

TM

Weaving  
a Life

7-Stick  
Journey  
Loom

Instruction  
Booklet

By Susan Barrett Merrill  
Illustrated by  
Richard Merrill



Weaving  
a Life™

7-Stick  
Journey  
Loom™

Loom & Weaving  
Instruction  
Booklet

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## 7-Stick Journey Loom™

The Weaving a Life™ Journey Loom™ is designed to take into the woods, to the beach, in the car, onto the couch or bed, propped up on a pillow, or wherever you may go. If you warp your loom by the simple instructions given here, you will be able to take the loom apart, place it in its case, and carry it to the next place in your journey. There you simply take the loom and the weaving out of the case, put it back together, and continue with your work.

Many of the extraordinary ancient textiles were woven on simple portable looms made out of sticks with a yarn warp tensioned between an upper and lower stick in a strong rectangle. As weaving progresses, adjustment of the warp is possible by tightening individual warp threads.

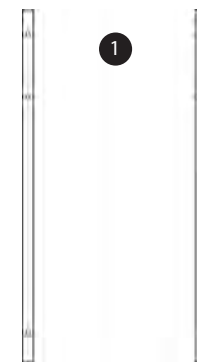
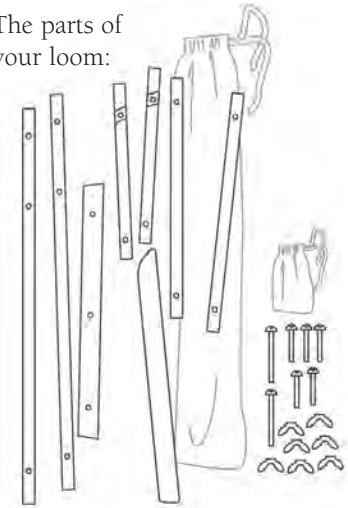
In this little book are directions and pictures that will tell you how to assemble your loom with the hardware included in the small bag, how to warp it, and how to begin weaving, using the batten that is included with the loom.

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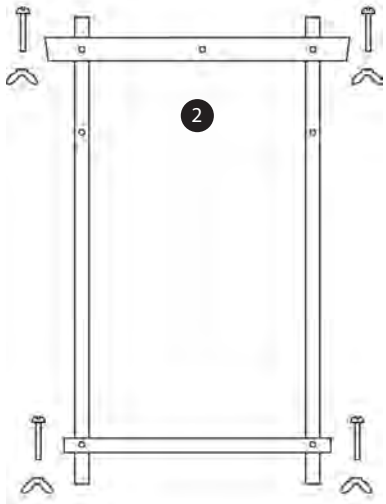
Your Journey Loom's seven sticks are made from non-endangered native Maine woods.

We hope you enjoy your **The Weaving a Life™ 7-Stick Journey Loom™** for many years to come!

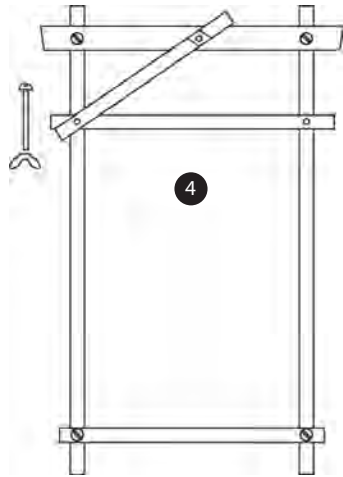
The parts of  
your loom:



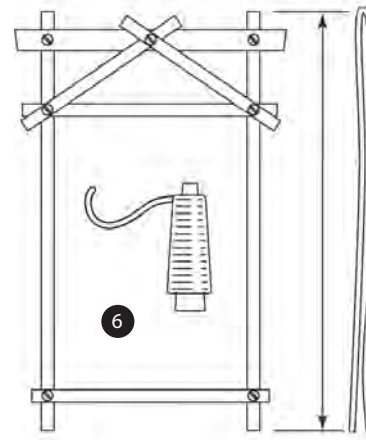
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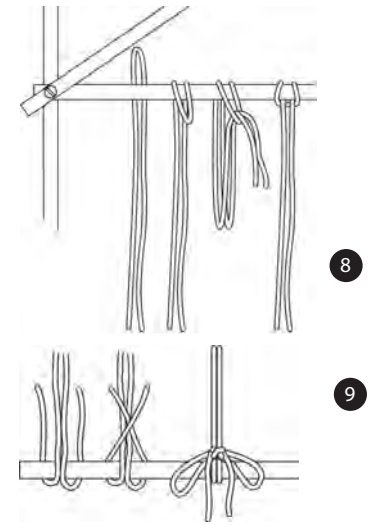
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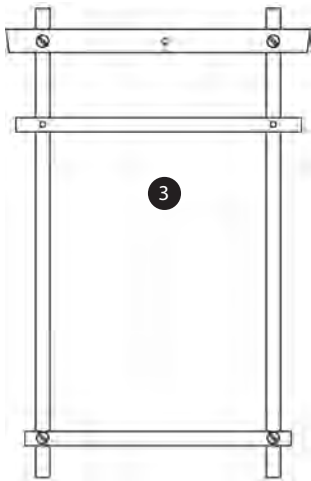


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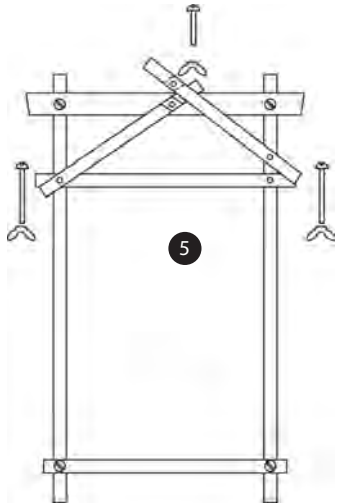


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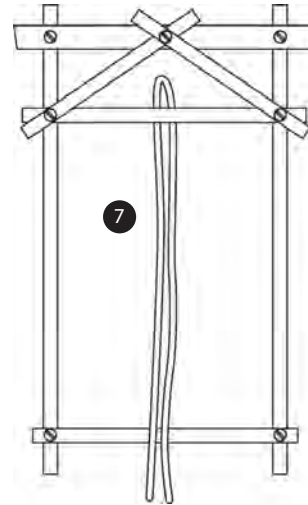
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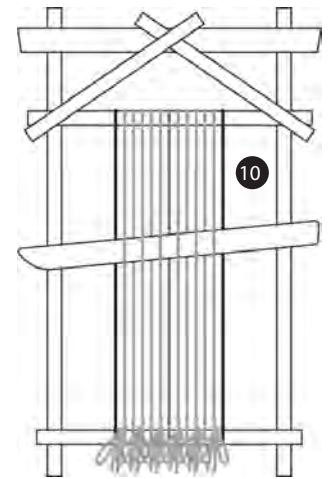
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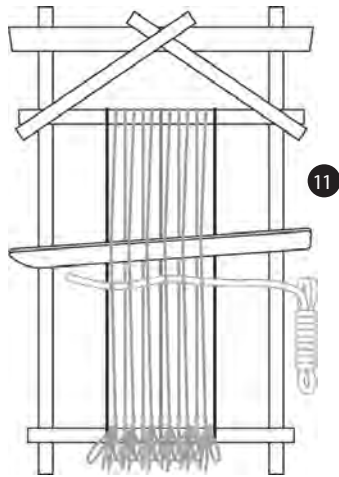
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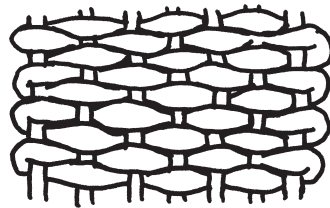
Weaving Instructions  
for the  
**Weaving a Life™**  
**Journey Loom™**  
the Original  
7-Stick Journey Loom.

For 20,000 years the symbolic languages arising from the inside of the human soul have been woven horizontally on the vertical warp of the loom, passed from generation to generation. In Turkish, a culture rich with weaving history, the word *anane* means “tradition” and also “from mother to daughter.”

Daughters have held the images of their communities and their culture in their hearts, carrying on the ancient woven culture.

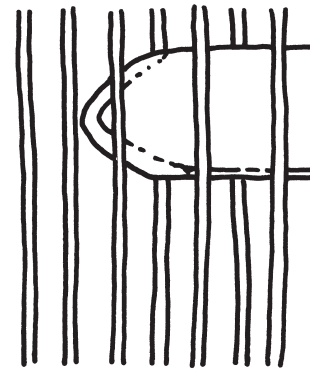
So too, our psyche holds the images of our personal mythology, which is expressed directly through our hands and our hearts onto the lap of our loom.

The following diagrams will show you how to weave. The basic structures of the weavings on this loom are tapestries. This means that the horizontal weft threads cover the vertical warp threads like this:



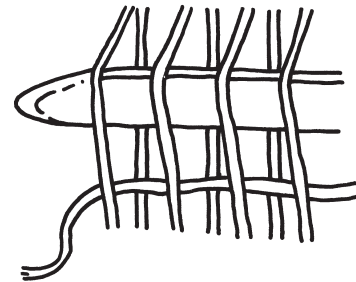
It also means the threads may not go all the way across the warp, but may go only part way for one or several rows to create a design.

To start weaving, pick up your batten stick (one with no holes and a beveled rounded end) and put it under the first edge thread. This is called the selvedge thread (self-edge).



Use the pointed end of the batten to lift the first thread. Now slide it over the next thread, under the next one, over, under, until you reach the other selvedge edge.

Turn the batten stick on its side. You will find it raises every other thread, creating a space between the two layers of alternating threads.

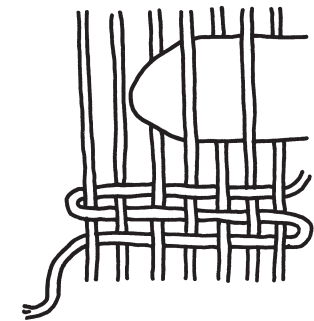


Cut a piece of yarn as long as the width of your spread arms.

Pull the yarn through the opening, which is called the “shed”, leaving about a one inch tail.

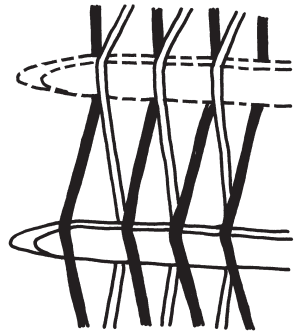
Mayan weavers call the shed the “mouth” of the loom.

Remove the batten. Notice that you are already weaving! The next step is to hold the batten in the other hand. Ask yourself “does the weft yarn cross over or under the last thread?” If it went over, you now go under. If it went under, you go over. Always do the opposite of what you did on the last time across, so your weaving will alternate regularly. You will ask yourself the “over or under?” question each time you slide the batten between the threads to open the loom’s mouth.

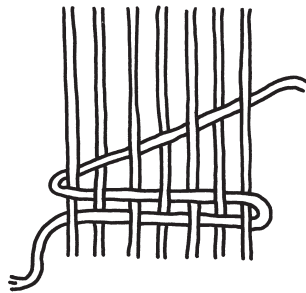


You will see that first you go under-over-under, then you go

over-under-over. As you turn the batten on its side to open the mouth of the loom, you can see there are really two possible mouths. When one is open, the other is closed.



One way to keep the selvages from pulling in is to build a little slack into each row of weft. You do this by angling the weft. Weave the weft row across at an angle, and push it down with the batten stick. As it goes, it's a little longer than the width of the



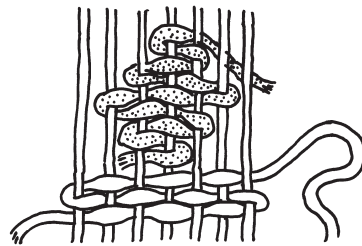
11

warp, so it leaves a little slack at the selvage. It turns out this is just enough to keep the edges straight. You still need to keep an eye on it, but this gives you a way to control the selvages.

Great! You are weaving. Your only work now is to go back and forth from left to right and right to left. When you want to change colors, fold the end of the color you are working with back in the next shed before you weave in that shed with the second color. When you begin with the second color, leave a 1-inch tail and fold it back in the next shed before you weave in that shed. The ends will be covered up in the weaving.

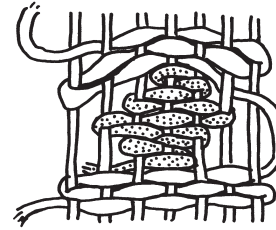
Here's a tapestry technique called "eccentric weave."

After weaving a few rows, start another color at the center thread as shown, weaving it back and forth, expanding by one warp thread each time, then reducing by one warp thread each time.



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Now take the end of the first color and bring it up over the color spot you just created, and weave it back and forth around it. The rows don't have to be straight in eccentric weave!



To finish the weaving, take the loom sticks off, slide them out or cut the warp threads from them, and make fringe or knots, or needle the warp ends in.

Make an amulet, a bowl, a doll, a belt of power, a mask, a power bundle, or a meditation shawl (it's all in the book from Weaving a Life)

Thank you for buying a Weaving a Life Journey Loom. May you enjoy it always and send it forward into the next generation of weavers taking their own journey for the first time.

For more information, go to the Weaving a Life website at [www.weavingalife.com](http://www.weavingalife.com). The discussion forum is the place to ask questions and share your techniques with other Weaving a Life weavers!

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