



HOW TO MAKE A NAMKHA

full guide



NAMKHA
ENCYCLOPEDIA

Introduction

This guide is created to support practitioners in Namkha making.

It contains all necessary schemes and drawings allowing to make a charm.

The guide is made in full accordance with the "Namkha" booklet.

The author of this guide developed accessible and convenient approach.

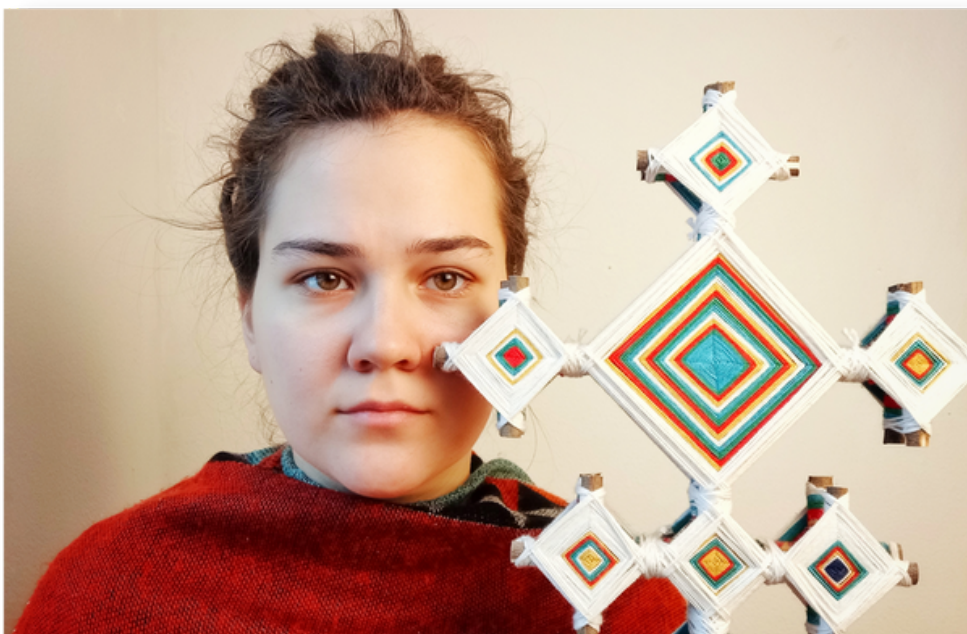
With it you'll avoid many of technical difficulties.

Let the powerful and liberating method be more accessible.

With love and dedication,

Anna Weiss

www.namkha-encyclopedia.com



Namkha tutorials

This guide is a part of a **open Namkha tutorial course**

#namkha_tutorials on Social Media:

YouTube -

<https://www.youtube.com/channel/UCKhJRXp4g9WnXAm04PlbQ>

Instagram - https://www.instagram.com/anna_w3eiss/

Facebook - <https://www.facebook.com/anna.w3eiss/>

The screenshot shows the YouTube channel page for 'Namkha Encyclopedia'. The banner features the channel's logo, the text 'Namkha Encyclopedia' and 'Namkhai Norbu Tradition', and a website link 'namkha-encyclopedia.com'. Below the banner, the channel name 'Namkha Encyclopedia' is repeated next to a 'SUBSCRIBE' button. Navigation tabs for 'HOME', 'VIDEOS', 'PLAYLISTS', 'CHANNELS', and 'ABOUT' are visible. The 'Uploads' section is active, displaying a grid of five video thumbnails. Each thumbnail includes a title, a thumbnail image, a video number, a duration, and a timestamp. The videos are: Tutorial #10 (14:19), Tutorial #9 (7:24), Tutorial #8 (9:26), Tutorial #7 (18:15), and Tutorial #6 (2:26). The thumbnails show various Namkha symbols and construction steps.

Namkha Encyclopedia
Namkhai Norbu Tradition
namkha-encyclopedia.com

Namkha Encyclopedia **SUBSCRIBE**

HOME VIDEOS PLAYLISTS CHANNELS ABOUT

Uploads ▶ PLAY ALL

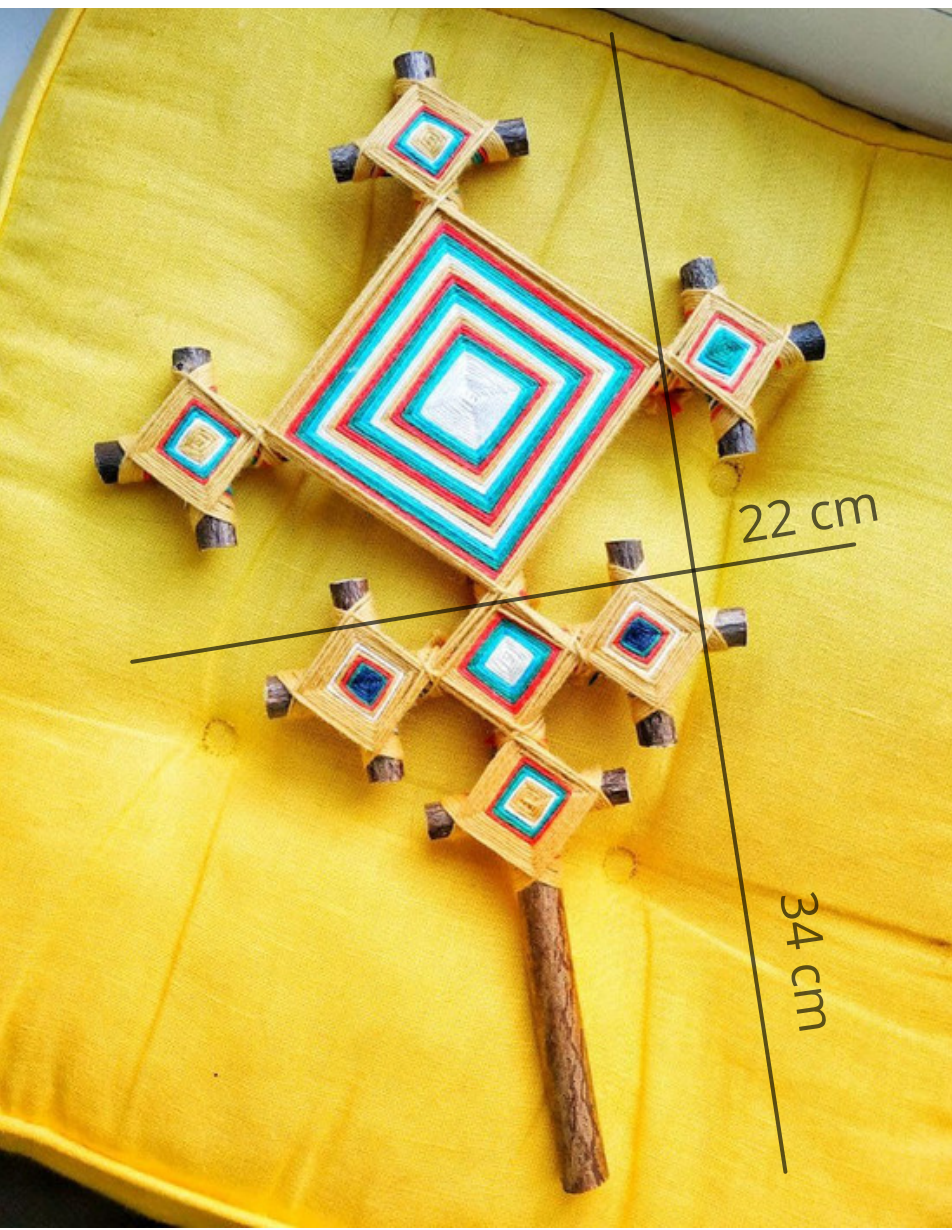
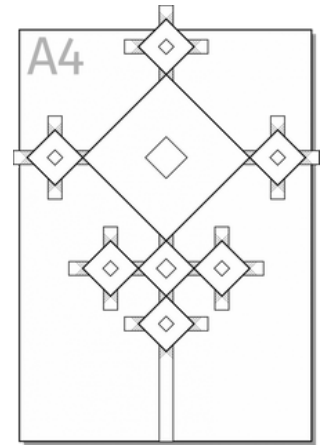
| Thumbnail | Title | Duration | Timestamp |
|-----------|--|----------|---------------------------|
| | Tutorial #10. How to wrap bands of harmonization | 14:19 | No views • 15 minutes ago |
| | Tutorial #9. How to make minor rhombi. | 7:24 | 1 view • 1 hour ago |
| | Tutorial #8. How to make Life Mewa | 9:26 | No views • 1 hour ago |
| | Tutorial #7. How to make Life Rhombus | 18:15 | No views • 2 hours ago |
| | Tutorial #6. How to draw seed syllables | 2:26 | No views • 3 hours ago |

1. Size of a charm

This namkha will be 22×34 cm in size.

Rinpoche recommended such size as minimal for making.

This configuration allows to make a charm more quickly and save time.



2.Tools and materials

Making starts from collecting all tools and materials.

Here's the full list:

1. Yarn* of six colors:

- blue
- dark blue
- green
- red
- yellow
- white

*Only natural materials are acceptable: wool or cotton.

The author uses mix of 50% wool and 50% cotton

Yarn Weight:

Fine, 4-ply

(for 3.0 - 3.5 mm needles)



2. Ruler
3. Masking tape
4. Binder clips 3 cm width x 2
5. Scissors

6. Gel pens of four colors:

- green
- red
- yellow
- white

7. Cutter knife

8. Thin awl

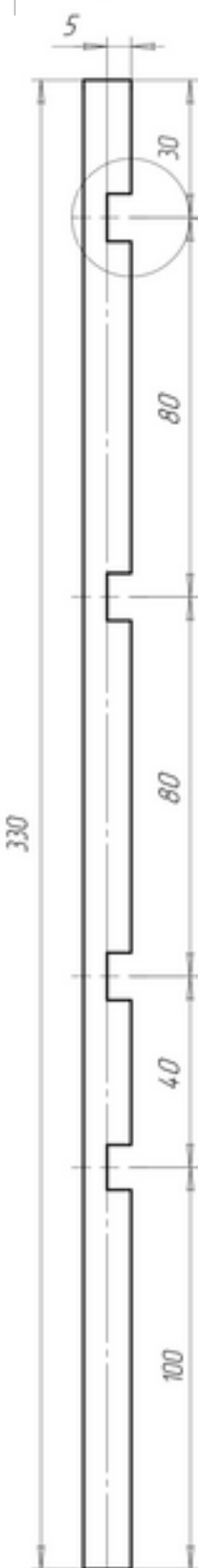
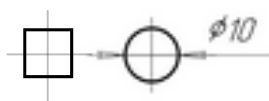
9. Pencil

Making sticks set:

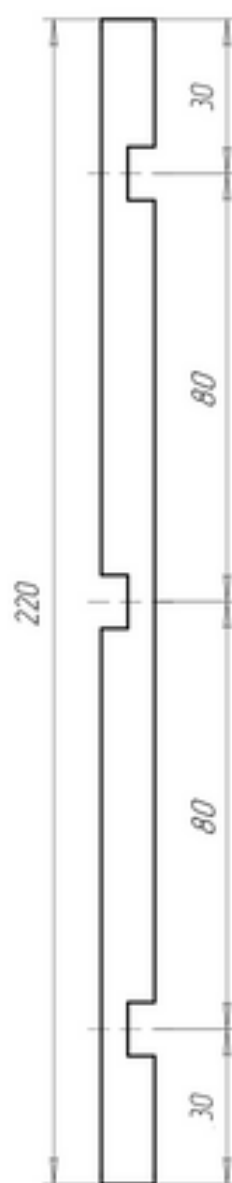
- Chisel 8 mm
- Junior hacksaw
- Vice
- Wood rasp
- Wooden dowels Ø 10 mm



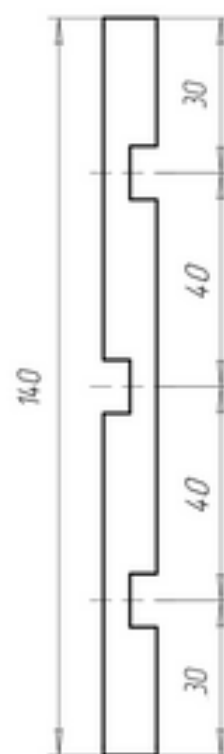
Namkha sticks



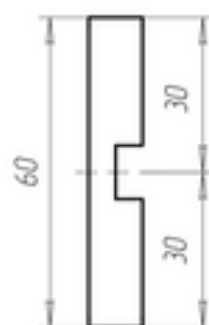
x1



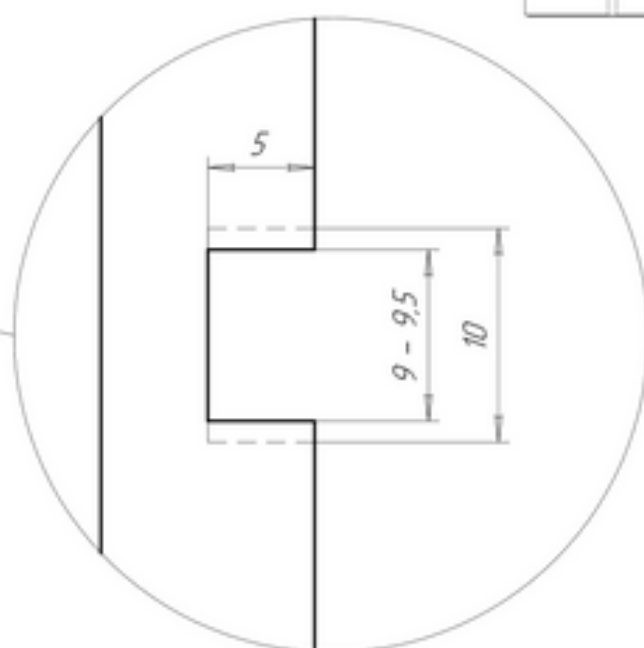
x1



x1



x6

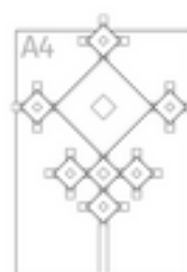


Make channels a little bit smaller (9-9.5 mm instead of 10 mm). When you connect sticks channels will widen.

You can use cutter knife if you need to wide channels.



All measurements are in millimeters



3. Rhombi scheme

Life Rhombus - 120 mm

Life Mewa - 40 mm

Minor Rhombi - 34 mm

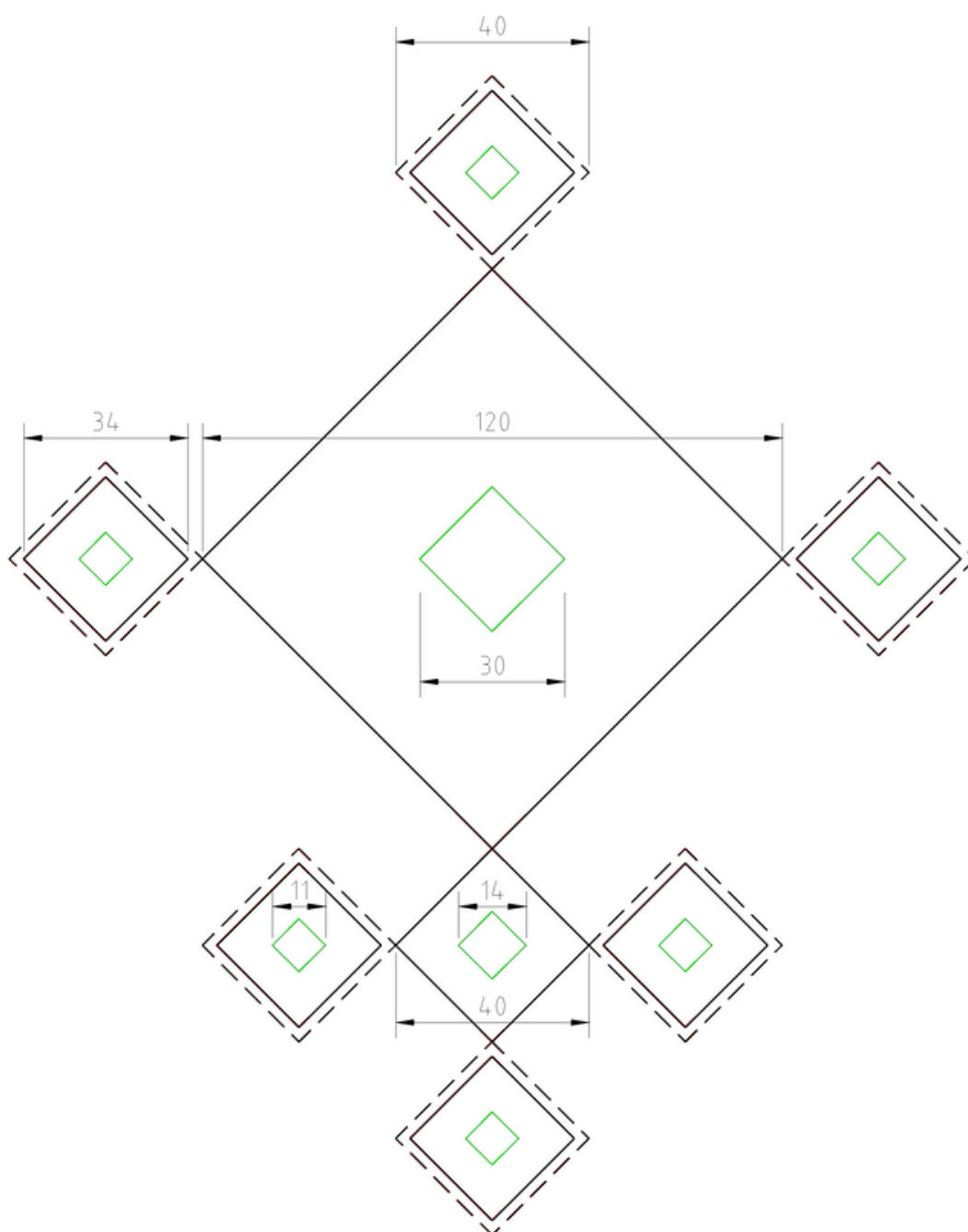
(space left for bands of
harmonization)

Centers:

Life Rhombus - 30 mm

Life mewa - 14 mm

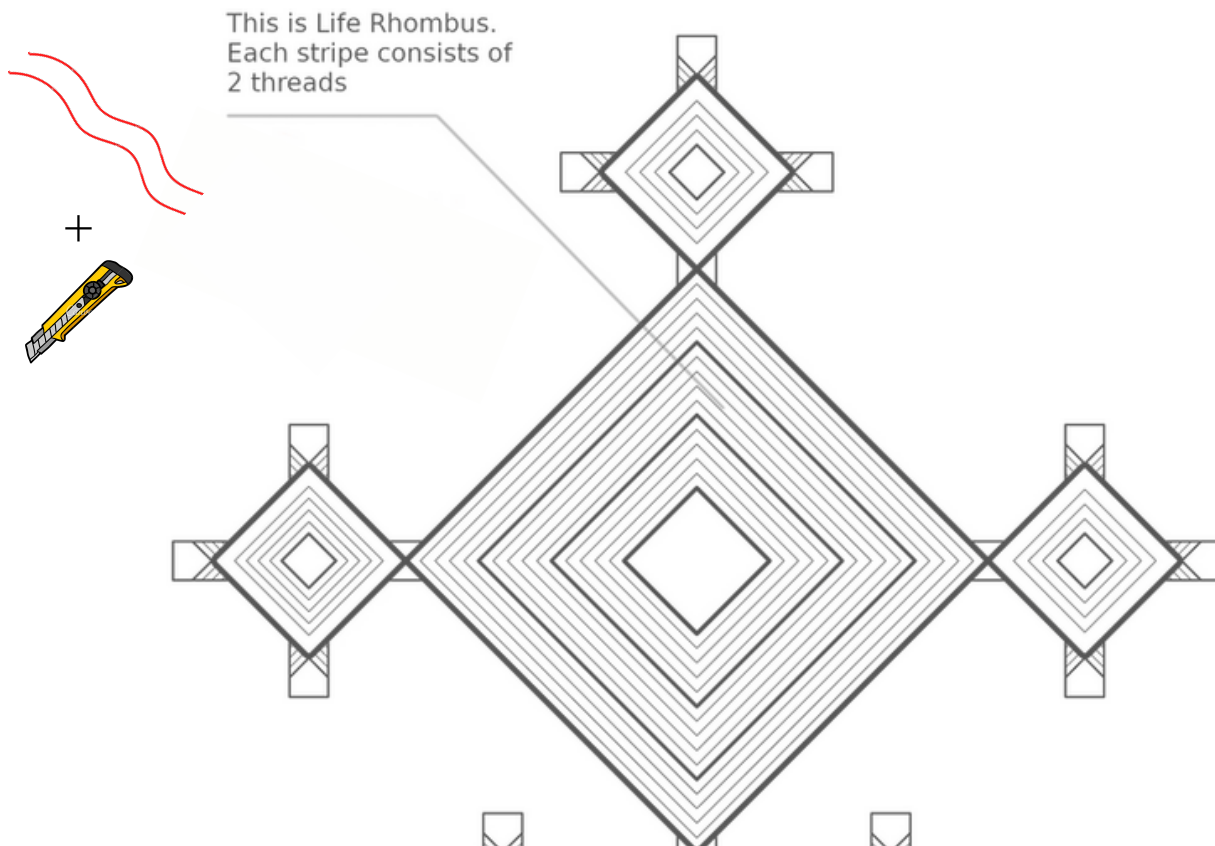
Minor rhombi - 11 mm



4. Number of threads in stripes

Each color stripe in a Namkha consists of particular number of threads. Number depends of type of a rhombus.

Life Rhombus

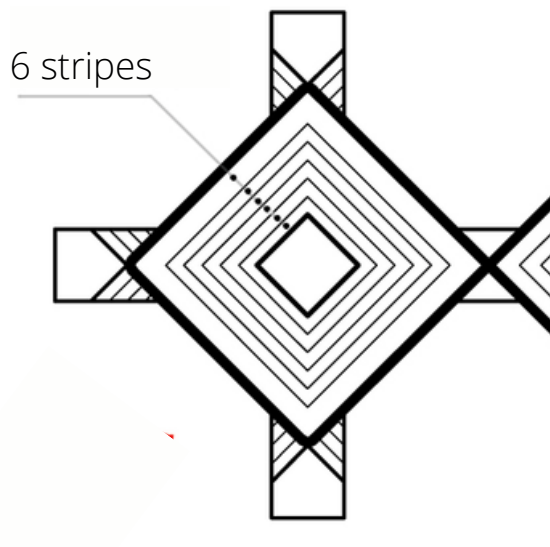
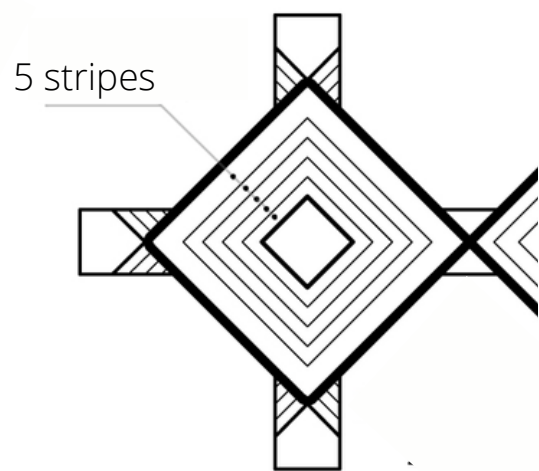
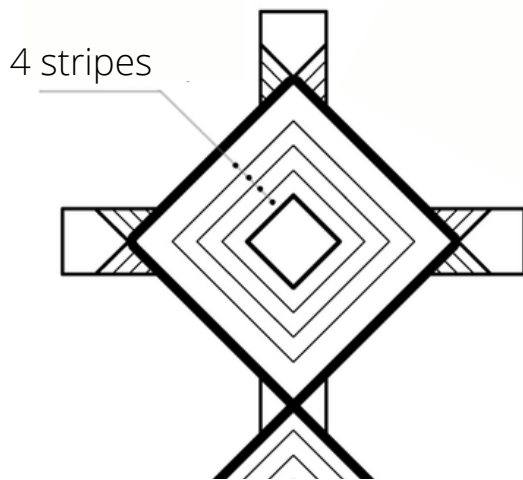


You'll need to make cuts in a Life rhombus to increase space between threads. It will allow to make a charm more strong and meet the required size.

Use a cutter knife for this purpose.

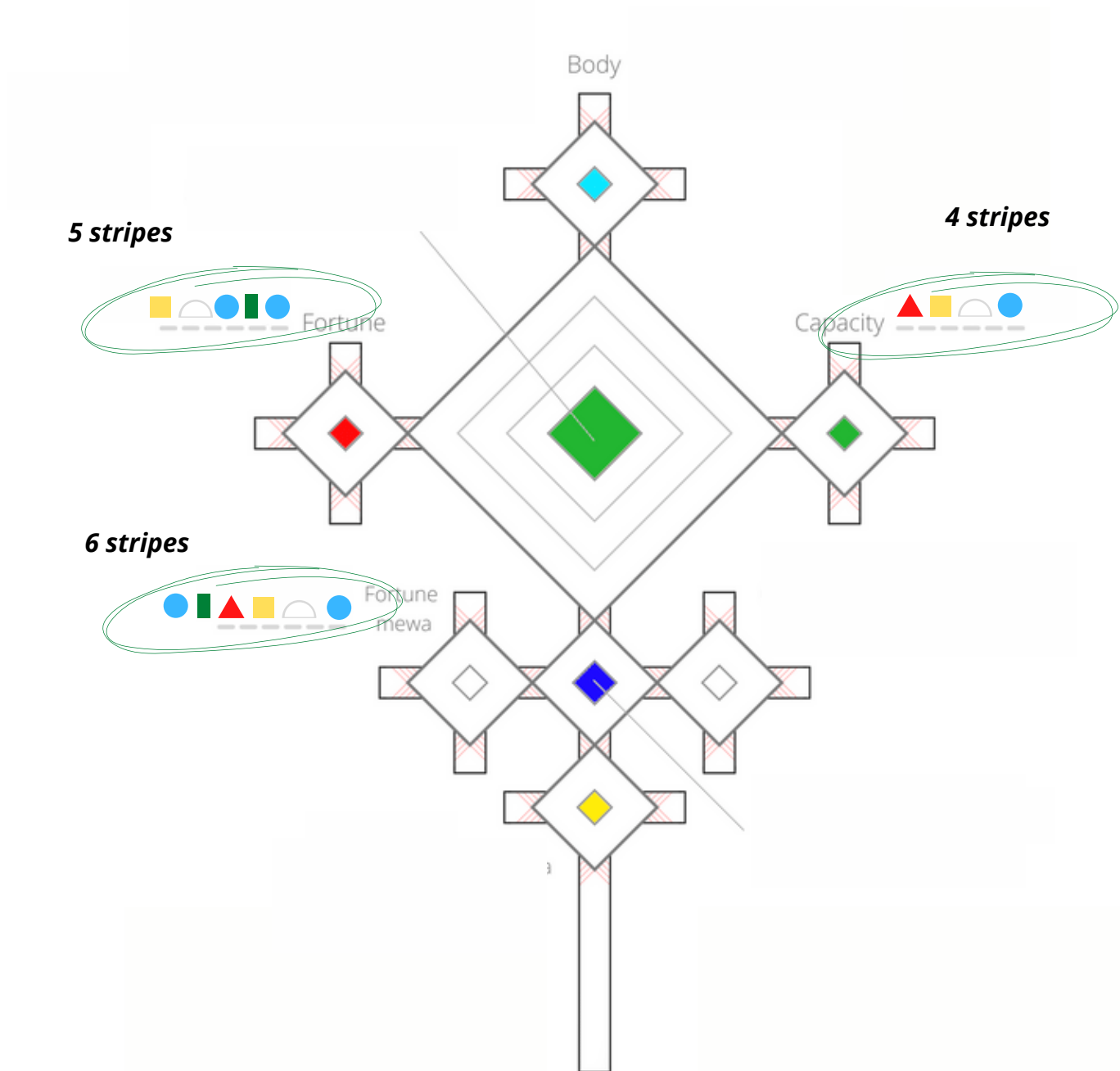
Minor rhombi

A minor rhombus may have 4, 5, or 6 color stripes.





On Namkha Scheme...



Elements in rows are the stripes



Number of threads in stripes depend on a rhombus:

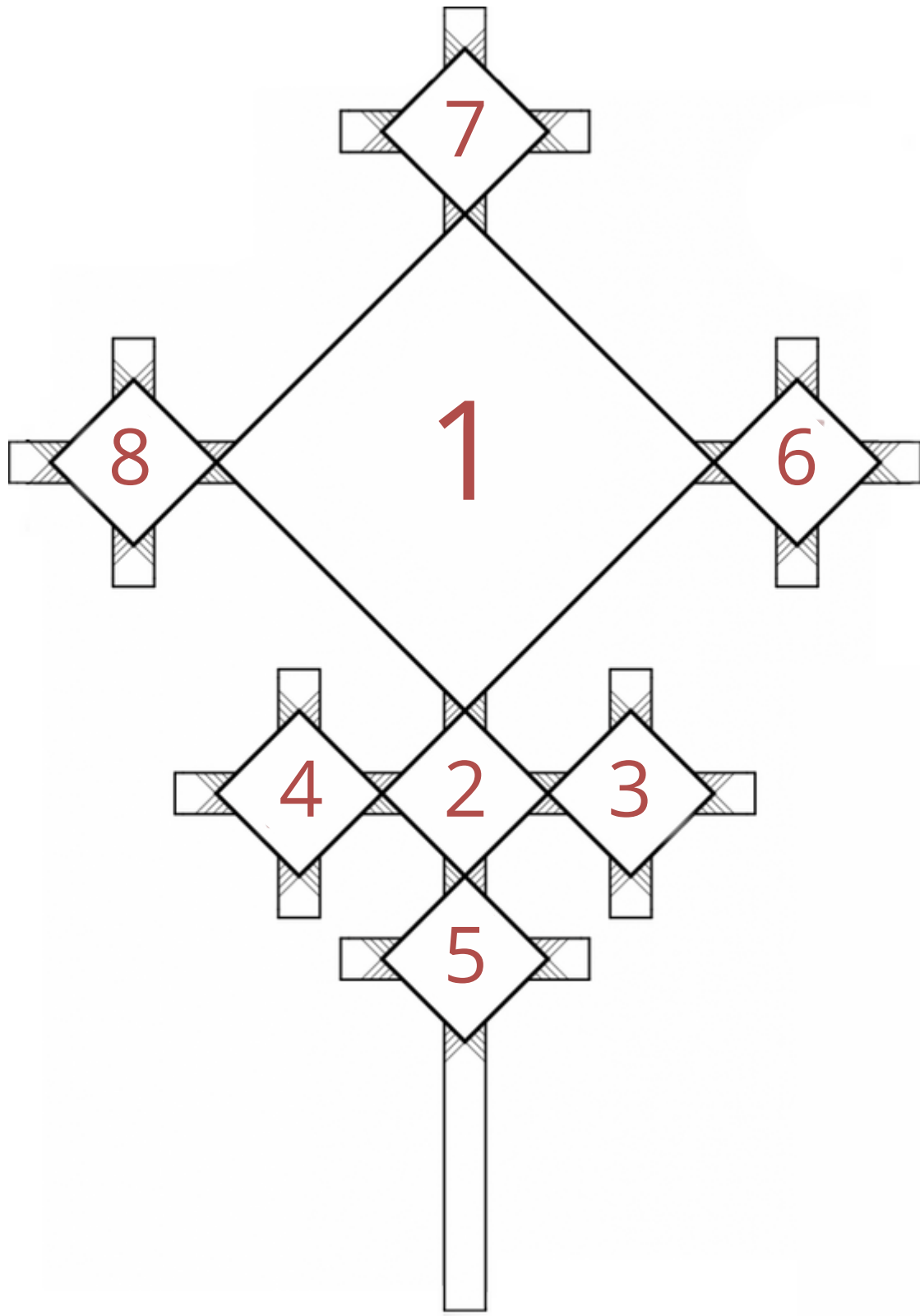
4 stripes  + 

5 stripes 

6 stripes  + 

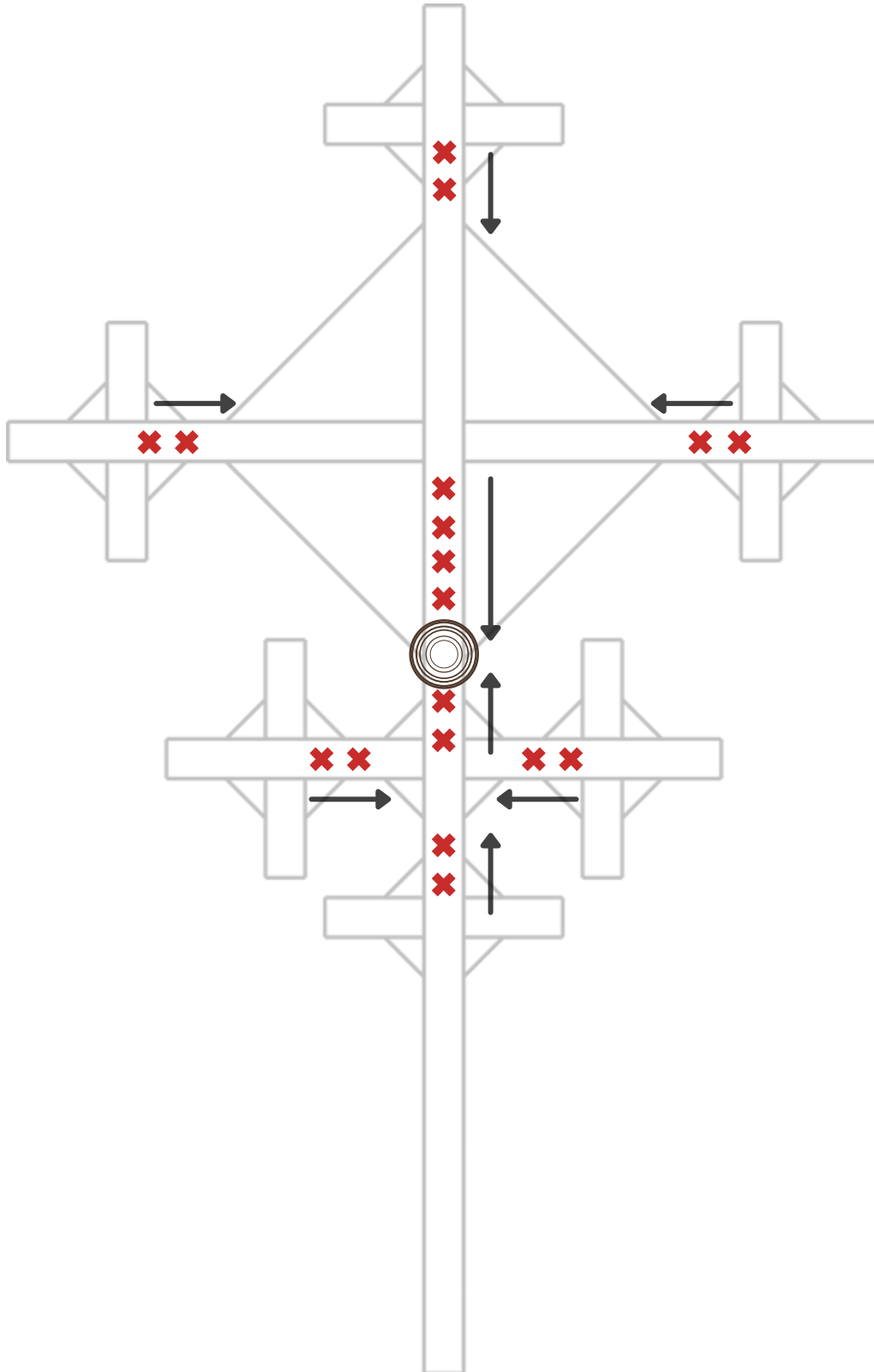
5. Order to make rhombi

This order will make the process easier for beginners.



6. Position of knots

When we connect color threads with each other, we make knots. Knots have their specific position in each rhombus. They should "look" towards the connection between Life and Life Mewa

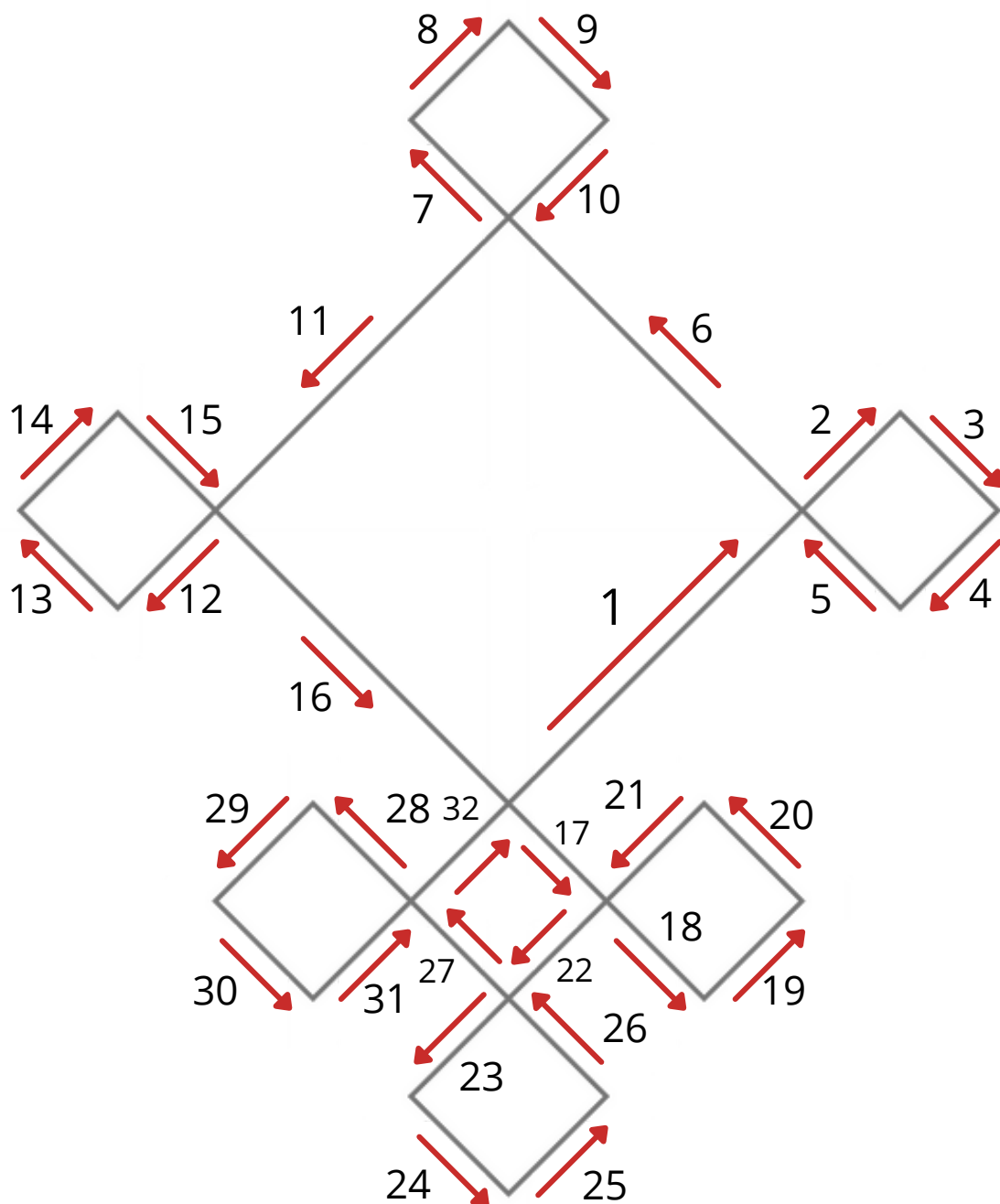


7. Bands of harmonization

When all rhombuses are done, you need to connect them with bands of harmonization. It's color is a color of **La**.

In first round you need to connect free ends of each rhombus to the band.

In total you need to wrap all rhombuses with 3 rounds.



You're done!

After you wrapped bands of harmonization, cut free ends.

Congratulations!

You've just made your Namkha.

It's time to empower it at nearest favorable day.

Learn how to maintain your Namkha here:

ADD LINK



Thank you for your attention!

If you need personal assistance, contact me by this e-mail:

Donation

Creation of this guide took 4 years of expertise and over 150 hours of making.

Consider to support this benevolent activity here:

Sharing

You can help to spread this guide by sharing it with the Community.

Thank you for your assistance!

