



Living the Light of Joy

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Handknit Reiki Slouchy Hat

A Reiki Craft Project™

As seen in Reiki News Magazine, Fall 2011 and see my article "Knitting with Reiki" on my website that was published in Reiki News Magazine, Winter 05.

By Colleen Benelli

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Supply List

- Worsted Weight Yarn- I used Encore Tweed by Plymouth Yarn 2 skeins, 230 yards.
- Size 6 and size 8 circular needles or as needed for gauge. I like 16" circulars for this project.
- Double pointed needles size 8
- Marker
- Yarn needle to finish
- Gauge 20sts = 4"



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Directions

Cast on 90(96) sts with smaller needle, place marker to indicate the beginning of the round.

Row 1: K1, P1, (rib stitch)
Repeat row 1 until the ribbing is around 1 ½ - 1 ¾ " or desired width.

Continuing in rib stitch, increase 24(34) sts evenly around the row. 114(130).

Begin decrease rows as follows: Change to double pointed needles when needed.

Row 1: Decrease 18(22) sts evenly around the row. 96(108) sts remain
Knit 2 rows

Row 4: Decrease 16(18) sts evenly around the row. 80(90) sts remain
Knit 2 rows

Row 10: Decrease 16(18) sts evenly around the row. 48(54) sts remain
Knit 2 rows

Row 13: Decrease 16(18) sts evenly around the row. 32(36) sts remain.
Knit 2 rows

Row 16: Decrease 16(18) sts evenly around the row. 16(18) sts remain.

Bind off loosely.

Cut yarn and hide (weave) into the hat to finish.

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