

# ALL YOU MEEP IS LOVE

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## INTRODUCTION

How did we get here?

When I made the first "meep," way before they even had a name, it was just a gesture to say to someone "I see you struggling and I want you to know I am here and I care." I never expected it to be much of anything. I honestly envisioned that it would probably live in a sock drawer for some time before being forgotten and later discarded. I did not have a vision for a meep army, to be making

hundreds of them and sending them across the country. There had been so many times in my life I had big ideas to do things, but this was not one of those times. I never saw this coming.

Still, I couldn't help but notice the original recipient liked it. It wasn't living in a sock drawer at all. It was always in his pocket, if not in his hands. That surprised me. I thought, maybe I could make a few more. I knew some people dealing with life-y things, and I knew I had some healing to do myself. So I started to make yellow orbs and called them "sunshine" because I needed to bring the sun back into my life. It had been stolen from me and I wasn't going to let it stay stolen. So I made a two yellow sunshines: one for a friend in need of some in her life and one for a student who despite her life being really life-y, she always felt like sunshine to me.

And from there, I started to make more, now in any color yarn I had. I gave them to students, to co-workers, to friends. I posted about them, mostly as a way to proclaim to the world that I was looking in the face of pain and choosing to heal myself through healing others. I was choosing to take back the things that had been taken from me, but not in the way I would have all the other times in my life, not with anger and vengeance, but with love and kindness. It was the culmination of the most profound and transformative time in my life. I was no longer living my life as a victim, no longer allowing myself to be portrayed as the villain. I was in fact the hero, the healer, the phoenix, rising.

And every message about the meeps, every picture of someone with them was a reminder to me that we have so much power. We have the power to choose how to respond to the life-y times in our lives. We have the power to take the high road when people treat us poorly. That the things people do to us are so much a reflection of who they are and so little about who we are. So I choose to send out love, kindness and healing, because that's who I am inside.

I am in awe everyday of what the meeps are doing and how all of these amazing people in my life have come out in support to help spread this message of love, kindness, and healing. Thank you. I feel so blessed to have you be a part of this journey with me.

## Agreements

Please do not sell the meep pattern. If you give out a meep, I would love it if you also shared the FB and Instagram All You Meep is Love address, so that they can join the movement with us!

## Pattern

### MATERIALS:

**Yarn:** I prefer to use a 4 medium weight, but the meep pattern is versatile

**Hook:** US H8/ 5mm hook

**Round 1:** 6 single crochet magic ring (6 stitches)

**Round 2:** 1 increase around (12 stitches)

**Round 3:** \*1 single crochet, 1 increase\* Repeat around (18 stitches)

**Round 4:** \*2 single crochet, 1 increase\* Repeat around (24 stitches)

**Round 5:** \*3 single crochet, 1 increase\* Repeat around (30 stitches)

**Round 6:** \*4 single crochet, 1 increase\* Repeat around (36 stitches)

**Rounds 7-9:** 1 single crochet around (36 stitches - I sometimes only do two rows of single crochet around, depending on how the yarn is working up)

**Round 9:** \*4 single crochet, 1 decrease\* Repeat around (30 stitches)

**Round 10:** \*3 single crochet, 1 decrease\* Repeat around (24 stitches)

**Round 11:** \*2 single crochet, 1 decrease\* Repeat around (18 stitches)

**Round 12:** \*1 single crochet, 1 decrease\* Repeat around (12 stitches)

Place eyes and stuff

**Round 13:** 6 decreases and sew close

Please feel free to use these tags to help explain the meaning behind the meeps, as well as communicate where recipients can join the meep community on social media.

## MEET YOUR MEEP

THIS IS A MEEP. MEEPS MAY LOOK SMALL,  
BUT THEY ARE MIGHTY. MEEPS LOVE  
TO HOLD THINGS, ESPECIALLY HEAVY  
THINGS. SO WHEN LIFE IS GETTING A  
LITTLE TOO LIFEY, YOUR MEEP IS THERE  
TO HOLD WHATEVER YOU NEED. JUST  
GIVE YOUR MEEP A SQUEEZE, AND  
WHATEVER YOU NEED TO LET GO OF,  
YOUR MEEP HAS GOT IT FOR YOU,  
FOR HOWEVER LONG YOU NEED.