

LIVING THE LIGHT OF JOY


Reiki Lifestyle™



Colleen Benelli

Usui/Tibetan Karuna® Reiki Master Teacher

A Reiki Craft Project™

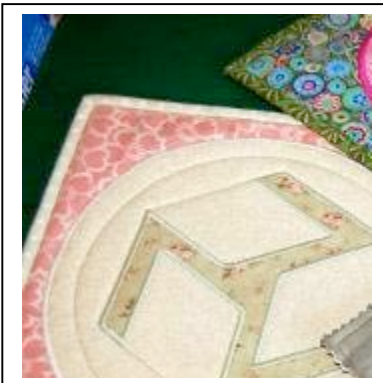
Antahkarana Reiki Quilt

© 2009



By Margie McMahon

Usui/Tibetan, Karuna® Reiki Master Teacher, and Practitioner
www.healwithReiki.net



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



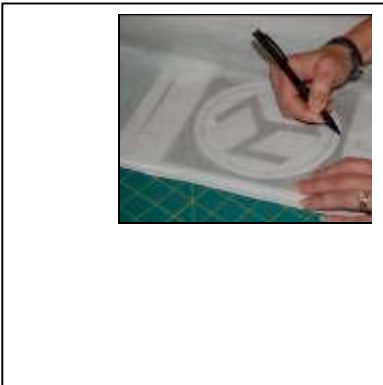
Supplies:

- (2) 9" squares of a dark fabric or ¼ yd. if buying yardage
- 7" square of light fabric for circle
- Small scrap of dark fabric for the symbol
- 9" square of batting
- 7" square of lightweight fusible interfacing
- ¼ yd. Fusible web
- Thread (matching or contrasting)
- Antahkarana symbol
(www.reiki.org/Download/Antahkarans.pdf)

Cut:

- (1) 9" square of dark fabric for background
- (1) 9" square of dark fabric for backing
- (1) 9" square of batting
- (1) 7" square of interfacing
- (1) 7" square of light colored fabric

Directions:



1. Choose the symbol you want to use (male or female) from www.reiki.org/Download/Antahkarans.pdf. Print the symbol to use as your pattern. Trace the largest circle on fusible web. Rough cut around the circle, leaving at least ¼" around the tracing line.



Iron the fusible web to the wrong side of your light colored fabric (7" square).



With the paper still on, cut the circle on the tracing line. You should have a circle that you can now peel the paper off of.



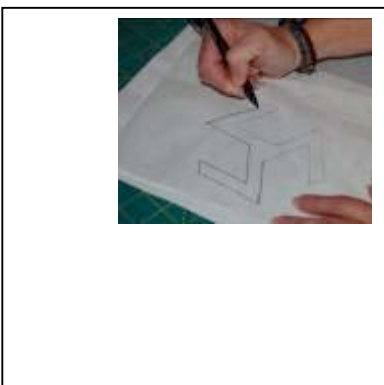
Center the circle on the right side of one of the dark 9"x9" squares, fusible side down.



Iron in place.



On the wrong side of fusible web, trace your Antahkarana symbol. Rough cut $\frac{1}{4}$ " around the tracing lines.



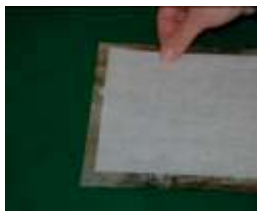
Turn to the paper (smooth) side; retrace your lines to the paper side so that you can easily see them.



Fuse the symbol to the wrong side of your dark fabric scrap. Cut out the symbol on the tracing lines and peel away the paper backing.



Center the symbol on the circle. Use a ruler to check that each point is equal distance from the circle edge. Iron in place.



Next, place your 7" square of fusible interfacing on the wrong side of the 9"x9" square that has your circle and symbol ironed to it. Center it and iron in place. *Note (Some interfacing likes to stick to your iron so you might place a piece of fabric between your iron and the interfacing just to be safe).* Now your top piece is stabilized for stitching.



Use a satin stitch to stitch around the outside of the circle. Use a matching or a contrasting thread, depending on your personal preference. Now use a satin stitch to stitch around the symbol. You might choose to switch your thread color here.



Now you're ready to layer your Quilt. Place the other 9"x9" piece of dark fabric wrong side up, followed by your 9"x9" piece of batting.



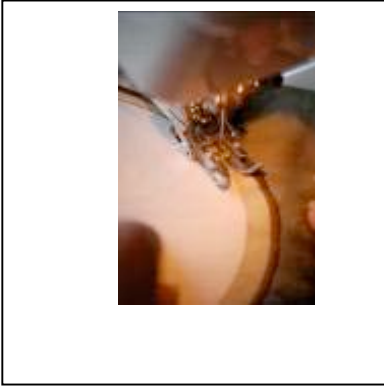
Then your piece with the symbol on top, face up. Spray baste or safety pin the layers together.



On your original pattern, trace the inner circle onto a piece of paper and cut it out.



Center it on your quilt top, laying it over the symbol. Create your stitching line by tracing around the smaller circle with disappearing ink or chalk. This will be your stitching line. If using freezer paper, you can iron the shiny side down and use it as a guide.



Stitch this inner circle through all layers. Once you've stitched the circle, you can remove the paper



Referring back to your paper pattern, draw the lines that create the cube on the symbol with disappearing ink or chalk.



Stitch around the symbol, creating a hexagon. You are all quilted!



Using a straight stitch, stitch through all layers around the outer circle, staying as close to the satin stitching as possible.



Square the quilt to 8-8 1/2".



Bind edges as desired. In this example, I simply stitched around the edges to finish this quilt.



Or use contrasting fabrics to bind the edges as in the other examples shown here.

Your quilt is finished!



I use mine for my Reiki Crystal Grid as taught in my Reiki ART/Master class!



Margie McMahon is a Reiki practitioner and Reiki Master teacher in Gresham, Oregon. She offers Reiki sessions, and teaches all levels of Reiki classes. Margie has been quilting for over 10 years and lives with her husband and daughter in Gresham. To contact Margie, go to her website, www.healwithreiki.net.

Thank you Margie for sharing your wonderful ideas and expertise with us!