

Easy Square Knot Bracelet (Shamballa)

<https://www.youtube.com/watch?v=3VaIhCWN9HY>

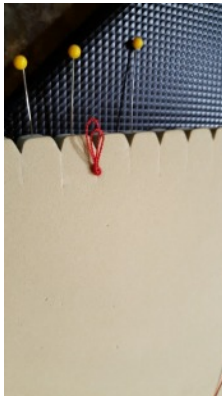
This is a Jewel School Video; Square knot starts at about 2:50 into the video

I have no idea why this technique came to be called “Shamballa:”. It’s a simple square knot and has been an integral part of macrame forever. But, it’s nice to see the technique come back into vogue and it’s great for making bracelets.

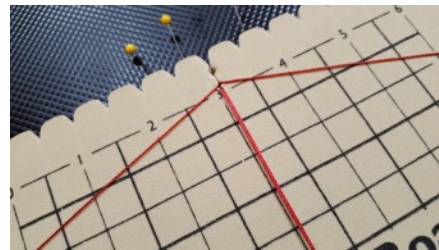
Use of my macrame board is helpful both for tying the knots as well as for measuring the length as you progress.

The size of your wrist and the size of beads you’re using will determine the number of beads you need. As a rule of thumb on cord lengths I generally start with 16” for the core cord(s) and 30” for each of the tying cords. Again this will vary according to the size of cording you’re using’

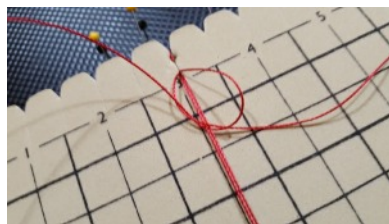
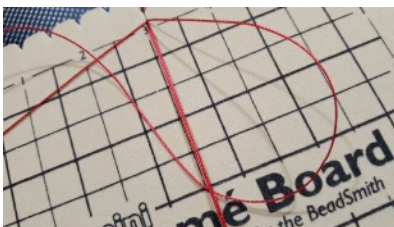
Step One: Tie a knot in the end of your cords and secure to the macrame board by putting the knot on the back and bringing the cords to the front.



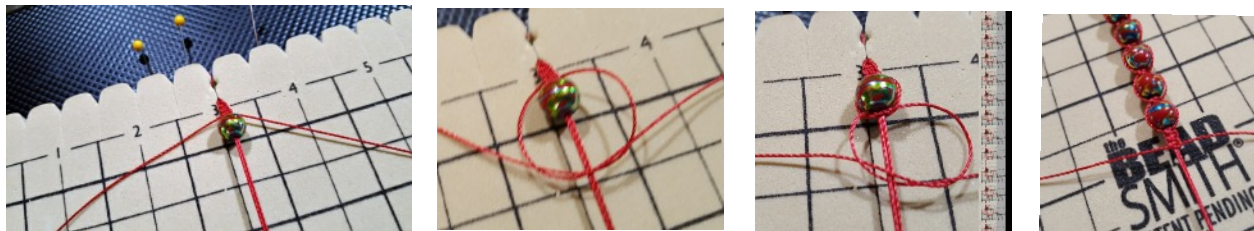
Step Two; Anchor the core cords at the bottom of the board and take one of the tying cords out to each side of the board.



Step Three: Tie a series of three square knots over the core cord. Briefly a square knot is: Right hand cord UNDER core cords and to notch ABOVE left hand cord. Left hand cord OVER core cords and through loop created by right had cord, pull tight and secure cord on right side. Then left hand cord UNDER core cords and to notch above right hand cord. Right hand cord OVER core cords and through the loop created by the left hand cord, pull tight and secure cord on left side. Repeat two more times. **The link at the top of this page will illustrate this in a video.** This will create the nub for your ribbon crimp finding.



Step Four: Slide a bead up to the knots you've just tied. Tie a square knot at the bottom of the bead and slide the next bead up to that new knot. Continue knotting beads into place until you're about 1.5" from your desired length. Tie three square knots (for your ribbon crimp. Remove from board.



Step Five: Add ribbon crimps to the ends by first gluing the two sets of 3 square knot. Trim the excess cord and crimp the ends into place.



Step Six: Add jump rings and clasp of choice to the ribbon crimps.

This "Shamballa" technique can be done with many different sizes and shapes of beads. I'm especially fond of making them with size 2/o seed beads. This makes a very delicate bracelet which can then be worn alone or stacked with others for a Bohemian look.



Tutorial by Anne Dilker Moss Hollow Pottery.com

This tutorial is not copyrighted and may be used for your own purposes including to teach others this technique.