and divide evenly on needles. Join in the rnd being careful not to twist sts. Pm for beg of rnd.

With MC, knit in the rnd in st st until piece measures 9" from CO (or desired length).

Divide your sts onto two needles and graft together (using the beg of the rnd as a starting point), leaving the CO edge open.

Make up your sack (sewn on three sides with one end open). The exact size isn't crucial, but it should be slightly smaller than your knitted pillow.

Mix up your buckwheat and lavender in a container and place into your sack. Leave the dust in the bottom, though, you probably don't want it in your eyes. Sew up the other end.

Place inside your knitted pillow and graft the open end shut (using the beg of the rnd as a starting point).

Be sure to devote at least 10 minutes a day to your mental health. Meditate, do some yoga, read, go for a walk or just have some quiet time to yourself.

For help with provisional cast on:

<http://www.stitchdiva.com/custom.aspx?id=48>

When Kelly isn't busy knitting and designing, she is exploring the Rocky Mountains with her dog, or probably drinking tea.