



Living the Light of Joy

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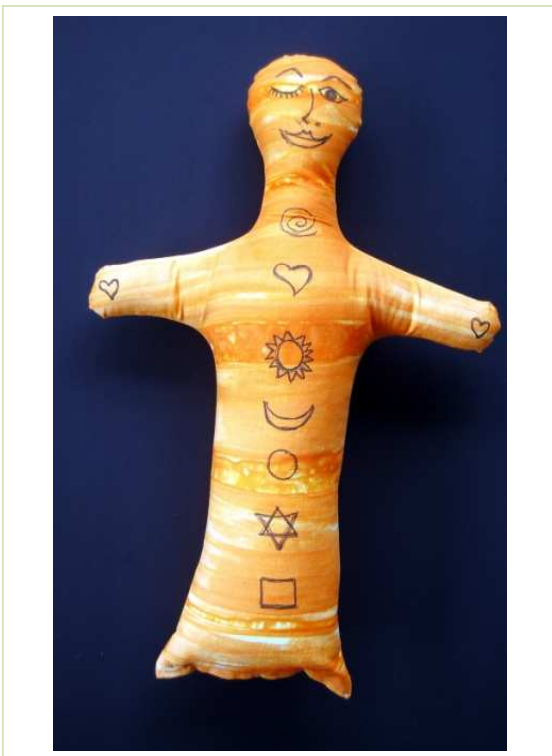
Reiki Spirit Dolls

A Reiki Craft Project™

As seen in Reiki News Magazine, Fall 2011

By Pearl Pierce and Marla Deere

www.PearlPierce.com



By Pearl Pierce

Supply List

- Paper or fabric for doll template pattern
- Fabric for body of doll (1/4 – 1/3 yd)
- 1 bag of polyfill stuffing – found at fabric and craft stores
- Chopstick or similar size stick to push out seams
- Fabric markers – found at fabric and craft stores –
- 1 clear quartz crystal – clear and then charge with Reiki (optional)
- Embroidery thread and needle for tying off base of doll



By Marla Deere



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Directions

Creating and using a Reiki doll is a wonderful way to send Reiki long distance. It can also be charged with Reiki and an intention set for something you would like to manifest in your life. It is also a wonderful gift for someone you love.



When creating your Reiki doll, decide on a size and make a paper or fabric template. The doll I use is about 14-15 inches high and from arm to arm, about 9 inches wide.



Make it big enough so that when you sew a seam around the edges and flip it inside out, there is enough room to stuff it easily.



Pick a fabric that pleases you. If you will be drawing Reiki symbols on it, or a face, decide if you want the fabric light enough to show the symbols or dark enough to hide them.

Another option would be to draw the symbols on the doll and make an outfit or covering for it if you don't want them to show. Or you could draw the symbols on the inside of the doll before you flip it right side out



Using your template and some test fabric, cut a test doll out with right sides of the fabric together and sew a seam around the edges, leaving the bottom open.



Before flipping the doll right side out, make small clips in the outer edges of the seams where the fabric curves around the arms and head.



Flip the test doll right side out and make sure that you are comfortable with the amount of room in the head and arms to stuff it.

This will allow the seams to stretch once you flip the doll right side out.

The larger the doll, the more stuffing that will be needed. The smaller the doll the doll, less stuffing will be needed but it may not be a comfortable size to work with. You want a size that feels right to you.



Once you have a size that you are comfortable with, repeat the process with your chosen fabric.

If you are drawing symbols on your doll, it will be easier to do this before stuffing it, but it isn't necessary. You can also draw them after you stuff it unless you are drawing them on the inside.

After you've sewn your doll and clipped the seams, flipped it right sides out and drawn symbols if you would like them, it is time to fill it.

You can use a chopstick or long stick to push against the inner curves of the head and arms to sort of "round" them out.



When filling, it is helpful to push as much stuffing as you can into the head and arms first before starting on the body. Once you've filled the head, arms and upper cavity, place your charged crystal (if using one) into the heart area of the doll and continue stuffing until it is full. Another option would be to create or buy a crystal necklace that you can place around the finished doll.

When the doll is full, flip about one quarter to one half an inch of the raw edges at the base inside the doll and sew it shut. At this point the bottom of the dolls will look like a straight flat seam.

Grab the two pointed ends, bringing them towards each other in the center and using your needle threaded with embroidery floss, thread each end, so that you have both sides threaded together.

Bring the ends together to meet in the center and tie in a bow or knot. This will make the base of the doll flatter and better able to stand when not in use.

Fill with Reiki and enjoy!



Summary:

1. Create a paper template at desired size
2. Use on a test fabric first and adjust template if necessary after sewing test doll
3. Use template on chosen fabric
4. Sew seams around edges, leaving bottom of doll open for stuffing
5. Clip seams at curves for fabric easement.

Summary Continued:

6. Flip doll right side out and use chopstick or tool to push out/smooth out seams
7. Stuff doll
8. Flip bottom edges inside and sew straight across, closing base – if a flatter base is desired draw opposite sewn sides together and tie with embroidery floss, creating a square base.
9. Decorate with Reiki symbols, crystals, or as desired
10. Charge and Enjoy!

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To contact or for more information - www.PearlPierce.com