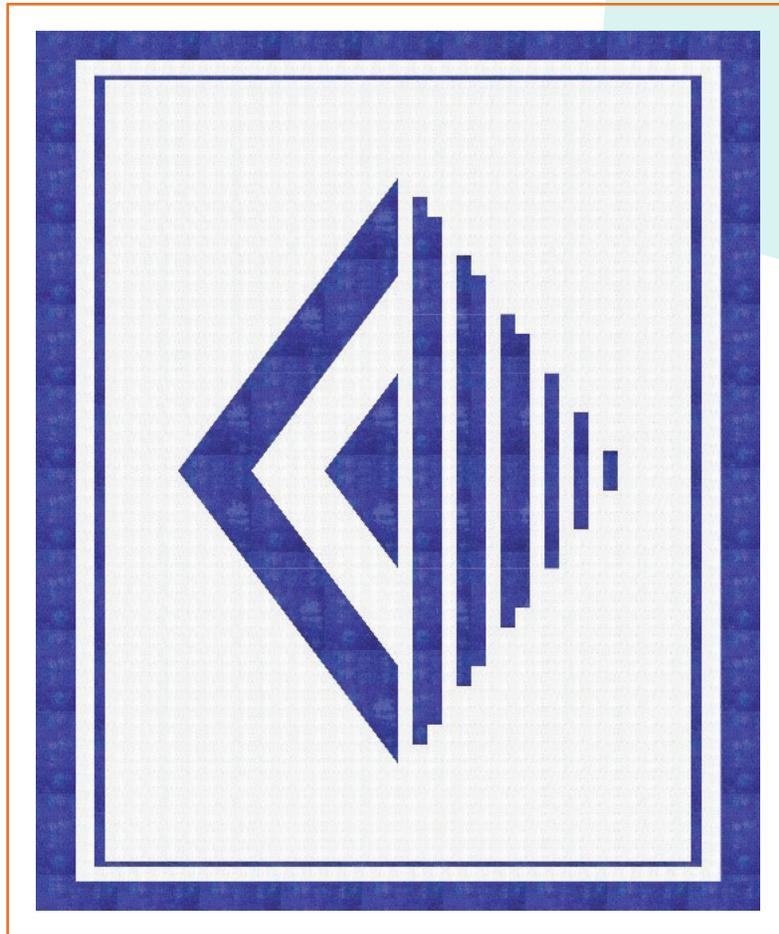


# Zen

© Bold Notion Quilting



## 74.5" x 90.5" Finished Quilt

### Fabric Materials:

- 4 yards light fabric
- 3 yards dark fabric (this includes binding needed)
- 4.5 yards of backing fabric

### Cutting Directions

All cutting directions are based on 42"-wide fabrics.

**WOF means "Width of Fabric" - the size from selvedge to selvedge. Most quilting fabrics range from 40" - 44" wide so adjust your yardage needs according to your fabric widths.**

Please follow charts below for cutting each fabric.

### Dark Fabric (3 Yards)

Cut all strips in the chart below by WOF. Make sure to label your piles as listed in the cutting diagram.



**Important:** Before moving on to sub-cutting directions in Step 2, follow the sewing directions in Step 1 below.

	DIAMOND	BORDER 1			BORDER 3		HRT'S	BINDING
	Strip A	Strip B	Strip C	Strip D	Strip E	Strip F		
Quantity	Cut 7	Cut 3	Cut 4	Cut 4	Cut 5	Cut 2	Cut 8	
Cut Size	2" x WOF	1" x WOF	1.5" x WOF	3.5" x WOF	4.5" x WOF	11.5" x WOF	*	

\* Cut binding strips up to 2" wide based on your preference or binding maker. Sew binding strips RST with a 45-degree seam and set aside for Quilt Completion.

#### Step 1: Sew Dark Fabrics

Begin with Strip A and sew the 7 strips together on the short sides to create one long strip. Be sure the strip is labeled to make sub-cutting easier later. Set aside.

Repeat Step 1 with Strips B, C, D and E.

#### Step 2: Sub-cut All Dark Fabrics

Sub-cut each long strip into smaller strips as shown below. Start with the longest sub-cut for each strip. LABEL each sub-cut strip set with its dimensions to make construction easier.

DIAMOND	BORDER 1		BORDER 3		HRT'S
Strip A (2" wide)	Strip B (1" wide)	Strip C (1.5" wide)	Strip D (3.5" wide)	Strip E (4.5" wide)	Strip F (11.5" wide)
<i>Right Side Diamond</i>	<i>Top &amp; Bottom Strips</i>	<i>Left &amp; Right Strips</i>	<i>Top &amp; Bottom Strips</i>	<i>Left &amp; Right Strips</i>	
1 strip @ 56.5" 1 strip @ 52.5" 1 strip @ 44.5" 1 strip @ 40.5" 1 strip @ 32.5" 1 strip @ 28.5" 1 strip @ 20.5" 1 strip @ 12.5" 1 strip @ 4.5"	2 @ 62.5"	2 @ 80.5"	2 @ 74.5"	2 @ 86.5"	6 strips @ 9.5"

## Light Fabric (4 Yards)

Cut all strips according to table below by WOF. Make sure to label your piles as listed in the cutting table.

**!** **Important:** *Before* moving onto sub-cutting directions in Step 4, follow the sewing directions in Step 3 below.

	DIAMOND	BORDER 2		BACKGROUND	HRT'S
	Strip G	Strip H	Strip I	Strip J	Strip K
Quantity	Cut 8	Cut 4	Cut 4	Cut 10	Cut 2
Cut Size	2" x WOF	2" x WOF	2.5" x WOF	8" x WOF	11.5" x WOF

### Step 3: Sew Light Fabrics

Begin with Strip G and sew the 8 strips together on the short sides to create one long strip. Be sure the strip is labeled to make sub-cutting easier later—especially since both strips G and H are both 2" wide. Set aside.

Repeat Step 3 with Strips H, I and J.

### Step 4: Sub-cut All Light Fabrics

Sub-cut each long strip into smaller strips as shown below. Start with the longest sub-cut for each strip. LABEL each sub-cut strip set with its dimensions to make construction easier.

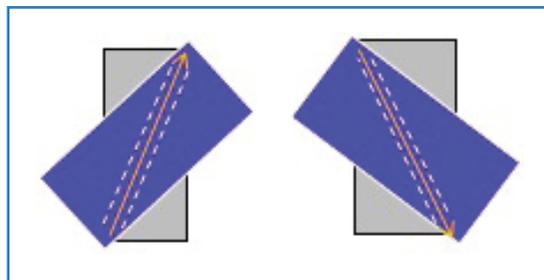
**NOTE for Strip K:** *You might need leftover fabrics for additional background squares at 8"x10.5"; save scraps for later.*

DIAMOND	BORDER 2		BACKGROUND	HRT'S
Strip G (2" wide)	Strip H (2" wide)	Strip I (2.5" wide)	Strip J (8" wide)	Strip K (11.5" wide)
<i>Right Side Diamond</i>	<i>Top &amp; Bottom Strips</i>	<i>Left &amp; Right Strips</i>		
2 strips @ 60.5" 2 strips @ 40.5" 2 strips @ 20.5" 2 strips @ 12.5" 4 strips @ 8.5" 2 strips @ 6.5" 6 strips @ 4.5" 2 strips @ 2.5"	2 @ 66.5"	2 @ 81.5"	2 strips @ 80.5" 4 strips @ 30.5" 4 strips @ 20.5" 4 strips @ 10.5"	6 strips @ 9.5"

## How to Make the HRT's:

Grab the Dark Fabric (F Strips) and Light Fabric (K strips) cut previously at 11.5" x 9.5". Use the instructions below to make 3 "X" pairs with the blocks going one way & 3 "X" pairs with the blocks going the opposite direction as shown at right.

- Take 1 rectangle of each color and make an "X" shape with them, connecting opposite corners to each other as shown above with right sides together (RST).
- With a marking pen, draw a line down the diagonal from point to point (yellow arrow).
- Sew 1/4" on both sides of the marked line (as shown with dashed lines).
- Cut units apart on previously marked yellow line.
- You get 2 opposite HRT's for each set. When cut apart, these give you 12 HRT blocks to make your "HRT Half Diamond".



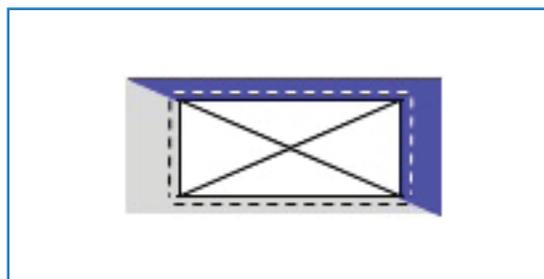
*Please note the corners of the HRT's will **ALWAYS** match up perfectly. If they don't, your rectangles are either not the identical size, or you are not using the proper corners.*

## Trim HRT's to Size

Cut out HRT template included in last page of pattern. Once printed it should measure 7.5" by 10"; if it doesn't, please make your own template as instructed on page 7. (This is because computer printing margins can vary.)

- Use the template to cut down each HRT by lining up the diagonals on your seams with the diagonals marked on the template. (Be sure to leave the template 1/4" away from all sides of the fabric edges.)
- With your rotary cutter & ruler, line up 1/4" seam allowance from each side of the template and cut around it (dashed lines); this will give you a 10.5" x 8" cut rectangle. Repeat for remaining HRT's.

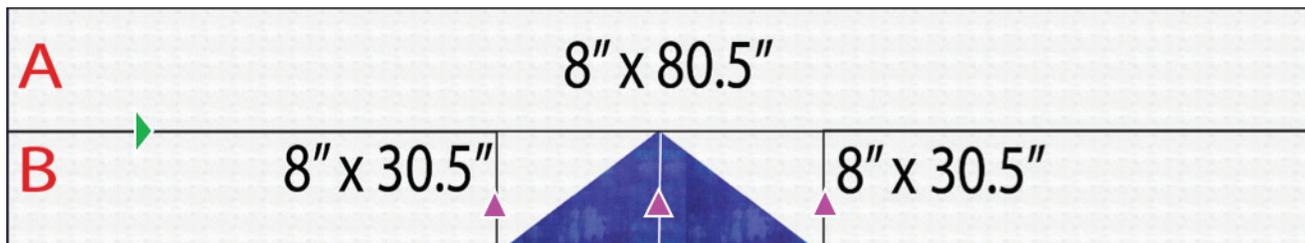
**NOTE:** *I'm not sure why the math works to cut 1/4" around template instead of making the template the proper size but it sure makes for some crisp points when piecing!*



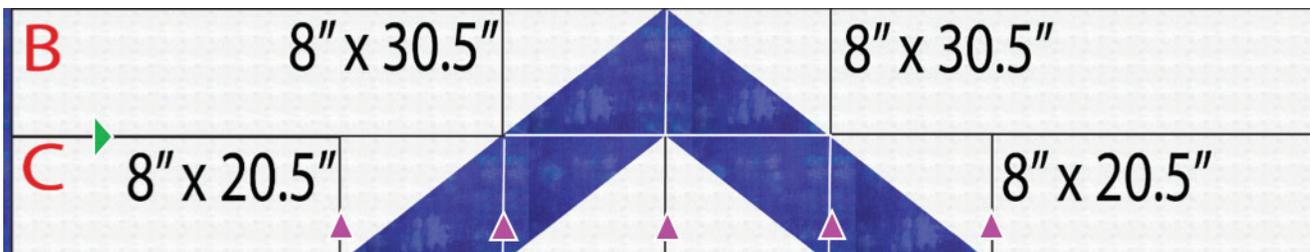
### Piece the Left Side “HRT” Diamond Half:

Use the background fabric strips (match the dimensions to the diagrams below) and the HRT blocks. Arrange fabrics as shown below and sew right sides together unless stated otherwise.

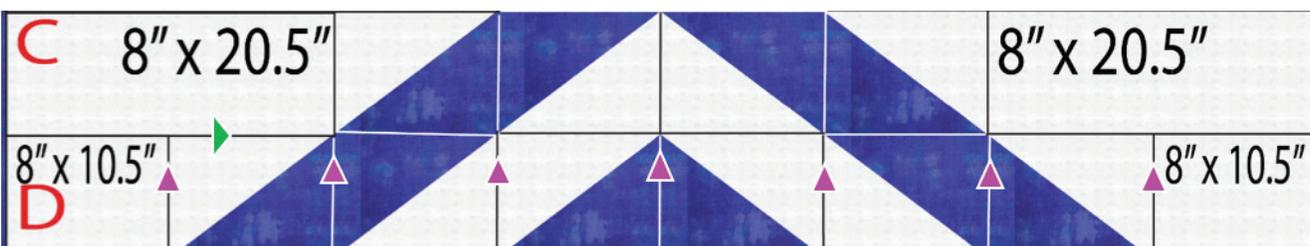
1. **Row A:** Is complete and ready to attach once Row B is sewn.
2. **Row B:** Sew each block in B across columns as shown below (Pink Arrows). Press.
  - Sew Row A to B along the long edge as shown below (Green Arrow). Press.



3. **Row C:** Sew each block in C across columns as shown below (Pink Arrow). Press.
  - Sew Row C to B along the long edge as shown below (Green Arrow). Press.



4. **Row D:** Sew each block in D across columns as shown below (Pink Arrows). Press.
  - Sew Row D to C along the long edge as shown below (Green Arrow). Press.



**Yay, you are halfway there!**  
 Set aside this Half for joining Left Side “HRT Diamond Half”  
 to Right Side “Strip Diamond Half” later.

### Piece the Right Side “Strip” Diamond Half:

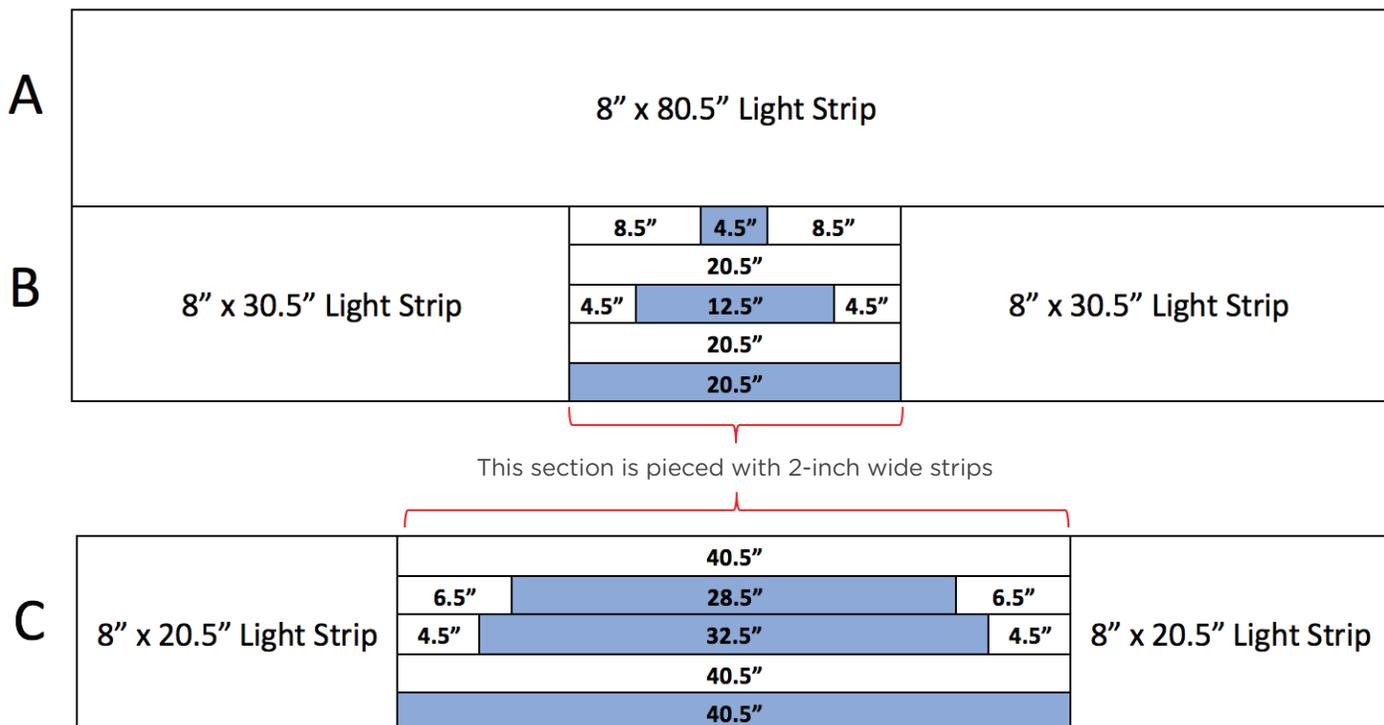
Arrange fabrics as shown below and sew together inner areas into strip sets before adding background fabrics. Piece right sides together unless stated otherwise.

**1. Row A:** Is complete and ready to attach once Row B is sewn.

**2. Row B:** Sew together the center strip set first using the diagram below as a guide. Sew each inner strip together on the short ends and press. Each center sub-strip should equal 20.5” when complete. Join the strips together on the long sides to construct the center unit. Use the diagram to make sure you alternate your light and dark fabrics to make the pyramid shape.

**NOTE:** ALL of the “center” strip sections in this row, along with Rows C & D are comprised of the 2”- wide light and dark strips.

- Sew an 8” x 30.5” background piece on each end to finish your row at 80.5” long. Press.



**3. Row C:** Repeat directions in Step 2 (Row B) above to complete the center strip section for this row. Be careful to note the changing pattern of the strip sets in Row C above. The finished center section strip length will now be 40.5”. Press.

- Sew an 8” x 20.5” background piece on each end to finish your row at 80.5”.
- Sew Row C to Row B along the long edge, making sure that the rows are correctly oriented to form the pyramid. Press.

D	8" x 10.5"	8.5"	44.5"	8.5"	8" x 10.5"	
		60.5"				
		4.5"	52.5"	4.5"		
		2.5"	56.5"	2.5"		
		60.5"				

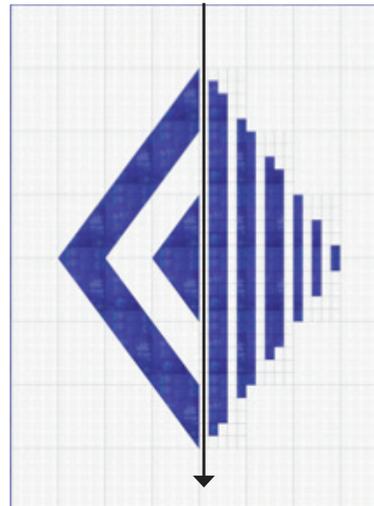
**4. Row D:** Repeat Directions in Step 2; the center strip set will equal 60.5" long.

- Sew an 8" x 10.5" background piece to each end to finish your row at 80.5" long.
- Be careful to note the changing pattern of the strip sets.
- Sew Row D to Row C along long edge, paying attention to the orientation to continue the pyramid.

**Yay, you completed the other half!**

With RST, sew Row D from the HRT Diamond section to Row D of the "Strip Diamond" section to join the halves of the diamonds.

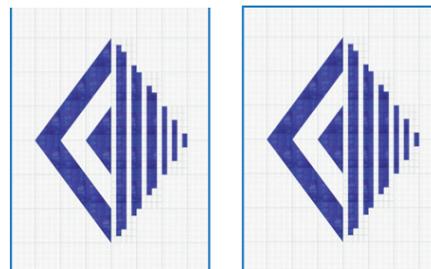
Your quilt top should now look like the diagram at right and measure 60.5" x 80.5".



## Piece the Borders:

Sew the long borders on first, followed by the short borders; alternate colors and repeat until borders are done! Sew right sides together, unless noted otherwise.

1. Take Border 1 dark fabrics and sew a 1.5" x 80.5" strip to the left and right sides. Press. Your quilt top should now look like the diagram at right.
2. Sew remaining 1" x 62.5" Border 1 strips to the top and bottom of your quilt top. Press each side.



Repeat steps 1 and 2 above for Borders 2 and 3, sewing long sides of quilt for left and right borders first, followed by the top and bottom borders.

3. Sew on Border 2 light fabric strips measuring 2.5" x 81.5" to the long left and right sides. Press.
4. Add short Border 2 light fabric strips measuring 2" x 66.5" to the top and bottom. Press.
5. Sew Border 3 Dark fabric strips measuring 4.5" x 84.5" to the long left and right sides. Press.
6. Add short Border 3 Dark fabric strips measuring 3.5" x 74.5" to the top and bottom. Press.

### Thank you so much for piecing with me!

Although this is a free pattern, you can support the maker by not copying and distributing the pattern. Instead, send people to the website to download and print. Patterns (especially those made for all learning levels) require a lot of time and attention to detail to complete.

For more patterns, quilting inspiration and educational tools, visit [www.BoldNotionQuilting.com](http://www.BoldNotionQuilting.com)

Look for more Zen patterns coming soon!

*Lauren Jackson aka. Bold Notion Quilting  
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### HRT template included on following page:

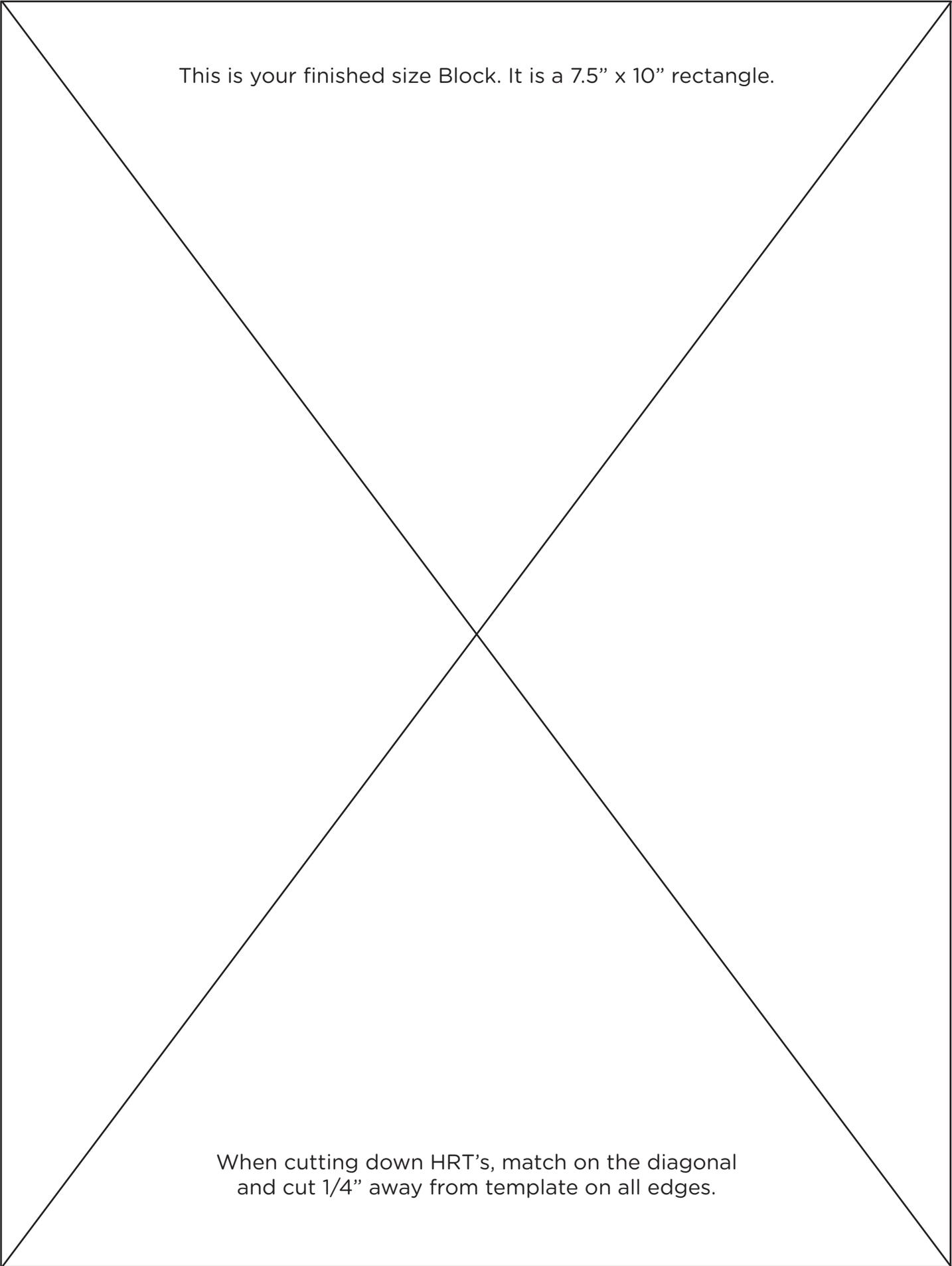
Measure your template with a ruler to ensure correct printing.

If your template is not the right size, mark new lines at 7.5" x 10".

Cut out template along outside line.

**Pro Tip: When trimming HRT's to size, be sure to match on the diagonal line.**

**ADD 1/4" on all sides. You will be trimming your HRT's to 8" x 10.5".**



This is your finished size Block. It is a 7.5" x 10" rectangle.

When cutting down HRT's, match on the diagonal  
and cut 1/4" away from template on all edges.