



Atlantic Therapeutic Touch Network
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‘COMFORT TO GO’ PATTERN

These small capelets are lovingly made by volunteers who are family, and friends with the intention to energize the capelet with healing Therapeutic Touch® energy. If you are not a practitioner of Therapeutic Touch, simply hold it in your hands with the intentions of your most loving/healing energy and we Practitioners of Therapeutic Touch will also add to yours. The person may place the capelet on any area of their body that is experiencing discomfort/pain though it may be placed anywhere on the body. This is also wonderful for children just laid within their sleeping area assisting with restlessness, sleeplessness, anxiety etc.

Be prepared for positive results!

The larger the needles, e.g. size 12 or more, the larger the capelet and one ball of washable yarn (6 oz) is still all that is required. Any type of soft left-over wools or Fun Fur may be used. The yarn could be any colour except red or black. See sample in photo below made by Dianne Simister, Halifax, NS and devised by Evelyn Mitchell of ATTN.

1. Cast on 3 stitches
2. Knit 1 row
3. K1 YO K1 YO K1
4. Knit 1 row
5. K2 YO K1 YO K2
6. Knit 1 row
7. K2 YO K to last 2 stitches YO K2
8. Repeat these last 2 rows until 151 stitches are on needle or desired width
9. Cast off loosely



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