



Living the Light of Joy

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Reiki Slippers

A Reiki Craft Project™

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These are easier to knit than they look. If you haven't knit with double pointed needles before, just add Reiki and try it!

Before you begin your slippers, activate Reiki and all symbols you are attuned to. Think of the person you are knitting these for and think of a blessing or intention you have for them. Reiki your yarn and needles.

If you like, you can clear the yarn and needles using sage, or Reiki. Just ask for Reiki to completely imbue your yarn with your blessing. Hold the yarns between your hands and feel Reiki radiate into the fibers and the needles. Ask that the yarn only hold the blessings and the Reiki within its fibers so that you can knit anywhere, any time and the intention will continue to imbue your slippers, regardless of your activities or surroundings.

Supply List

- Double pointed needles, size 9 or 10
- Use the smaller needles for smaller slippers and the larger needles for larger sizes
- 2 strands of worsted weight yarn 75 yards each



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Instructions



Cast On 9 sts on three double pointed needles
Use the fourth needle to knit in the round.



Cuff:

Use any pattern you want for the cuff on the ankle. You can also make it as long as you want.

In this photo I:

P 2 rows

K 2 rows

Repeat these two rows for desired length.



Heel:

K 14sts onto one needle. 13 sts remain. These will be your instep. Leave the 13 sts on one needle while you knit the length of the heel.

On the needle with the 14 sts:

S 1, K across row

S 1, P across row

Repeat these two rows for 5" for small and 6" for large slippers.



Turn Heel:

Now you have to make the heel turn.

S1, K8, K2 tog (2sts remain) Turn

S1, P5, P2 tog (2sts remain) Turn

S1, K5 K2 tog (1 st. remains) Turn

S1, P5, P2 tog (1 st remains) Turn

S1, K5, K2 tog (0 st remain) Turn

S1, P5, P2 tog. (0 st remain) Turn

7 sts remain on your needle.



It will look like this when you have turned the heel.

Sl 1, K6 across.



With a third needle, pick up 7 sts along the edge.
K across the instep sts on the next needle.



With another needle, pick up 7 sts on the side edge.
You will now have 4 needles with a total of 35 sts.

The stitches need to be worked onto three needles.
Knit 4 sts from the heel needle.



Slip the remaining 3 sts onto the next needle.



This gives you 14 sts on the instep,
11sts on one needle, and 10 sts on another needle.

As you look at the photo, I will call the needle on the bottom #1, the left side is #2, and the top needle is #3.



Foot Gussett

Start at the beginning of needle #1,
K 1 rnd.

Row 1: k to last 3 sts, k 2 tog, k1. K across needle 2, (the instep),
On needle 3, K 1, Sl 1, pssso, k to end of row.

Row 2: K 1 round.

Repeat row 1 and 2 until 27 sts remain.

Slip sts as needed to end up with 9 sts per needle.



This is how it will look.

K all sts in the round until the slipper is 2" from desired length.



Shape Toe

Row 1: *K 6, k 2 tog, k 1,* repeat from *to* across each needle

Row 2: Knit 1 rnd.

Repeat these two rows until there are 3-4-3 sts left on needles.

Cut yarn, and weave it through the remaining sts, and pull tight until the toe is tightly closed.



Weave in all yarns. Enjoy the warmth of your Reiki slippers!