

LIVING THE LIGHT OF JOY



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Usui/Tibetan Karuna® Reiki Master Teacher

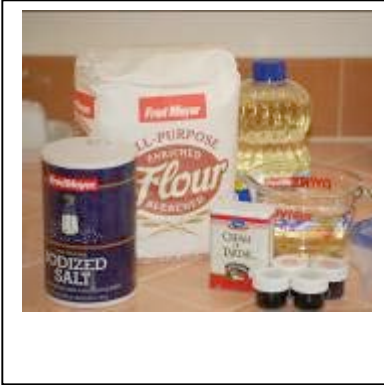
A Reiki Craft Project™

# Reiki Play-doh

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As seen in Reiki News Magazine, “Handmade with Reiki,” Fall 09



### **Ingredients**

1 cup flour  
1 cup warm water  
2 tsp. cream of tartar  
1 tsp. oil  
¼ cup salt  
Food coloring

### **Supplies**

Mixing bowls

Spoons

Containers for the Reiki-Doh



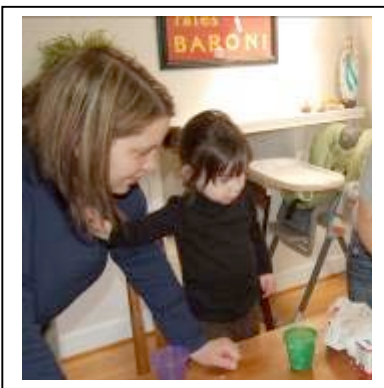
Invite a friend and her mom over to play for the day.

Take turns adding the ingredients to the mixing bowl.

First the flour.

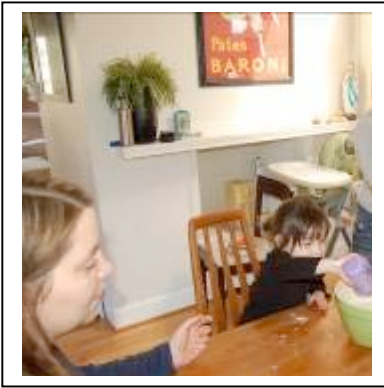


Then the water.

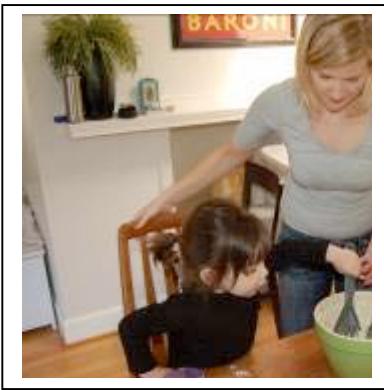


Add the cream of tartar...

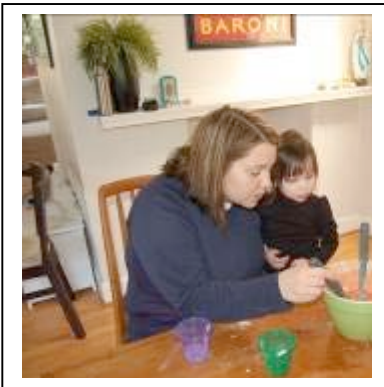
And the oil.



Add the salt.



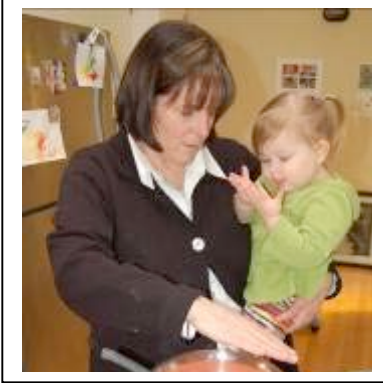
Stir together with your friend.



Add food coloring. It will get darker as it cooks. Stir again.

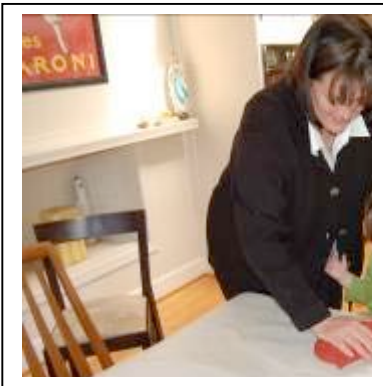


Add Reiki with Grandma!

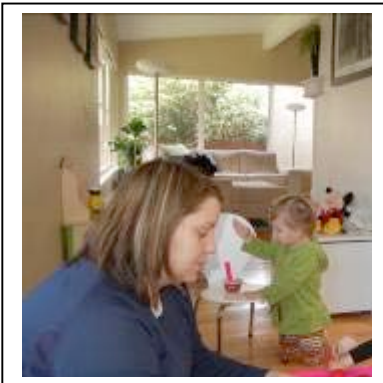


Heat over the stove until the mixture is smooth.

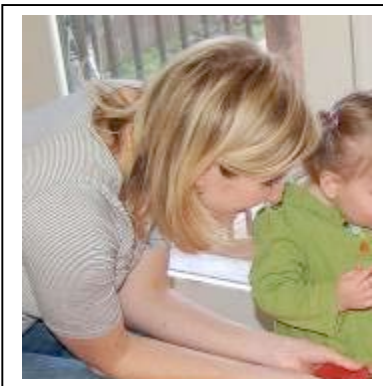
Add more Reiki!



Remove from heat and knead until it is the same consistency as play-doh.



Play play-doh games with your friend for the rest of the afternoon. Or until nap time!



Thanks to my granddaughter Eva, her mom, Jennifer, and their friends Riley and her mom Leslie for having a play day with me. We had a blast!!