

# Connected by Love Bracelet

## Project B2022

Designer: Kat Silvia

Not everyone wears their heart on their sleeve but with this design you can wear it on your wrist.

## What You'll Need

Crystal Encrusted 2-Ring Heart Shaped Connector 41.5x14.5mm - Silver Plated (1)

SKU: FCO-7119

Project uses 1 piece



BeadSmith Super-Lon Cord - Size 18 Twisted Nylon - Shanghai Red / 77 Yard Spool

SKU: XCR-4245

Project uses 1 spool



E6000 Industrial Strength Glue Adhesive (0.18 fl oz)

SKU: XTL-1054

Project uses 1 tube



### Recommended Tools:

[XTL-5700] Fiskars 5 Precision Tip Scissors - Super Sharp



## Instructions

Before you begin, watch the video: [How to Make a Shambhala Bracelet, Part I: Macrame Square Knots](#).

1. Cut two 4' lengths of Super-Lon red and two 18" lengths of Super-Lon red.
2. Take one 4' length and one 18" length and fold them each in half, with the center folds together. Insert the folded ends of your cord down through one loop of the heart connector link so that a loop is formed coming out the bottom of the link. Then bring the ends of the cord (all four pieces) through the loop and pull tight to form a larks head knot.
3. Use the longer cords to tie square knots onto the shorter cords. Continue until the knotting measures about 2" and then finish off your knotting as demonstrated in this video. Make sure to add a dab of E6000 into the knot and trim the outside cords close after the glue dries.
4. Repeat this process with the other lengths of cord on the other side of the heart connector.
5. Measure about 3" from the end of the knotting and tie the inner cords together in an overhand knot on each side.
6. Then using the scraps of S-Lon, create a sliding knot clasp with four square knots as demonstrated in this video. (Make sure to use a dab of E6000 into the knot and trim the outside cords close after the glue dries.)