

*Living the Light of Joy*



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Usui/Tibetan Karuna® Reiki Master Teacher

## A Reiki Craft Project™

### Reiki Wraps

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**Handknit scarves with Reiki.**

**Also, how to knit and donate Reiki Wraps to children in hospitals.**

**\*Reiki Lifestyle is an angel company. You may use and share the ideas and patterns in these instructions to create your own.**

## *Reiki Wraps*

By Colleen Benelli

Reiki wraps are hand knit scarves imbued with Reiki. I knit my stitches with Reiki, gratitude, and healing. They are easy, quick and fun to make. Because the project is small, you can easily carry your knitting with you and knit just about anywhere.

I knit my first Reiki scarf in Tibet. I knit gratitude as we drove through the Himalayas, met the people, and stood on the highest road in the world. I learned to knit like the women in Tibet who pray with their prayer beads during their daily activities.

Sometimes I knit in deep meditation, the click of the needles move in rhythm as I chant the Reiki symbols. Other times I knit during my busyness, or while I watch TV. Sometimes things happen around me, or a television program was negative while I knit, so I knit more healing into my scarf.

I knit my Reiki wraps with a variety of intentions. Some are gifts and others are for healing people specifically. Several years ago, I began to knit scarves for children in hospitals. I knit healing blessings into my stitches. I knit a variety of colors and sizes and I thought of the children as I knit the scarves. I made about 30 scarves, then contacted a local hospital to donate them to the children. Surprisingly, it was a challenge. It took over a year to meet the right contact person in the hospital.

I decided to create the instructions for “Reiki Wraps” and everything you need to know in order to knit and donate scarves for kids; the pattern, materials, the hospital contact letter and person, etc, or to knit them as gifts for friends.



Reiki Wraps for children in hospitals. I used many colors for both boys and girls.

## Materials

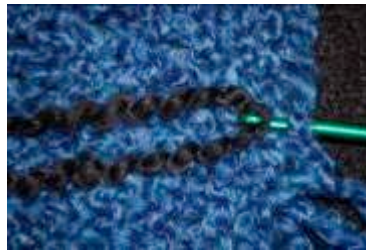
- 4”x 70”
- Lion Brand Yarn – “Homespun” 1 skein makes two scarves, 2 skeins of the same color makes 5 scarves. It is usually easy to find and inexpensive.
- Or approximately 125 yards per scarf using a chunky worsted weight yarn
- Size 10/12 and 13 needles
- Or make your scarf about 4” wide and 70” long with any yarn and the matching needles.
- Crochet hook



## Scarf knitting instructions

Cast on 11 sts with smaller needle. Knit 3 rows. Change to larger needle and knit every row for about 69 inches. Change to smaller needles, knit for 3 rows. Cast off. Add fringe to each stitch on each end.

## Make and attach the Fringe



1.

2.

3.

1. The fringe is about 9” long, then folded in half when attached to the scarf. I use a book, approximately 4 1/2” wide, wrap the yarn around it, 11 times per side, then cut it in half.
2. Fold your yarn in half, insert a crochet hook into the end of the scarf and pull the folded end through the stitch.
3. Grab the two strands of yarn together with your crochet hook and pull them through the loop already on your hook.

## **Imbue your stitches with Reiki**

Activate the Reiki symbols you are attuned to before you begin knitting. Say a prayer and state your intention. If you know whom you are knitting for, then add their name. If you do not know, intend that the Reiki healing is just perfect for the person who receives it. Ask that the scarf find the person it is knit for when you are finished. Cover the skein of yarn with both hands, and ask the Power symbol to clear any unwanted or negative energy in the yarn. Ask that it only hold Reiki and beautiful healing intentions within it.

Say the Reiki symbols to yourself as you knit. If you are knitting while watching, intend that your hands are filled with Reiki and that each stitch is blessed with Reiki healing energy. Return your attention to the symbols when you remember and continue to imbue your knitting with love and healing. If an unwanted subject or image is on TV, then send more healing into the stitches. Say or chant the symbols as you put the fringe on so each one holds a prayer.

There is not a “right” way to knit with Reiki. Allow yourself to follow your inner guidance and the guidance of Reiki. Knit where and when you can and want to. It is not necessary to stay in meditation while you knit. However, knitting meditation is a wonderful activity, and I recommend that you take the time for it as well.

## **Donate your Reiki Wraps**

I knit and donated at least 60 scarves last year. Here are a few ideas of people who would love to receive them; children in hospitals, mothers of ill children, caretakers, nurses, foster care facilities, anonymous children at Christmas, Kiwanis, charity auctions, people in hardship in your community, battered women’s shelters, and many more. Use Reiki to guide you to your recipients.

### **Donating the scarves to children in hospitals.**

Donating Reiki Wraps to children in hospitals has been very rewarding. I have received thank you notes letting me know how meaningful the scarves have been to the kids. They really respond to the comfort that wraps around their necks. My intention is that the children are wrapped in healing, and that they know there are others who love and care about them, even though we have never met. I have also knit and donated scarves for the mothers of the children and the nurses. Again, I never meet them, but they are so appreciative.

The contact person in a children’s hospital is called the “child life specialist.” Their job is to help children and their families cope with their hospital experience and their illness. You can call the information desk at the hospital and they will connect you with this persons contact information. I talk to some on the phone who want to meet me, and others who just return my call, and ask me to ship the scarves.

It is important to allow for the way each child life specialist needs donations sent. All hospitals have a privacy policy for their patients, and it will not be possible for you to meet with the children, or give them their Reiki Wrap individually. Communicate your understanding of the privacy policy with the child life specialist right away. If you want

more involvement with the patients, it is likely you would need to go through the volunteer training at the hospital.

One hospital asked that I attach a tag to each scarf with my name on it. Another hospital did not want tags. I have an example of the tags below. You can use my format or create one of your own. Some will like the name Reiki wraps and some will not. I go by their preference.

Because of the distance, I find it easiest to ship my Reiki Wraps to the hospitals I donate to. I buy a ready postage box at the post office. It usually costs about \$5-8. I ship 10-20 scarves at a time depending on what I have finished. I am pretty fast now and finish a scarf in about an hour and a half.

### **When others want to help**

Knitting the scarves does cost a little. I use the Lion Brand Yarn, buy 2 skeins at a time and knit 5 scarves with them. It is about \$8-10 for all 5 scarves. When other people want to help and they aren't knitters, I ask them to buy yarn or donate money for the yarn. This allows them to help in the way they can.

Some people crochet and don't knit. They can just crochet their Reiki Wraps instead. Others may sew, and can use fleece to make their scarves. It is simply the intention and Reiki that matters.

**You are welcome to use any part of these instructions in a way that benefits your knitting and Reiki.**

### **Tags**

Here are two examples I have used. The one on the left is the most generic. I punch a hole in the top left corner and tie the tag to the scarf with yarn.

## *Reiki Wraps*

*To warm your heart and soul.*

As I sat knitting, I saw a light shining brightly in the distance. I felt such joy that I knit the beautiful light into this scarf. As the scarf grew longer, the light became more radiant, and I could see it clearly. The beautiful light was actually shining from your own heart. That is how it was made just for you.

*Hand knit for you with the light of joy,  
by Colleen Benelli*

## *Reiki Wraps*

*To warm your heart and soul.*

*Hand knit for you by Colleen Benelli*

Enjoy the Reiki Blessings!  
Colleen Benelli