

Zen by the Sea Wall Hanging Instructions

Instructions for Zen by the Sea Wall Hanging – 36" x 55" – by Medina Domestic Arts Studio



Zen by the Sea is an applique quilt where embroidered blocks are colored with a variety of coloring tools; then cut out and glued/stitched to the background fabric. The quilt is for **intermediate level** quilters who have experience painting on fabric. If you are a beginner please consider coloring a practice block first before attempting any of these blocks.

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SKU	Name of Pattern	Designer
SixZenfish	Set of Six Zenfish	MDAS
SixShell Set 2	Six Shell Set	various
conch	Conch Shell	Stitch Delight
ZBTSSeaTurtle	Sea Turtle	Stitch Delight
ZBTSSeahorses2	Seahorses	MDAS
ZBTSJellyfish	Jellyfish	Oh My Crafty Supplies
ZBTSClownAnenome	Clownfish & Anenome	Embroidery Library
BCoralSmall	Coral Branching Pink - Small	Embroidery Library
ZBTSCoralScene	Coral Scene	Embroidery Library
TubeSm	Tube Coral Green - Small	Embroidery Library

The background fabrics for the kit are as follows:

1 yard of Moda Gradients 33363 -12D (the water fabric)

1/3 yard of Hoffman batik color 1895-137-Pearl for the sand/sea floor

I used 2 yards of Hoffman batik 1895-1-Azure for the backing and binding.

Coloring Tools

Each block instructions recommend a set of coloring tools to match what I used in the quilt. The master list used can be found at the end of this set of instructions. Please note that these are recommendations – you can use any colored pencil and/or fabric marker and/or gel pen as long as they are not alcohol based (water based or water soluble are the best). You can use any fabric medium or Aloe Vera gel to set the colored pencil color. You do not need to use fabric medium for fabric markers or gel pens.

These patterns are all stitched on white cotton sateen and cut into blocks of varying sizes. All coloring instructions can be found at <https://medinadomarts.com/zen-by-the-sea-blocks> and additional pictures are online under Zen By The Sea category in the Gallery section. There are many coloring how-to videos on the website as well. These patterns are also sold individually. If you are interested in stitching the patterns out yourself, please contact me at medinadomarts@aol.com for a complete list of where you can purchase your own set of patterns. Some of the patterns are mine and I will be happy to sell you a digital file at a reasonable price.

Once all the blocks are colored, stitch the sand/sea floor fabric to the water fabric making sure that the dark blue selvedge is the stitched edge.

Attaching the Appliques to the Background Fabric

Once colored allow the block to dry before applying fusible web backing such as WonderUnder or what I prefer to use is Alex Anderson's Appli-stick.

This very unique webbing was created especially for simplifying the appliqué process. One side of the web has a fusible coating and is applied to your fabric back. The other side has a light sticky coating, making your piece moveable!

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Reposition your appliqué pieces as many times as you need. Once positioned, fuse into place and add your favorite decorative stitch.

My process is a little different than Alex does: I cut out the applique leaving about ½ inch all around the applique. I then place the applique (wrong side down) on to the bumpy side of the Appli-stick and trace the applique, and cut the appli-stick to size.

The key to getting this to work properly is to hold the iron down in place and keeping it there for at least 5 seconds. With all the stitching on the back, it takes a little longer for the glue to adhere to the applique.

The second key is to LET IT COOL! This is true for most fusible webbing. The cooling process allows the glue to firmly adhere to the back of the fabric.

Once it is cool, you will cut the applique and the Appli-stick as close to the edge of the applique as possible. One of the reasons I used a satin stitch around all the critters was to reduce the amount of fraying but please note you will get some initial fraying when you first cut the applique. **DON'T CUT THE SATIN STITCH!!!** It is better to cut a little wider and trim a second time. Once that satin stitch is cut, it can quickly unravel. Also use a very sharp pair of embroidery scissors to make cutting easier.

At this point, use a black fabric marker or corresponding color marker to finish the edges of cut applique. I don't like seeing any of the white fabric or Appli-stick around the edges so what I do is take a fat tipped fabric marker (either black or a corresponding color) and rub all along the edges in order to cover up any white that may be showing. This will give your work a nice clean finished look (even though it is technically raw edge applique).

Now flip the applique over to the back and take a regular straight pin and score the Appli-stick paper. You can stick your finger under the scoring and start to peel the paper away. You will notice right away that the back is sticky. This is why I like this web fusible so much! You can stick the applique on the background fabric and it will stay in place! The webbing makes the piece re-positionable. Move it around until you are comfortable with its location.

Once you get it exactly how you want it, you press it in place. Appli-stick can be used for up to two layers; if you end up with more, you will need to use a more heavy duty web fusible.

After you ironed your applique in place and it is cool; stitch over the outline with a straight stitch (my preference since the outline is already a satin stitch) or blanket stitch or any decorative stitch you may desire.

Again, I include the instructions for how I attached the appliques. If you have your own favorite method please feel free to use it!

Applying Glitter Paint and/or Hot Fix Rhinestones

Glitter Paint comes in a variety of colors and forms. I prefer IZink Glitter Paint as the pouches are quite airtight and do not seem to dry out over time. Each pattern has recommended colors that were used in the quilt. Paint with glitter paint after all other coloring is done and completely dried but before pattern is cut out. Put it on sparingly then dry. A second coat can be applied if desired.

If hot fix rhinestones are desired, it is easier to apply them AFTER quilt has been quilted. Use a mini iron or rhinestone applicator to attach. Larger stones may need a rhinestone glue to permanently attach stone.

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Bottom view of Zen by the Sea Wall Hanging

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Middle view of Zen by the Sea Wall Hanging

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Top third view of Zen by the Sea Wall Hanging

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Zen by the Sea is an intermediate level applique quilt where embroidered blocks are colored with a variety of coloring tools; then cut out and glued/stitched to the background fabric. The kit contains the following blocks:

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Recommended Coloring Tool List

Master Coloring Tool List for Zen by the Sea Wall Hanging		Number	Inktense Pencils	
Gelly Roll Stardust pens			Sun Yellow	200
			Siena Gold	
Yellow		703	Sherbet Lemon	100
Purple		724	Tangerine	300
Green		727	Lagoon	810
Blue		736	Deep Blue	850
Dark Blue/Marine		738	Bright Blue	1000
Sky Blue		725	Green Aquamarine	1220
Set of White Opaque pens			Spring Green	1520
Kaiser Craft Gel Pens			Beech Green	1510
20 pen set				
Pentel Sparkle Pop Pens			Watercolor Pencils	
4 pens: Pink, Green-Blue, Orange, Purple			Faber Castell Goldfaber Aqua watercolor pencils-36	
Fabrico Markers			OR Caran D'Ache 30 Neocolor II Watersoluable Crayons	
Pea Pod		167	Pearlescent Extender	
Pale Aqua		139	brushes	
Cerulean Blue		119	Fabric Medium	
Lemon Yellow		111	Optional Coloring Tools	
Tangerine		112	Watercolor concentrate tubes	
Peony Purple		116	Additional fabric paints	
Pale Lilac		137	Izink Glitter Paints	
Bubble Gum		134	Hot Fix Iron On Rhinestones	
Lipstick Pink		106		
Midnight Blue		162		
Black				

These tools can be purchased from Jerry's Artarama or Dick Blick Art Supplies online. If you need help locating certain tools, please contact me at medinadomarts@aol.com and I will be happy to help you!

