FREE QUILT PATTERN
WINDOW TO THE SOUL QUILT
WINDOW TO THE SOUL  
“ORGANIC” QUILT

To highlight the richness and depth of my Organic Soul fabrics I designed “Window to the Soul” as a stained-glass window motif that deepens as it tumbles towards the center. The bright splash of citrus against blue accents the feeling of bright light pouring through, and showcases my favorite print combinations. Enjoy & happy quilting! -Amy

SEWING PATTERN INCLUDES:
Instructions and measurements to create your own Window to the Soul Quilt.

Fabrics designed by Amy Butler for Rowan.  
All prints are from Amy’s Organic Soul collection.

Quilt design by Amy Butler  
Construction by Ellen Maxwell  
Instructions by Anita Peluso

Finished size: 67 1/2” wide x 71 1/2” long

AMY’S FABRICS USED IN THIS QUILT

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GENERAL NOTES:
~All seam allowances are 1/4” unless otherwise stated.  
~Before you get started, please read through all of the instructions.  
~Preashrink your fabric by washing, drying and pressing it.  
TIP: Make a small diagonal clip in the corners of each of the fabric’s before washing to help prevent fraying and tangling.  
~The first time a term is mentioned and followed by an asterisk (*) it is defined in the “Techniques & Terminology” section on Amy’s website at amybutlerdesign.com.  
~This quilt is made with the design on each fabric facing the same direction. To do this you’ll cut the Setting Rectangles on the bias, and for each Border you’ll cut 2 strips across the width of the fabric and 2 down the length.

MATERIALS LIST
NOTE: Allow extra yardage for matching or centering a design on your fabric.

From 44” wide Organic quilting fabric:
-1/2 yard for the Center Square  
-1 yard for the Setting Rectangles  
-3/4 yard for the Setting Triangles  
-1 1/8 yards for the First Border  
-1 1/2 yards for the Second Border  
-1 3/4 yards for the Third Border  
-4 3/4 yards for the Fourth Border & Quilt Back

BATTING/NOTIONS NEEDED
-1 pkg of cotton batting (100” x 116”)  
Amy uses Machine 60/40 Blend® Batting from Fairfield  
-8 yards of 2” wide decorative trim for the edging  
-2 large spools of a coordinating all-purpose thread  
Amy uses her Premium Threads from Rowan  
-3 yards of 18” wide Freezer paper
TOOLS NEEDED
-24” Quilting ruler
-Rotary cutter and mat
-Straight pins
-Measuring tape
-Scissors
-Iron and ironing board
-Safety pins (large size)
-Turning tool (such as a closed pair of scissors)
-Hand sewing needle
-Marker

Step 1. MAKE THE TEMPLATES FOR QUILT CENTER

NOTE: You’ll use freezer paper to make the templates to fussy cut the desired designs on your fabric. These shapes do not include the seam allowances*, you’ll add them on your fabric as you cut out each piece.

A. Using your ruler and marker, measure and mark the following dimensions directly onto the dull side of your freezer paper.
- Cut 1 square 12” x 12”
- Cut 2 rectangles 6 3/8” x 12”
- Cut 2 rectangles 6 3/8” x 24 3/4”
- Cut 2 squares 17 1/2” x 17 1/2”

B. Next, cut both of the 17 1/2” square templates in half diagonally making 4 triangles.

Step 2. CUT OUT THE FABRIC PIECES

NOTE: Please keep the freezer paper templates in place until after the Quilt Center is sewn in Step 3C.

A. As you work with each fabric, lay them in a single layer with the WRONG side facing up.

Center Square
B. Center the 12” square template shiny side down over the desired design on your fabric. Line up one edge of the template with the crosswise grain* and press it in place.
C. Use your ruler, rotary cutter and mat to measure and cut 1/4” past each edge of the template to make the seam allowances.

Setting Rectangles
NOTE: Remember to leave enough space between the templates to cut the seam allowances.
D. Place each of the 6 3/8” x 24 3/4” rectangle templates shiny side down on the bias* of the fabric and press them in place. Then place the 6 3/8” x 12” rectangle templates on the opposite bias and press them in place. (See the diagram at the top of the next column)
E. Measure and cut 1/4” past each edge of the templates to make the seam allowances.

Setting Triangles
F. Center the 17 1/2” triangle templates shiny side down over the desired design on your fabric and press them in place.
G. Measure and cut 1/4” past each edge of the templates to make the seam allowances.

First Border
- Cut 2 strips down the length of your fabric (LOF)
  - 6 1/2” wide x 35 1/2” long.
- Cut 4 strips from the remaining fabric
  - 7 1/2” x width of fabric (WOF).

H. Sew each of the 4 strips together with a 1/4” seam and backstitch* at each end. Press the seam allowances to one side.
- Cut 2 pieces from this strip each measuring 7 1/2” wide x 47 1/2” long.

Second Border
- Cut 2 strips down the LOF - 4” wide x 49 1/2” long.
- Cut 4 strips from the remaining fabric - 5” x WOF.

I. Sew each of the 4 strips together with a 1/4” seam and backstitch at each end. Press the seam allowances to one side.
- Cut 2 pieces from this strip each measuring 5” wide x 54 1/2” long.
Third Border
- Cut 2 strips down the LOF - 6” wide x 58 1/2” long.
- Cut 5 strips from the remaining fabric - 6” x WOF.

J. Sew each of the 5 strips together with a 1/4” seam and backstitch at each end. Press the seam allowances to one side.
- Cut 2 pieces from this strip each measuring 6” wide x 65 1/2” long.

Fourth Border & Backing
- Cut 4 strips - 2” x WOF.

K. Sew each of the 4 strips together with a 1/4” seam and backstitch at each end. Press the seam allowances to one side.
- Cut 2 pieces from this strip each measuring 2” wide x 68” long.

L. Fold the remaining fabric in half across the width matching the cut edges. Press a crease along the fold and open up the panel. Cut along the crease.
- Cut 1 strip down the LOF of each panel for a total of 2 strips - 2” wide x 69 1/2” long. Please set both strips aside for now. You’ll use them in Step 3E.

M. Now place both panels RIGHT sides together and pin down one long edge. Stitch a 1/2” seam along the pinned edge and backstitch at each end. Press the seam allowances open.

N. Trim the Quilt Back the same size as the Quilt Top (67 1/2” wide x 71 1/2” long).

Please set the Quilt Back aside while you construct the Quilt Top.

Step 3. MAKE THE QUILT TOP

NOTE: Be sure to backstitch as you’re sewing and press all seam allowances toward the outside.

A. First sew a 6 3/8” x 12” Setting Rectangle on 2 opposite edges of the Center Square. Then sew a 6 3/8” x 24 3/4” Setting Rectangle on the top and bottom of the Center Square. (See the Diagram of the Quilt Center.)

B. Now sew the long edge of a 17 1/2” Setting Triangle on two opposite edges of the rectangles. Sew the other 2 triangles on the top and bottom edges.

C. Gently remove the freezer paper from the WRONG side of the fabric. NOTE: If the paper doesn’t come off easily just get it wet.

D. Sew a 6 1/2” x 35 1/2” First Border strip onto the right and left sides of the Quilt Center, backstitching at each end and press. Then sew a 7 1/2” x 47 1/2” strip onto the top and bottom edges, backstitch and press.
E. Repeat Step 3D and sew a 4" x 49 1/2" Second Border strip onto the right and left sides of the Quilt Center. Then sew a 5" x 54 1/2" strip onto the top and bottom edges.

-Sew a 6" x 58 1/2" Third Border strip onto the right and left sides of the Quilt Center. Then sew a 6" x 65 1/2" strip onto the top and bottom edges.

-Sew a 2" x 69 1/2" Fourth Border strip onto the right and left sides of the Quilt Center. Then sew a 2" x 68" strip onto the top and bottom edges.

Your Quilt Top is complete. Turn it RIGHT side up and press flat.

Step 4. ATTACH THE DECORATIVE TRIM

A. Place the RIGHT side of the Quilt Top facing up. Start at the center along one side edge and match the tape of the trim with the raw edge of the Quilt, and pin it in place, stopping at the first corner.

B. Baste* a 3/8" seam stopping 3/8" from the first corner and backstitch at each end. Clip the threads and remove the quilt from your machine.

C. Miter this corner by folding the trim away from the corner forming a 45° angle. Then fold it back even with the next raw edge and pin it in place.

D. Begin stitching again at this edge of the Quilt, backstitching as you begin. Continue to pin and sew along the edge, stopping 3/8" from the next corner and backstitch again.

E. Repeat Steps 4C and 4D to miter the remaining corners and sew the rest of the trim in place.

F. Cut the trim so it overlaps the beginning edge by 1/2". Backstitch again. Go back to each mitered corner and clip away any of the trim’s tassels that may be caught in these corners.

Step 5. ASSEMBLE THE QUILT

A. Open your batting. Lay it on a large flat surface and smooth out any wrinkles.

B. Place the Quilt Top on top of the batting with the RIGHT side up. Smooth out the fabric.

C. Then place the Backing and the Quilt Top RIGHT sides together smoothing out the panels and tucking the decorative trim in between. Pin the layers together around all of the edges.

D. Stitch a 1/2" seam around the pinned edges leaving a 20" opening centered along one side and backstitch at each end.

E. Cut the batting even with the Quilt Top. Trim* all 4 corners in the seam allowance making sure not to clip your stitching.

F. Turn the quilt RIGHT side out through the opening. Use a turning tool* to gently push out the corners and pull out the trim. Press the quilt flat.

G. Fold the sides of the opening 1/2" under. Pin and slipstitch* the edges together with your hand sewing needle.

H. Starting at the center of the Quilt Top, use large safety pins and pin the layers together every 5", or hand baste by making a series of long running stitches through all of the layers.

I. Machine or hand quilt as desired beginning with the Center Square and working your way to the outside edges. Remove the pins as you approach them, or the bastin stitches when the quilting is done. This quilt was quilted by stitching-in-the-ditch*.

Nice job! Your quilt is complete. You have made a beautiful keepsake. Be sure to add a fabric label to the back of the Quilt, hand stitching it in place to document your name, address, date and any information you may want to include (perhaps a dedication or a name for the Quilt). Future generations will thank you for this.

I hope you enjoyed creating your own Window to the Soul!

If you liked this free pattern, please be sure to check out my other free patterns like “Floral Burst Silhouette Pillows” and “Patchy Jeans”. Happy Sewing! -Amy

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