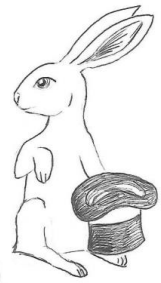


news letter

Rabbit hat
designs



www.rabbitatdesigns.com



Welcome to the first ever Rabbit Hat Designs News Letter! Thank you for signing up and being interested in hearing more about my processes and stitching adventures!

I really love the form of written word as a way to share thoughts, processes and ideas, so a newsletter seemed the best way to go! I am an embroiderer from the UK, now living in Denver, USA. I started embroidery whilst going through the complex process of gaining art therapy accreditation in the US and fell in love with it.

updates

I'm excited to share that I'm currently collaborating with Birdsall & Co in Denver with some botanic kits and makes. If you haven't checked out their shop in RiNo it's well worth a visit, with so many beautiful plants and treasures for gardens and homes. I will be posting progress on my instagram, if you'd like to follow along with the process of developing the botanic series of embroideries and kits. Look out for these embroideries and kits being developed over the next few weeks.



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all about the process

I'm all about the process when it comes to making. As an Art Therapist I have experienced the healing ways of so many processes and stitching in particular always appealed to my young clients when working in schools. I find that more often than not stitching as a process relates to layers in experiences, attachment, love, comfort and security and creates an incredibly grounding and soothing force for makers. I also love the ancientness of stitching and the handing down of skills from one generation to the next.

This month I wanted to write a little bit about my butterfly and moth wing zoom inspired embroideries and why these have become such an important process for me. Read on for a detailed look at my wing zoom making process...



On first moving to the states, I planned to continue working as an art therapist but the accreditation process involved so many roadblocks. Embroidery became a saving grace and zooming into nature became an important way of centring myself and exploring new layers of identity. As I learned more about the States I found myself zooming into layers through exploring macro photography, which held echos with my process of zooming into the layers in the new country I found myself. It is amazing how different cultures and places can be, how everything feels different at first, even the smells, sounds, light, creatures and conversations.



Moths and butterflies are strong symbols of change and transformation due to the huge shifts that they go through in their lifetime, which resonates with me in drawing strength from this symbolism, zooming in on my inner strengths and layers and amplifying them in an introspective and external process, so much of exploring new places is about taking in and letting go. For each wing zoom I start with a black background, usually using black muslin or linen. I then use a white pencil to draw the outline of the wing, thinking of it as a jigsaw puzzle. I often start with one color and then add colors as I go. I tend to get easily distracted and like to really focus in on each color, drawing out all the subtle layers in it. Here is a swallow tail butterfly wing zoom coming to life...



Being new here has really made me appreciate different world views. I think diversity is such a wonderful thing, and in this political climate it's important to never underestimate the power of saying hi, reaching out to someone new or learning from different views.

out and about

Here's where I share listens, reads, film and arts that inspire or interest me. I always find for me inspiration comes from everywhere and I find that everything I see, hear and take in filters into my work. A film I would recommend that I saw recently was 'The Last Black Man in San Francisco', it's such a beautiful film, almost laid out like a dream, where it cuts from one scene to another.



For listens, I've really enjoyed the podcast 'More Perfect', which reviews Supreme Court Cases and how impactful they've been on US history, I especially enjoyed the episode 'Sex Appeal' where Ruth Bader Ginsburg plays the system to pass equal rights law on gender.



Music I've been loving this month has been the all female mariachi band Flor de Taloache, especially the song 'Let Down'. For reading, I would massively recommend a Guardian article I read on the calming effects of sewing. The link is on my 'process page' on my website www.rabbithatdesigns.com.



Self and wellbeing
The calming effects of sewing can help people express and heal themselves

coupons

Use the code RABBITHATNEWS on Etsy for 10% of any orders. N.B. I will be away from 4th-23rd September, so any orders made between those dates, will be shipped as soon as I get back!

Thank you for reading!

Next month look out for 'how to do a French knot' where I'll share my new favourite stitch!