

LIVING THE LIGHT OF JOY



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Reiki Rattles

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with **Colleen Benelli** and
Therese Fisher from www.Reikiweaver.com

Materials

- Rawhide
- Stick or Driftwood for handles
- Artificial sinew or waxed linen, found at beading stores.
- Rice or sand, corn, beans to fill rattle while it dries
- Beads, rocks gems, bells, crystals etc. for the inside of your rattle

Tools

- Template for whatever size you want.
- Awl to trace cutout on rawhide
- Clothes pins
- Scissors
- Hole punch
- Tapestry needle



Soak the rawhide in water for 1-4 hours or overnight, until soft and pliable.

Leather has two sides, one is rough the other is smooth. Decide which side you want to use.



Choose a template that creates a circle. You can use a saucer, or can or the template below. Note the template below (see last page) and that it is a circle with a rectangle that wraps around

the stick. Place your stick on the rawhide to measure how big your rectangle needs to be. It has to reach halfway up the side of the handle when sewing it together and about 2 “ long.



Mark your circle with an awl.
You can use a marker or pen, but it may show.



Cut out two rattle shapes.



Check to make sure you have the same sides (rough or smooth side of the rawhide) on the outside. Clothespin the two sides together. Punch holes approximately $\frac{1}{4}$ from the outside edge and $\frac{1}{4}$ inch apart. You can estimate this or you can mark every $\frac{1}{4}$ inch with a pen. However, the pen marks may show. Do this all the way around the rawhide.



Imbue the rawhide with Reiki. Place your hands over the rawhide and send Reiki into the rattle. Spend time meditating on your blessings and prosperity. Intend the Reiki symbols to fill your rattle with Reiki energy to empower your rattle with Reiki so that whenever you use it, Reiki will radiate from it and its sound. Send gratitude to the spirit of the animal that provided your hide.



Measure the outer edge of your rattle with the sewing sinew. Use five times the length around your rattle. Leave a long tail to sew the ends. Thread your needle and begin sewing at the beginning of the circle. There are many stitches you can use: a whip stitch, or in this example simply sew into each hole twice. Stitch your prayers and intentions into the rattle. Leave a tail if you want to hang beads on the handle when you are finished.



Pour rice into the center of the sewn rawhide.



Use a stick to push the rice into the rattle. This is what makes your rattle round, so keep filling it with rice, push it down and fill it up more, until there is no more room left. Stuff it full!



Place the stick in the rattle and stitch tightly around it. Let dry. You can use a blow dryer to speed this process. Place the rattle in a container with sand so that it stands up to dry.



After your rattle is dry, loosen the stitches on both sides of the neck and remove the stick. Empty the rice out. Put something inside the rattle to shake loose any stuck rice.



Reiki your ingredients for the inside and put them in your rattle. Shake it to see if the sound is right. Add or subtract according to the sound.

Put the stick back in, if you think it is a little loose, add glue to the stick. Tighten the stitches around the handle.





Thank you to Reiki Master Therese Fisher for spending this craft “play day” with me and sharing her ideas and knowledge of rattle making! Therese is a master basket weaver and teacher. www.Reikiweaver.com

