



HOW TO CONSTRUCT A NAMKHA: STANDARD SIZE

guide
v 5.0



NAMKHA
ENCYCLOPEDIA

Table of contents

Introduction	3
The Namkha constructing course	4
1. Size of at thread-cross	5
2. Tools and materials	6
3. Namkha sticks	8
4. Rhombi measurements	9
5. Seed syllables colors	10
6. How to draw seed syllables	11
7. Number of rounds in color stripes	12
8. Order to make rhombi	15
9. Position of knots	16
9.2 Position of knots - photo	17
10. Bands of harmonization	18
You're done!	19

Introduction

This guide is created to support practitioners in Namkha making.

It contains all necessary schemes and drawings allowing to make a thread-cross.

The guide is made in full accordance with all the Namkha books published by Shang Shung Publications.

The author of this guide developed accessible and convenient approach.

With it you'll avoid many of technical issues.

Let the powerful and liberating Namkha method be more accessible.

With love and dedication,

Anna Weiss

www.namkha-encyclopedia.com



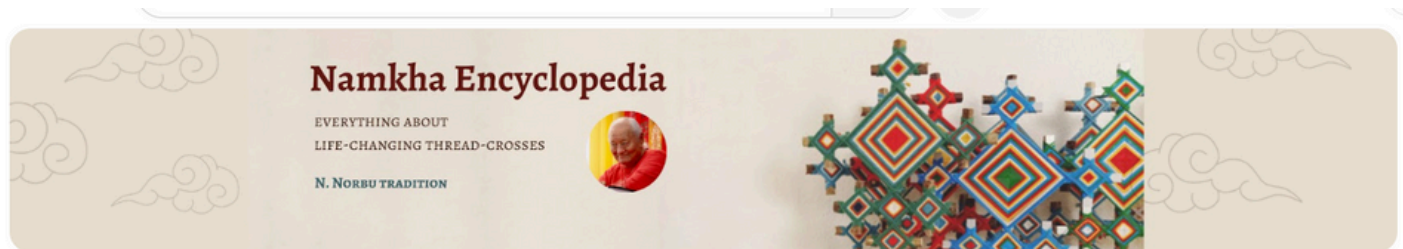
The Namkha constructing course

This guide is a part of a free of charge **the Namkha constructing course**

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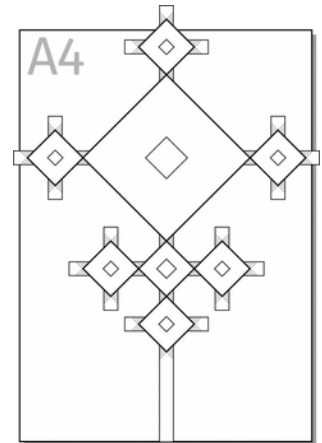
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1. Size of a thread-cross

This Namkha is 22×34 cm in size.

Rinpoche recommended such size as minimal for making.

This configuration allows to make a thread-cross more quickly and save time.



34 cm

22 cm

2. Tools and materials

Namkha construction 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. Please choose only 100% pure wool or cotton, or mix of pure wool and cotton.

Yarn Weight:

Fine, 4-ply

(for 3.0 - 3.5 mm needles)

! You can request samples of yarn - they will be sent to you by a postal service.

Please contact

info@namkha-encyclopedia.com

to learn the details.



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

6. Materials to draw seed syllables:

a) Gouache, 4 colors:

- green
- red
- yellow
- white

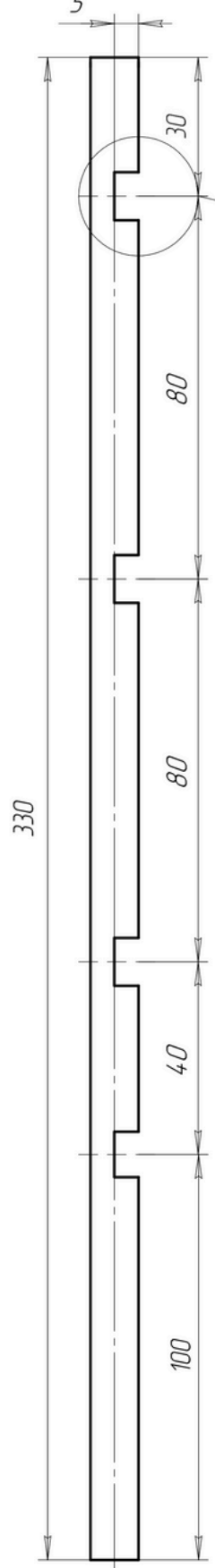
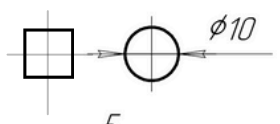
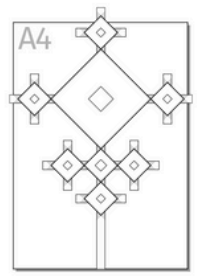
b) *Fine brush - 0.5 size*

7. Box knife
8. Thin awl
9. Regular pencil
10. Chalk pencil

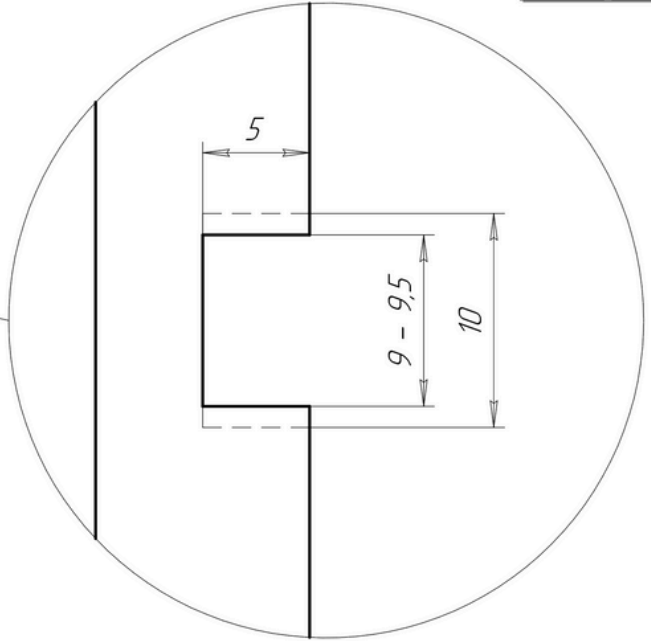
Making sticks set:

- 1) Chisel 8 mm
- 2) Junior hacksaw
- 3) Vice
- 4) Wood rasp
- 5) Wooden sticks Ø 10 mm

Namkha sticks



x1

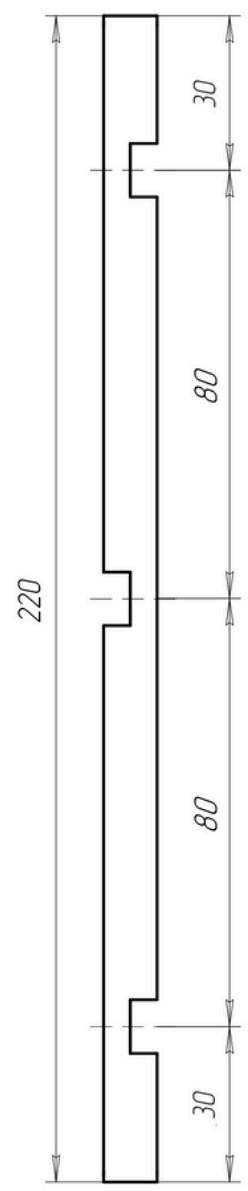


Make channels a little bit smaller (9-9.5 mm instead of 10 mm). When you connect sticks channels will widen.

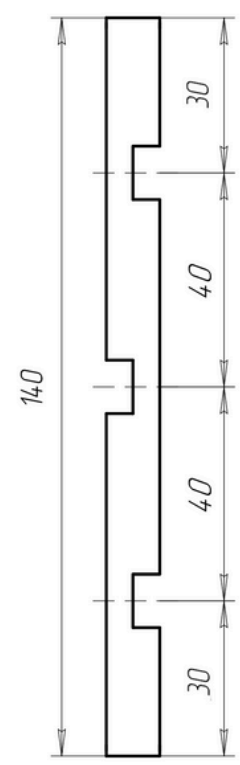
You can use cutter knife if you need to wide channels.



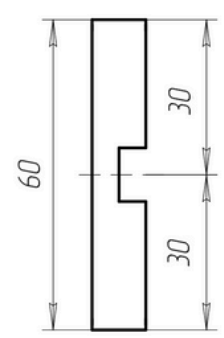
All measurements are in millimeters



x1



x1



x6

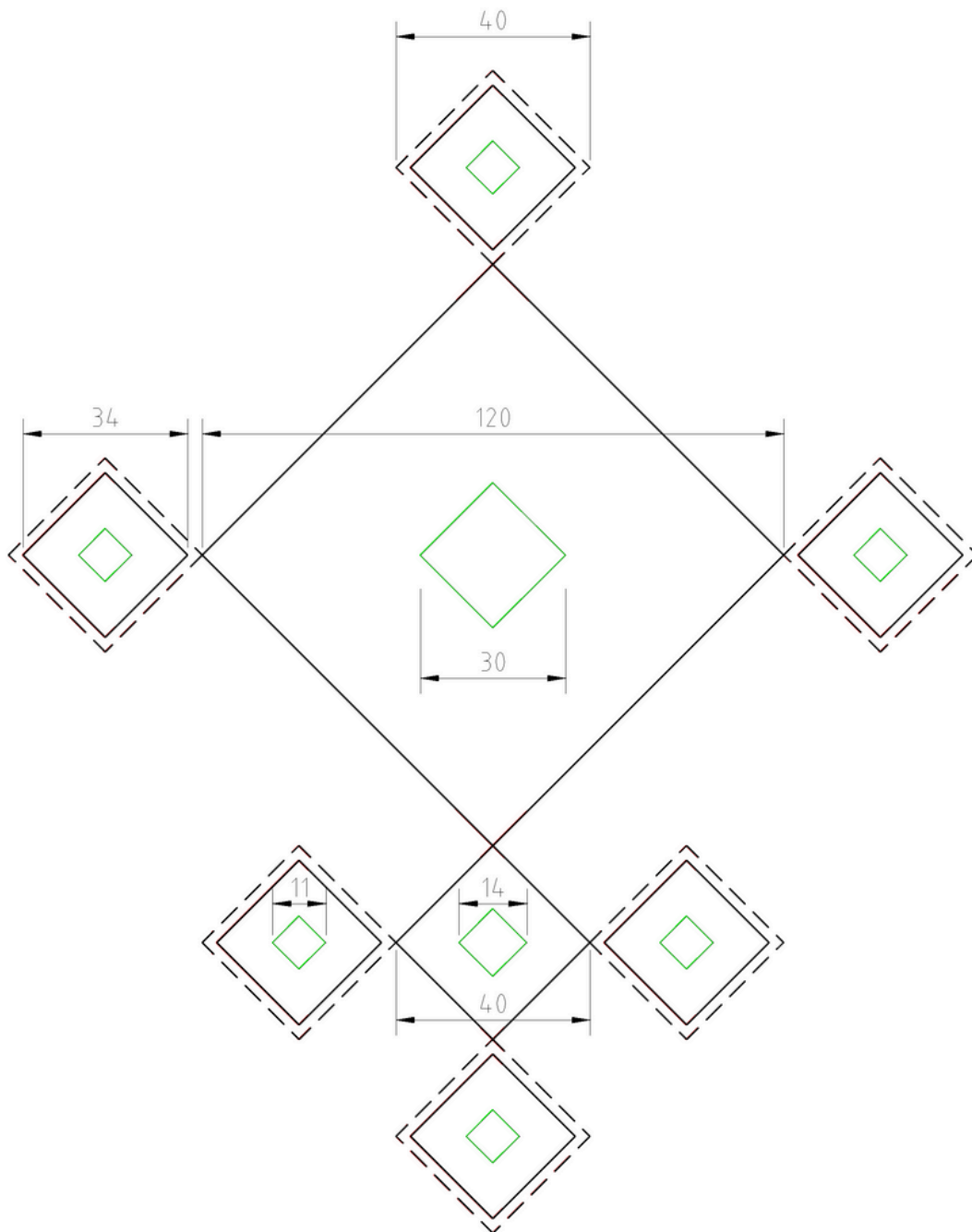
4. Rhombi measurements

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



5. Seed syllables colors

According to the latest edition of the Namkha book, color of some seed syllables differ from the color of a thread associated with a particular primary element.

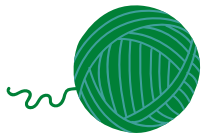
Colors of seed syllables are the same as colors of the 5 primary elements in the 5 elements purification mantra.

yarn color

seed syllable color



white



green



red



yellow



yellow

6. How to draw seed syllables

Gouache is a good material to draw seed syllables. It resembles the old way practiced in ancient times when practitioners used paints to draw symbols and syllables.

If it's difficult to use gouache, you can use black gel pen to draw all seed syllables in your Namkha.

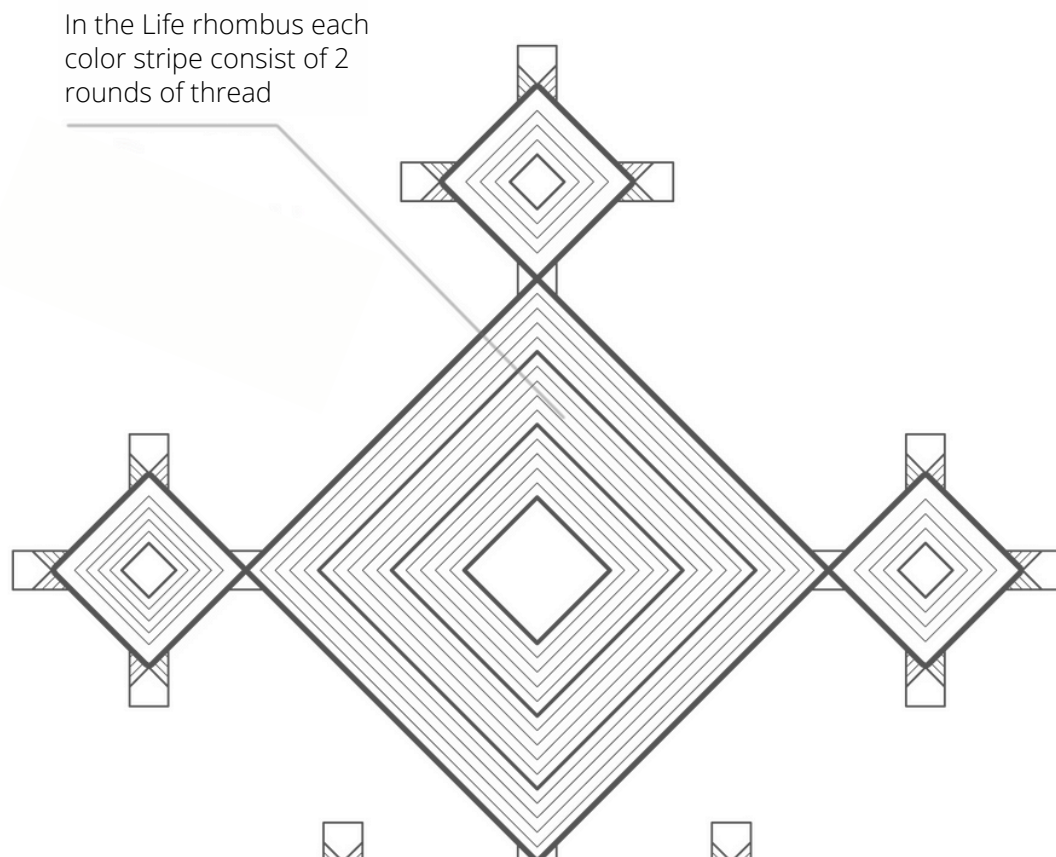
If you made a mistake, you can erase it with a wooden rasp.



7. Number of rounds in color stripes

Each color stripe in a Namkha consists of particular number of rounds. Number of rounds 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 thread-cross stronger and meet the required size.

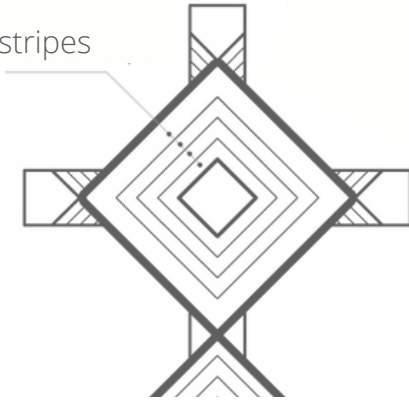
Use a box knife for this purpose.



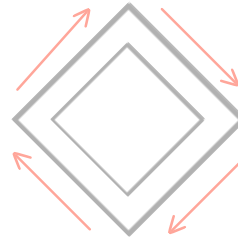
Minor rhombi

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

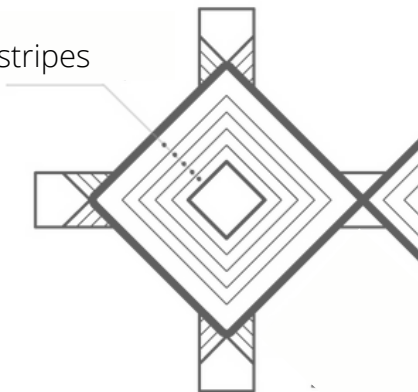
4 color stripes



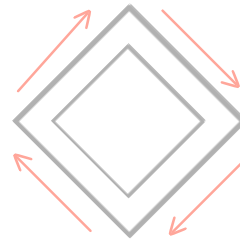
*2 rounds of thread
for each color stripe*



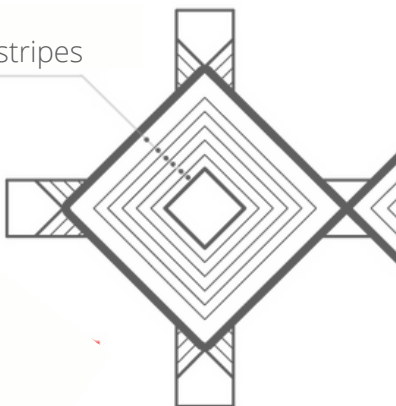
5 color stripes



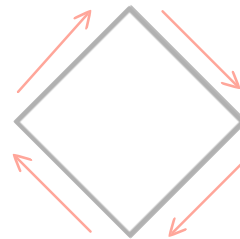
*2 rounds of thread
for each color stripe*



6 stripes

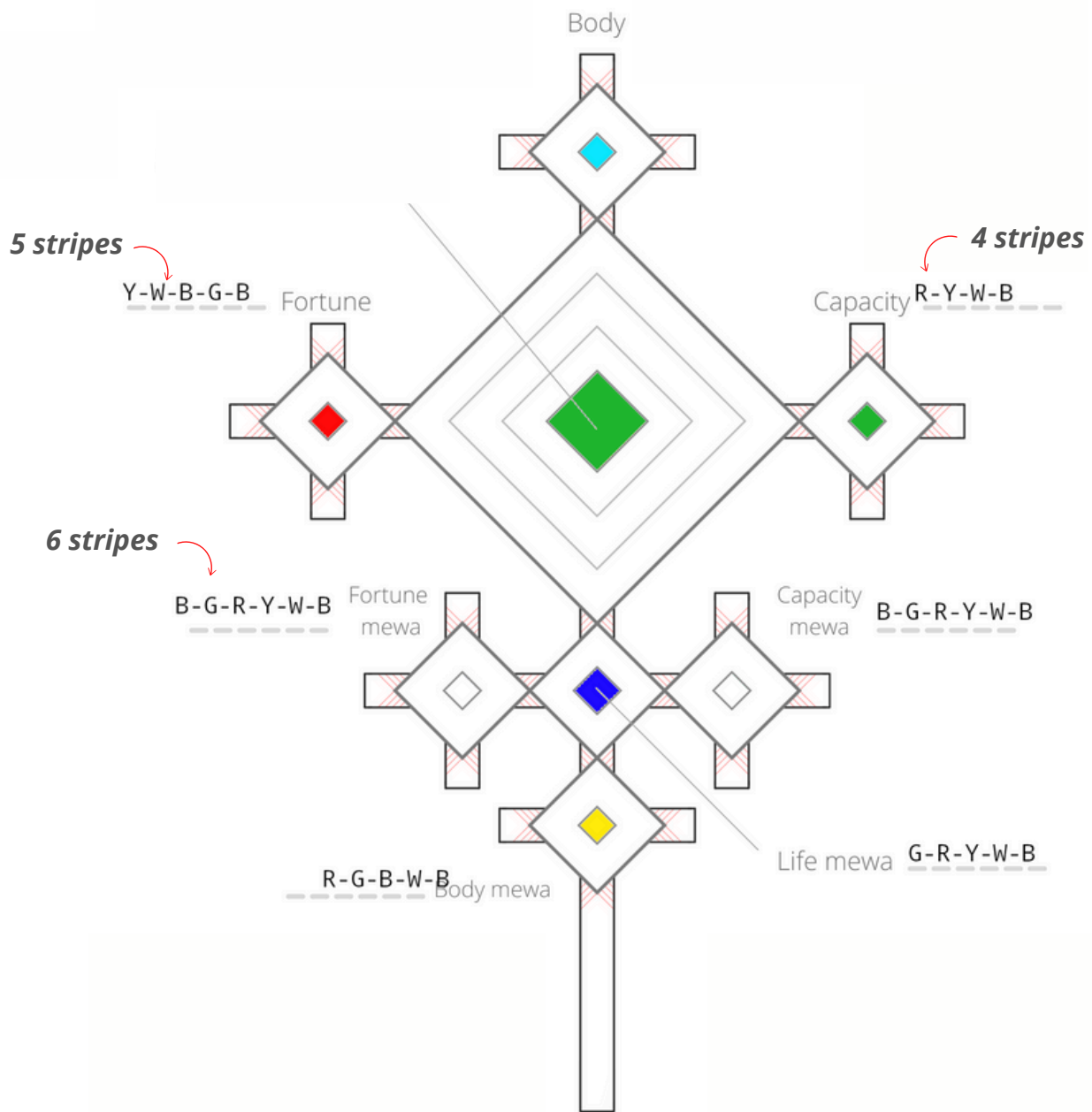


*1 round of thread
for each color stripe*



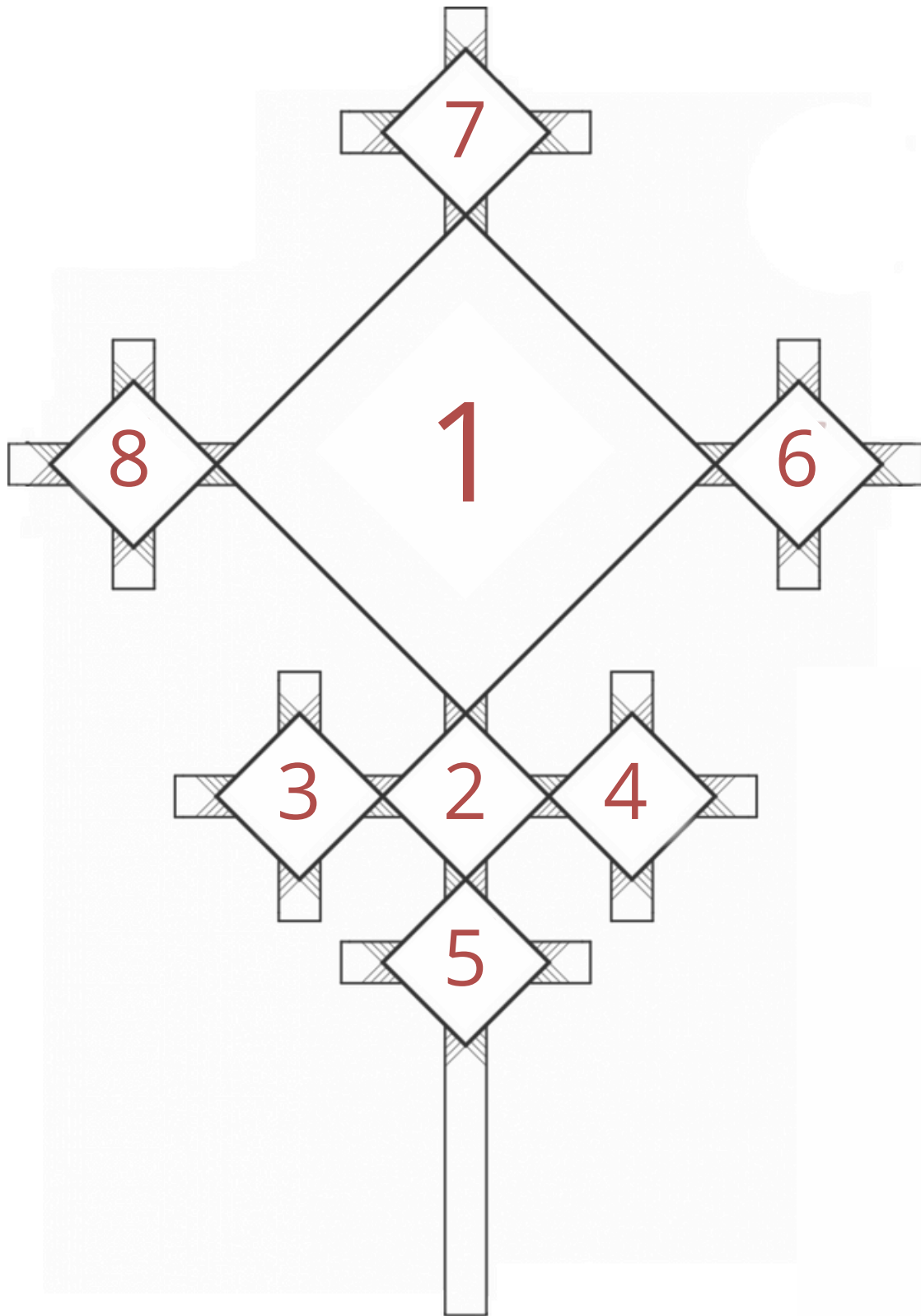
On the Namkha Scheme...

Letters in the rows are the color stripes.



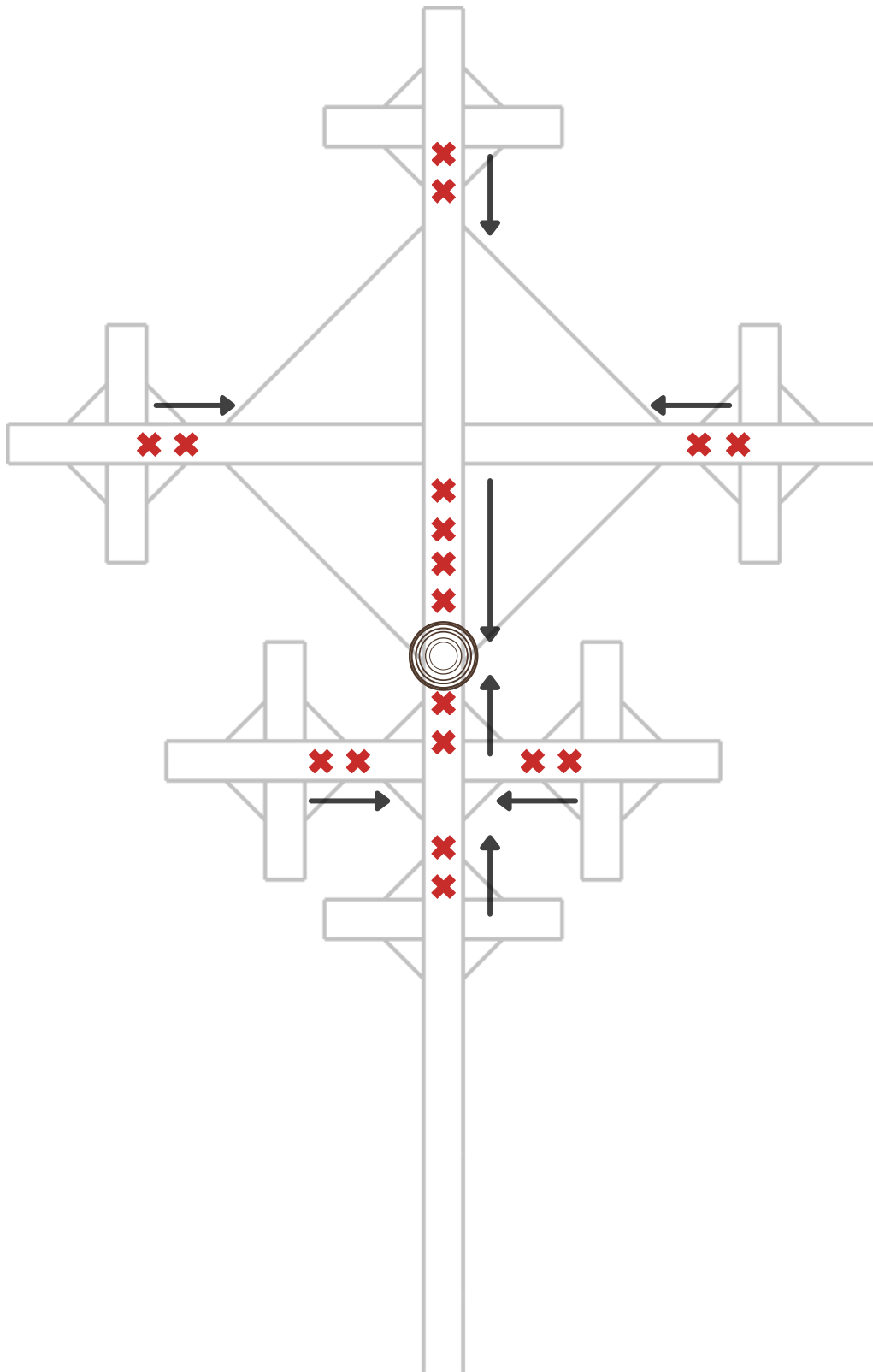
8. Order to make rhombi

This order will make the constructing process easier.



9. 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.



9.2 Position of knots - photo

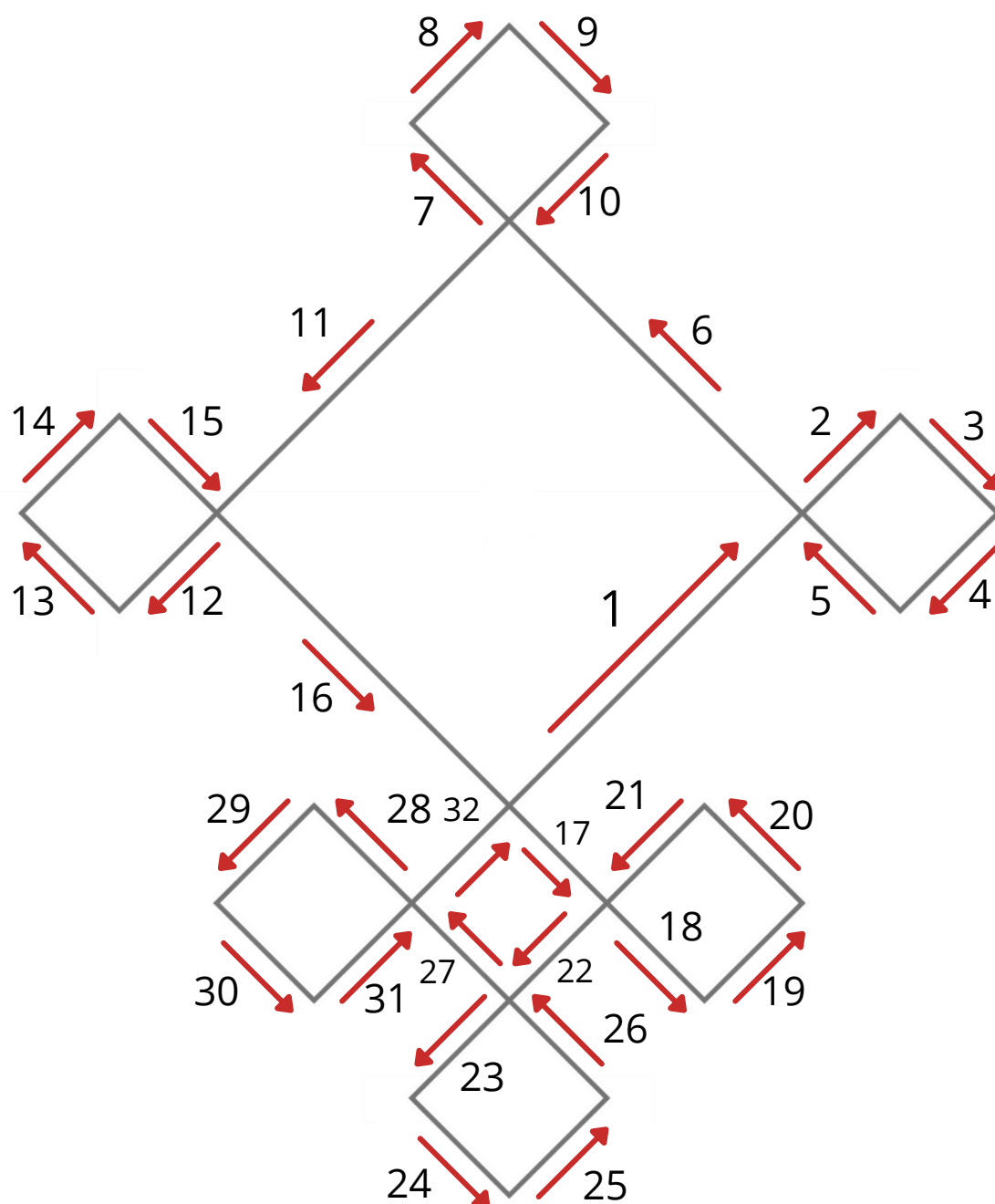


10. Bands of harmonization

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:

<https://namkha-encyclopedia.com/maintenance/>



Thank you for your interest in the Namkha constructing!

If you need a personal assistance, please contact me via this e-mail:
info@namkha-encyclopedia.com

Donation

Creation of this guide took 6 years of expertise and over 150 hours of making.

Please consider supporting this benevolent activity here:

<https://www.gofundme.com/f/namkha>

