



Living the Light of Joy

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Free Form Reiki Shawl

A Reiki Craft Project™

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By Colleen Benelli

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Worn by Reiki Master, Heather Cole

Supply List

- **Yarns**- I gathered all of my white and off white yarn ends and put them in a pile. I used a size 13 needle throughout and doubled or tripled yarns when I needed to.
- **Needle size** - I used size 13 needles but you can use any size needle that matches your yarn.
- **Gauge** - You can knit this shawl using any yarn and any needle, with any gauge. Choose a needle size that matches the yarn you are using and knit the pattern until your Reiki shawl is the right size. This shawl is also wonderful using one color of yarn.
- **Finished size** - Depth - at the "V" is 32 inches, however I am tall, so you can make it any size that is right for you. Width - across the top is 74 inches.
- **Stitches used** – Garter stitch – Knit every row.



Directions

I knit this shawl using Reiki to create a warm wrap for my clients when they come into my Reiki treatment room. Living in Oregon, I find that people can often feel a little chilled when they arrive. It feels good to be comforted by soft yarns, Reiki and love and I can see them relax and settle into their chair as they tell me about their intentions for their Reiki session.

I love to wear this shawl in the mornings when I meditate. It wraps me in Reiki and I give myself Reiki, often placing my hands over the shawl while I receive. It feels so nice and soothing!

This shawl was knit in a free form style. I just used my old yarn ends and kept knitting until it was the size I wanted. You can use any yarns and needle size that you like. Just knit and let your shawl create itself. Activate Reiki as you knit. If you are watching TV or talking, ask Reiki to filter any negative energy out of the yarn, only allowing beautiful thoughts and Reiki to imbue your shawl.

I knit the yarn until I ran out or wanted to change. Remember, this is free-form knitting. Just allow the yarn to guide you. If you use multiple yarns, you will have a lot of yarn ends to weave in when you are finished.



Shawl:

Cast on 2 sts, place a marker, cast on 2 sts.
Work in garter stitch, (knit every row)
increasing 4 sts every other row as follows:
Row 1 – Knit
Row 2 – K1, inc. 1, knit to 1 stitch before marker, increase 1, knit 1, move marker, knit 1, increase, knit to 1 stitch before the end of row, increase, knit 1.

Finishing

Add fringe -
Cut yarns into "20" lengthers and attach the strands to the angled sides of the shawl.



Single crochet along the top edge at the width of the shawl to give it a more finished look.



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