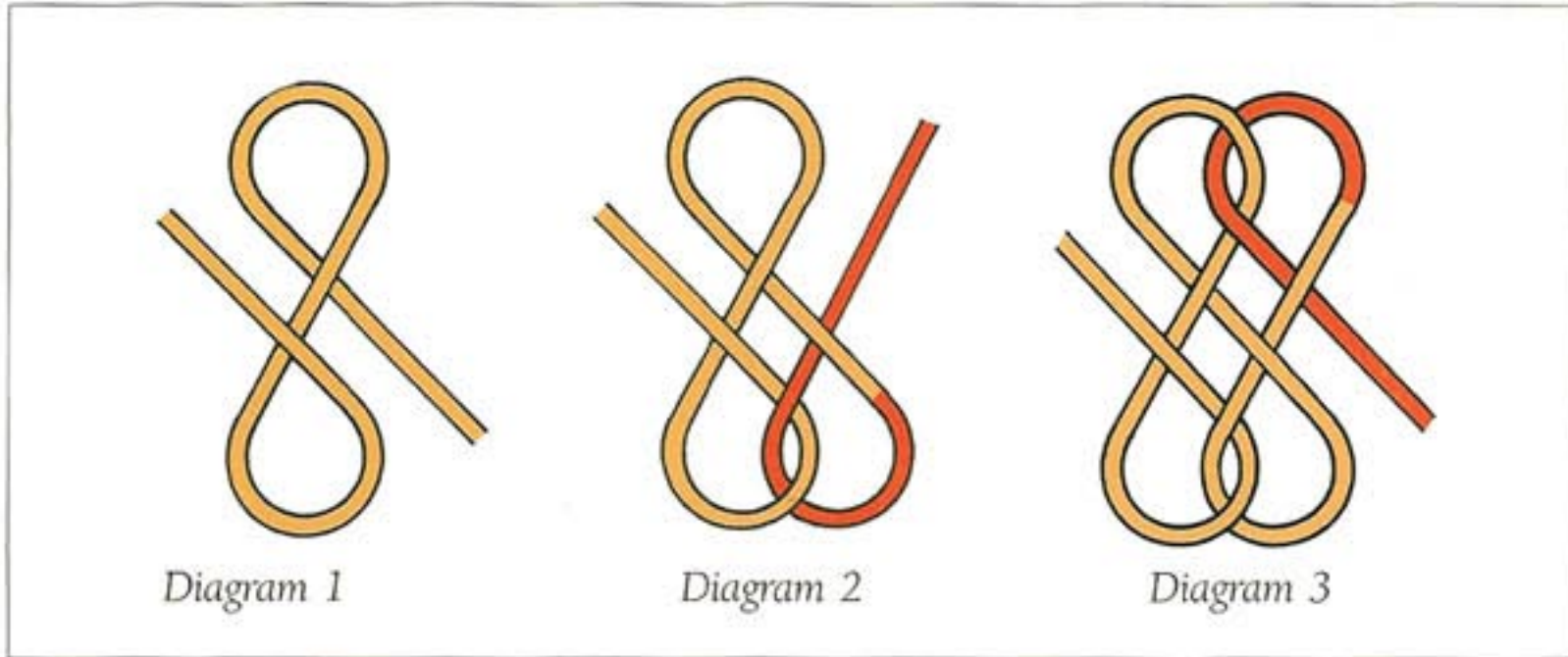


FIGURE OF EIGHT CHAINS

The figure of eight pattern is one of the twelve elementary Celtic knots. Although one knot is not self contained in the same way as the Triangular knot or the Circle of Life knot, a chain of figures of eight is made from one continuous line which is also a symbol of eternity – a positive, life-affirming theme in Celtic knotwork. To the Irish scribes of the seventh to ninth centuries, the endless line represented the boundlessness of God.



1. Make a figure of eight and pin it in place. Follow the 'overs and unders' shown, as in diagram 1.



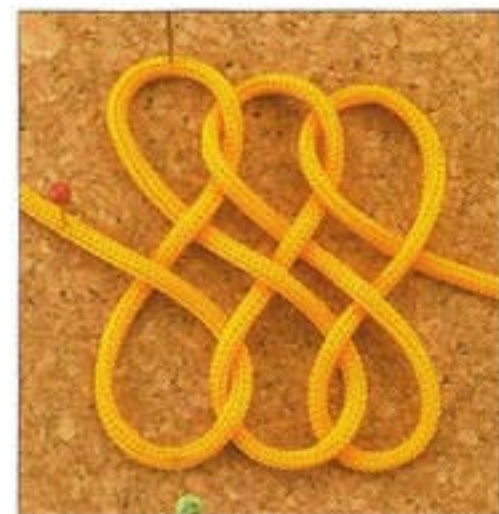
2. Loop around to start the next figure of eight and link into the bottom of the first figure of eight (see diagram 2).



3. Loop around to make the top of the eight and link to the top of the previous figure of eight (see diagram 3).



4. Continue making the figures of eight, linking each one into the previous one.



5. Carry on until you have achieved the desired length of chain.

right-hand side.

Figure of eight chain bangle

Some say intertwining knots represent the interconnectedness of all life. Others say that they can be devices to bind negativity – it becomes entangled in the knot and cannot escape. Whatever you like to believe, this chain makes a very attractive bangle and is easy to make.



You will need

- 3m (118in) 2mm cord in turquoise
- 3m (118in) 2mm cord in purple



1. Start a figure of eight chain on a cork mat and work about seventeen or eighteen loops.

Tip
The method is shown with only one cord to make the steps easier to follow. To make the bracelet with two colours, weave the second colour in as shown above after step 1.



2. Make a cylinder with a sheet of A4 paper, and secure your chain on to it.



3. Thread the end of the cord on the left-hand side under and through the bottom loop on the right-hand side.



4. Thread it underneath the bottom loop on the left-hand side.



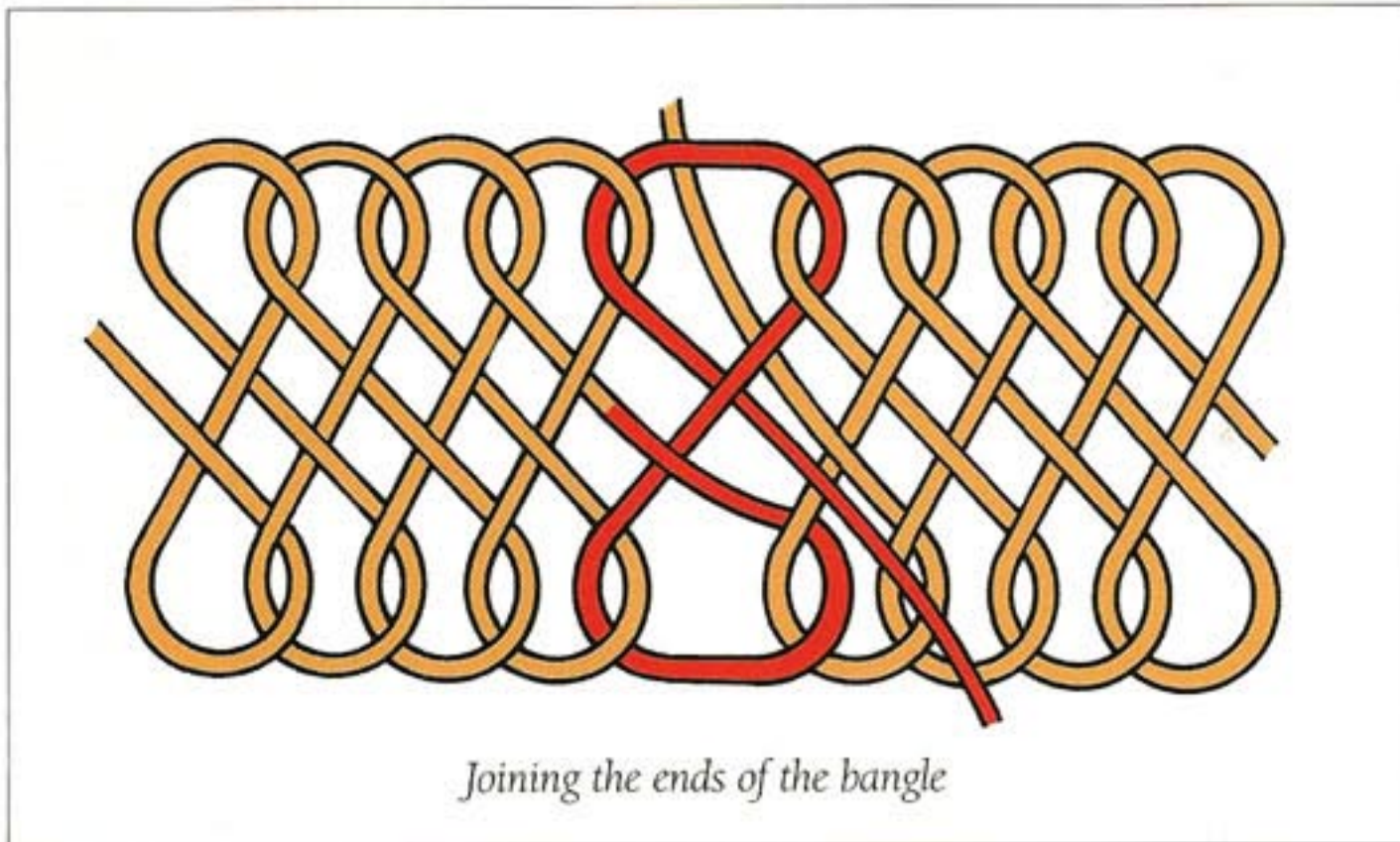
5. Take the end of the cord underneath to make the bottom loop of the figure of eight.



6. The cord then passes over the other end of the cord, under the next loop and over to pass back again.



7. The cord then goes over and under the loop on the left-hand side.



8. Take the cord under the middle of the figure of eight. Trim and seal the ends using a lighter or thread zapper, and secure them on the inside with instant glue gel as in steps 12 and 13 on page 40. Apply PVA glue to the bangle so that it retains its shape.

Opposite
Use various coloured cords to achieve the effect you want.

