

Colleen Benelli

Reiki lifestyle™

Living the light of joy



Reiki lifestyle™ craft project

A Reiki Journal

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Introduction

Creating a Reiki Journal is a wonderful way to focus your creativity into intention. Invoke Reiki into the entire process of making your journal and you will have a book empowered with Reiki, ready for you to write your words,

thoughts, ideas and intentions. Reiki in a manifest form which records what you would like help with in your life. Write your prayers of intention in your journal, then give your journal Reiki each day and ask for your intention to be fulfilled.

I wrote an article in the Fall 2006 Reiki News Magazine titled Reiki Heals Criticism. I wrote, "My Reiki Guides have told me that our criticism of each other and ourselves is the greatest harm we are currently doing to this planet. They said that the criticism we have within our hearts has reached a critical mass, and they ask us to use Reiki to heal this imbalance and this negative view of life and of ourselves...Make a Reiki journal just for healing criticism in your life. I have created a journal that I imbued with Reiki and I empower it with Reiki daily. I placed the Usui Reiki and Karuna symbols in it while I was making it and wrote my intention and affirmations in it. I put my thoughts and creativity in it. I record what I am thankful for and the blessings I receive each day. I close the journal and use Reiki to strengthen my intentions.



I love my life!!!

Create affirmations and say them all day, everyday. "I love my Life," is one of the most effective affirmations I use. It is simple, easy, and the result I am asking for. Empower your affirmations with Reiki by writing them in your journal. Fill your breath and voice with Reiki and say the words out loud. Surround your body with your affirmations."

To read the complete article by Colleen Benelli on Reiki Heals Criticism, please see the Fall 2006 Reiki News Magazine available on www.reiki.org.

The Reiki Journal Instructions

Materials

All of these materials are easy to find at most craft stores



Carving block
Carving tool
Carbon paper
Reiki Kanji



Polymer clay
Fimo – 1 block each
Purple, brown, and black
Or colors of choice



Pigment Powders
Copper, purple
Or colors of choice



Handmade papers
For the cover: Tan,
purple, black. Inside: off
white speckled. Spray on
glue.



Hard book board or
cardboard. Goes between
the paper for the covers.



I used horse hair, but if it
is not available use
cording.

Bindings



Reiki Kanji

Carving Block

Carving Tool

Pigment Powder

Making the Reiki Kanji Mold for the Clay

Begin by creating your intention for your Reiki Journal. Invoke Reiki and draw the symbols you are attuned to into your hands, third eye, eyes and breath. Ask Reiki to fill your Reiki journal with Reiki as you create it. Clear your materials with the power symbol or sage or any other clearing method you use.



A



B

Photo A & B

Photo copy the Reiki Kanji. Place carbon paper between the Reiki Kanji in mirror image on the carving block. And trace the image to transfer it to the carving block.



C

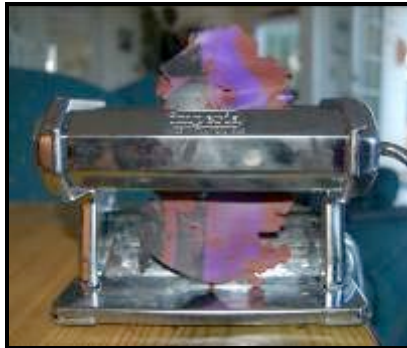


D

Photo C & D

Carve the Reiki Kanji with the wood carving tool using varied sizes of tips to carve carving block.

Making the Reiki Kanji Clay Center for Journal



E

F

G

Photo E F G. Take $\frac{1}{4}$ block of each of the black and purple Fimo and $\frac{1}{2}$ block of chocolate brown Fimo. Reiki the clay and mix all three colors together. I used a pasta machine on a medium setting, but you can mix it together by hand and roll it into a thin sheet long enough to cover your Reiki Kanji on the carving block.



H



I



J

Photo H I J. Put cornstarch on the carving block to keep the clay from sticking to the mold, place the clay over the Reiki Kanji press the clay into the Reiki Kanji, and cut the edges with a knife. Tear the edges around the Reiki Kanji to give the clay piece a more rugged look. Then bake the clay in the oven at 250 degrees for 20 minutes.



K



L



M

Photo K L M. Change the appearance of the Reiki Kanji with a variety of colors. Use a graphite pencil and rub it in to give the clay a leathered appearance. Rub on the purple and copper pigment powder, giving the Reiki Kanji luminescence.



N



O



P



Q



R



S

Photos N-S. Tear four pieces of paper $\frac{1}{2}$ inch larger than the hard board you are using for the center of your journal. Tearing the edges of the paper will give it a more antique look. Draw Reiki symbols and invoke Reiki on the inside of the paper. Spray glue or use white glue to adhere the paper to the hard board creating the covers of your journal.



T



U

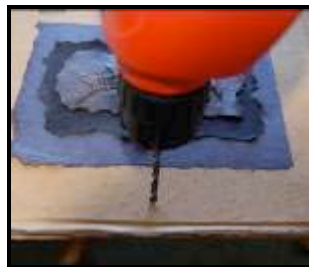


V

Photos T-V. Tear the edges of paper to use on the inside of the journal. This is optional. I like the look of the edge when it is torn. Sometimes I use the pigment powder or ink on the edges of the inside paper to give the edges color.



W



X



Y

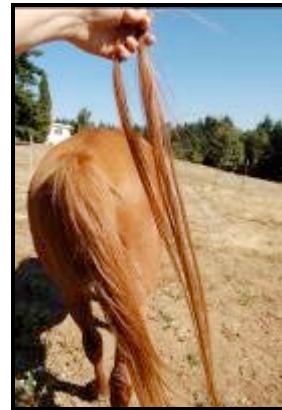
Photos W-Y. Place the paper between the two covers and clamp each side to hold it all together while you drill the holes for the binding. Drill the center hole first, then the two outside holes, then drill the the two holes in between. I eyeball this part rather than measure it.



Z



a



b

Photo Z-b. I asked my 30-year-old horse Jabar for a piece of his tail to bind my Reiki Journal. He ran by and said, "Only if you admire me running first. Then I would love some Reiki!" I had fun agreeing to his terms. Admiration, Reiki given, and I had my horsehair. I sent Reiki into Jabar's tail with the intention that the gifts Horse brings are imbued in the horsehair to bind my journal. For me Horse is freedom, stability, strength, the wind in my hair, wandering, and fun.



c



d



e

Photo c-e. If horsehair isn't available use cording instead. If you have horsehair, wrap the end with tape to make it easy to pass through the holes drilled in the journal.



f



g



h

Photos f-h. Start at the top of your journal. Wrap the binding cord over the top of the journal and into the next hole and through each hole. When you reach the bottom wrap the binding cord in an X style over the top of the journal and run it through each hole back up to the top of the journal.



i



j



k

Photos i-k. Using beads with wide holes to accommodate both ends of the horsehair place beads on the end. Braid the ends together and place a touch of glue on end.



Reiki Journal

Use Reiki with your hands and breath and imbue your Reiki journal. Create an intention and affirmations and place them in your journal. Everyday, Reiki your

journal with the mental/emotional symbol or whichever symbols you are attuned to and empower your intentions.

Reiki Blessings!

Colleen Benelli

For questions or comments email me at colleen@reikilifestyle.com