

Warrior's Heart



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Purple is the colour for Fibromyalgia, CFS, ME, Lupus and Alzheimer's disease. To celebrate the courage of all my fellow warriors battling Fibromyalgia, CFS and ME I crocheted in purple. May is Fibromyalgia Awareness month.

You can make this in any colour you like, but you may like to crochet in a colour that helps raise awareness for a cause that means something to you. Sew on to a brooch back, hair clip, scarf, jacket or anything you like. Give to a friend battling chronic illness. Give them away in a random act of kindness.

I used Nurturing Fibres Eco Cotton in Paris and Lavender with a 3.5mm hook.

USA terms and abbreviations with UK in brackets

Ch – chain
Sl st – slip stitch
Sc – single crochet (UK **dc** double crochet)
Hdc – half double crochet (UK **hdc** half treble crochet)
Dc – double crochet (UK **tc** treble crochet)
Tc – treble crochet (UK **dtc** double treble crochet)
Sp – space
St – stitch

Special stitches

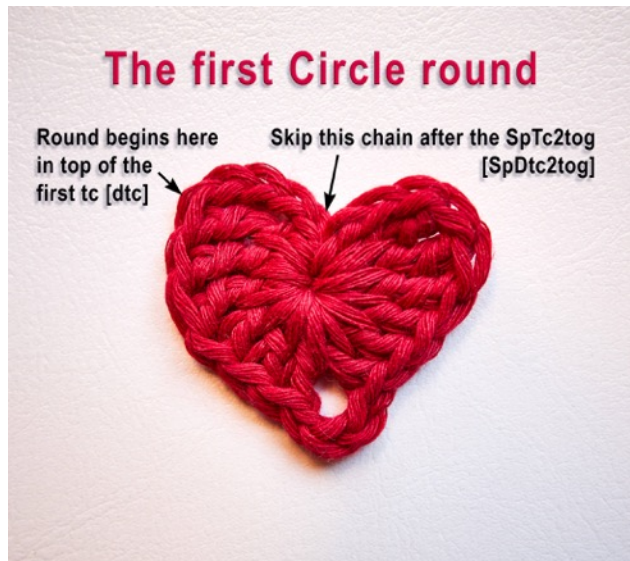
Picot – chain two, slip stitch into second chain from hook.

Back loop only – the top of each stitch has two loops. One at the front and one at the back. Crochet into the back loop only, leaving the front loop empty.

SpTc2tog – special treble crochet 2 together (UK **SpDtc2tog** special double treble crochet 2 together)

Yarn over twice, insert hook, yarn over, pull through loop, yarn over, pull through two loops on hook. You now have three loops on the hook. Working in the same stitch, yarn over once, insert hook, yarn over, pull through loop. You have five loops on the hook. Yarn over, pull through two loops on the hook. You now have four loops on the hook. Yarn over and pull through two loops, Yarn over, pull through remaining three loops.

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Round 1

Note: Leave a long enough tail to crochet over and weave in.

1. With the colour you have chosen for your heart, **ch 4. Sl st** into the first chain to create a ring.
2. **Ch 4.** Into the ring and crocheting over your tail, work 3 **tc [dct]**, Gently pull your stitches together to make more room around the circle, 3 **dc [tc]**. Gently pull your stitches together to make more room around the circle. **Ch 3.**
3. Into the circle work 3 **dc [tc]**, gently pull your stitches together to make more room around the circle, 3 **tc [dct]**. **Ch 3. Sl st** into the centre of the circle. Finish off. Put your hook behind the heart and push it forward through the centre. Pull the finished-off yarn tail through the centre of the heart and out the back.
4. Take the other tail which you have crocheted over and pull gently, decreasing the size of the hole in the centre of the heart. Tie both tails together with one granny knot. Weave in ends.

Round 2

1. Find the first **tc [dct]** you crocheted (after the **ch 4**) on the left side of the heart. This is your starting point.
With your second yarn colour, attach yarn with a **sl st** in this **st**. **Ch 2.** Work 1 **hdc [htc]**, 2 **hdc [htc]**, 1 **hdc [htc]**, 2 **hdc [htc]** and 1 **hdc [htc]** in the next 2 **sts**, then 3 **hdc [htc]** in the next **st**.

2. Work 1 **hdc [htc]** in next 2 **sts**, 2 **hdc [htc]**, 1 **hdc [htc]**, 2 **hdc [htc]**, 1 **hdc [htc]**, 1 **sc [dc]**. **Sl st** into the centre of the heart. Skip 1 **st**. Work 1 **sc [dc]**, 1 **hdc [htc]**, 3 **hdc [htc]**. Work 1 **hdc [htc]** in the same **st** as the beginning **ch 2. Sl st** in top of **ch 2**.

Round 3

1. With the yarn from Round 1, **sl st** into the **sl st** in the centre **sl st** of the heart.
2. * **Ch 2.** Skip 1 **st**, **sl st** into the next **st**. *
Repeat from * to * 7 times.
3. We will now work a **picot** into the point of the heart. (**Ch 2, sl st** into the second **ch** from the hook.) **Sl st** into the same **st**.
4. * **Ch 2.** Skip 1 **st**, **sl st** into the next **st**. *
Repeat from * to * 7 times.
5. **Sl st** into the centre beginning **sl st** of the heart.
6. Finish off. Sew in ends.

*Congratulations on crocheting your **Warrior's Heart!***

I hope you enjoyed making this **Warrior's Heart** to help spread the love as much as I enjoyed creating it.

I would **LOVE** to see your work. You can tag me **@queen_babs** on Instagram or Twitter with **#warriorsheart** or share it on my Facebook page. Crocheters who are hooking the Lovebomb patterns have now been nicknamed **#lovebombtribe!** Feel free to use this so all the lovebombers can find each other. I love seeing your work from my patterns so please, do share!

Wishing you happiness,

Jane,

Aka Queen Babs

*A Lovebomb heart aims to make someone smile with a small random act of kindness. I give 100s away with the message "You are loved."
This #warriorheart design will help spread the love even further.
May the joy this project gives me come full circle back to you.*

Wishing you happiness

*Jane
aka Queen Babs*



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