

# MAKE A PRAYER ROPE!



CUT 1 METRE OF PRACTICE CORD - DON'T USE A KNIFE - HOLD THE CORD JUST ABOVE A FLAME TO CUT AND SEAL IT



FIND THE MIDDLE OF THE LENGTH OF CORD, (THAT WAY YOU DON'T HAVE TO PULL TOO MUCH THROUGH EACH TIME) THEN WIND IT ONCE AROUND YOUR FINGER, WORKING BACKWARDS TO MAKE AN X. DO THAT TWO MORE TIMES TO MAKE THREE LOOPS

NOW EASE THE THREE LOOPS OFF YOUR FINGER ENOUGH TO LEAVE A GAP AT THE TOP ABOVE YOUR NAIL - THREAD THE END THROUGH THIS GAP OUT TOWARDS THE TIP OF YOUR FINGER - TRY TO KEEP THE LOOPS INTACT AND IN ORDER



HOLDING THE CORD WITH YOUR LEFT TWO LITTLE FINGERS, PULL APART SLOWLY, TIGHTENING THE LOOPS AS YOU GO, AND USING YOUR FIRST FINGERS TO 'GUIDE' THE LOOPS TO NEST TOGETHER AS THE KNOT TIGHTENS. IF AT FIRST YOU DON'T SUCCEED, TRY AND TRY AGAIN - IT KIND OF JUST 'HAPPENS' AFTER A WHILE

TIP!  
FROM CORD CENTRE DO 4 GROUPS, THEN DO 3 ON OTHER SIDE

*YOUR FINISHED KNOT! EASE IT ALONG TO THE RIGHT POSITION. PULL IT TIGHT! PINCH AND ROLL IT TO GET IT RIGHT. WELL DONE! WHEN YOU'VE DONE THREE KNOTS THE RIGHT SPACING APART, (ABOUT 4MM) YOU'RE READY TO CUT 3.75M FOR YOUR FIRST CORD!*

WHEN YOU'VE DONE 7 GROUPS OF 3 KNOTS WITH JUST UNDER A 2CM GAP BETWEEN THE GROUPS OF 3, THEN JOIN THE TWO LOOSE ENDS TOGETHER WITH EXACTLY THE SAME KNOT, BUT USING TWO WINDS THIS TIME AND BOTH LENGTHS THREADING THROUGH. IT'S NOT EASY - MAY TAKE YOU A FEW GOES TO GET IT RIGHT

