



# Woven Reiki Balls

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## History:

The design for this square woven ball has been around for quite some time. Traditionally, it is made with flax or with palm fronds. I first learned to make them while house sitting for a friend in Hawaii. They had a palm tree that really needed some trimming and I had a book called "What Are Fronds For?" A match made in heaven, or paradise as the case may be!

## Materials

2 strips of paper 11" long by 1" wide  
Scissors

## Using Reiki & Intention

Before you begin, focus on what your intention is for this project. Are you making it for yourself, an ornament to decorate your home, as a gift for a friend or loved one, or are you simply enjoying some creative expression time? What energy do you want this to carry?

If you don't consciously have a plan for what your are going to do with the end product, don't worry, it will likely present itself to you at a later date! The reason I like to focus on my intention is because it helps focus my mind as I work.

Activate Reiki in your hands. If you have your level one attunements, ask for the Reiki to start flowing. If you have level two or higher, use your intuition about which symbols to add in. This may vary from piece to piece depending on your intention.

My preference is to call in all the symbols I know. I think of it like baking. Each symbol being an ingredient, only since Reiki has its own intelligence, it knows how much of what ingredient is needed. My job, as sous-chef, is just to gather the ingredients

together and let the magic happen.

Once Reiki is activated, focus again on your intention. Say it out loud or simply hold it in your heart.

You can use the Jacki-Kiri-Joka-ho method, as described in William Lee Rand's book "Reiki, The Healing Touch" to remove and "negative energy" that the materials might have picked up as they were being made, shipped, stored, etc. You've already called in the symbols at this point. Take your project materials into your non-dominant hand. Take in a deep breath and then, using a chopping motion, cut through the air above the materials.

Another method, if you have your level two attunements, is to use the distance symbol to build a bridge of light to the light. Thank the unwanted energy for its service and ask that it make its way to the light.

With either method, take some time to fill your materials back up with Reiki energy. You can do this by holding the materials in your non-dominant hand and "beaming" Reiki with the other. Ask Reiki to continue flowing throughout the project.

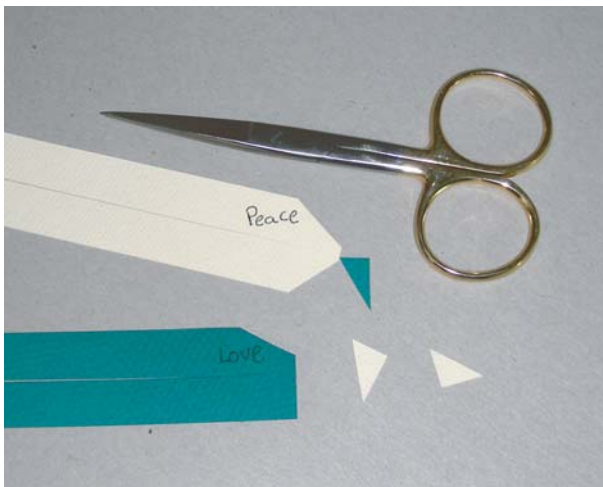
As you begin your project, to hold your intention in your heart. Continue to ask Reiki to fill the ball with the healing energy needed to manifest your intention. Try chanting the symbols out loud or to yourself as you work.

Be patient, it might take a few times working through the project before your tension feels right. This project isn't about being exact, it is about spreading healing energy. These can be fun whimsical little vessels. Whatever form they take is the perfect form for holding your intention.

## Making the Ball

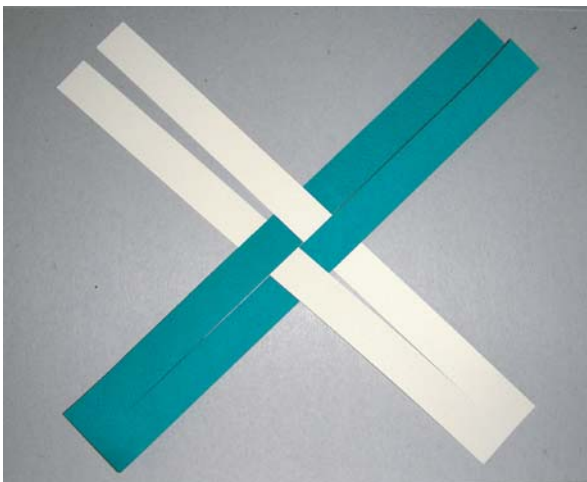
First, cut your paper to the correct size. (I use a rotary cutter and ruler, although scissors work fine.) You can use the same color for both strips or you can use a different color for each. I have found that stiffer paper is easier to work with than something thin like tissue paper. You want it to be stiff enough to hold its shape, but flexible enough to bend without creasing it (card stock is a little too thick).

Make a slit down the center of your strips leaving a 1/4 inch join at one end. Cut the corners at the join end off, as shown below, so there is still a join, but the strip of paper tapers at that end.

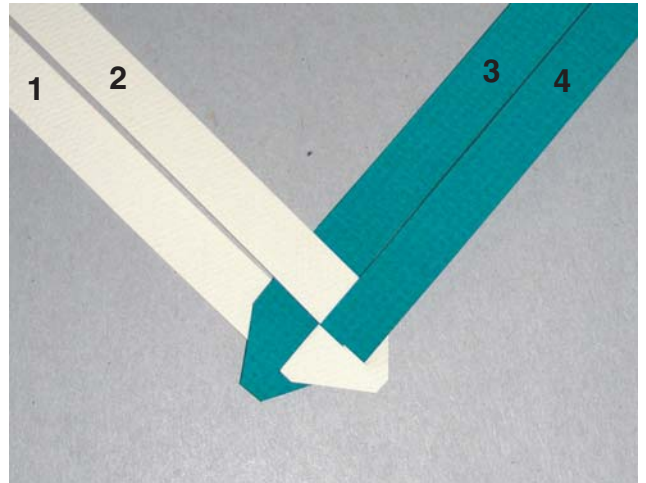


Take another moment to review your intention. If you like, you can write it on the strip of paper. You can also draw the Reiki symbols (they will not show from the outside).

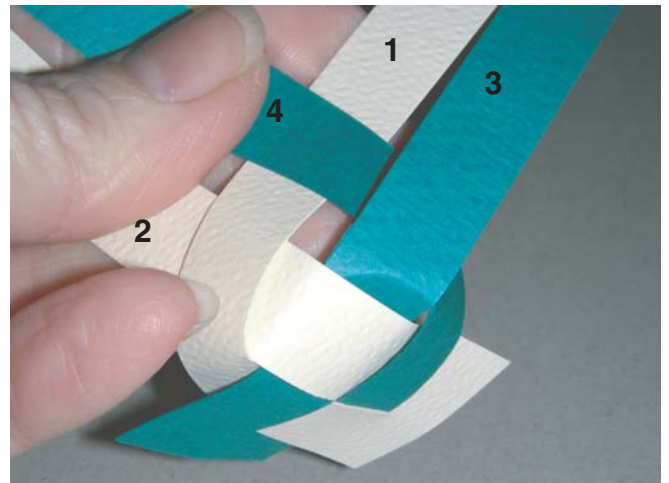
Take your two strips of paper and place them in front of you, text down. Weave them in an over/under pattern as shown here (one strip angled to the left and one to the right):



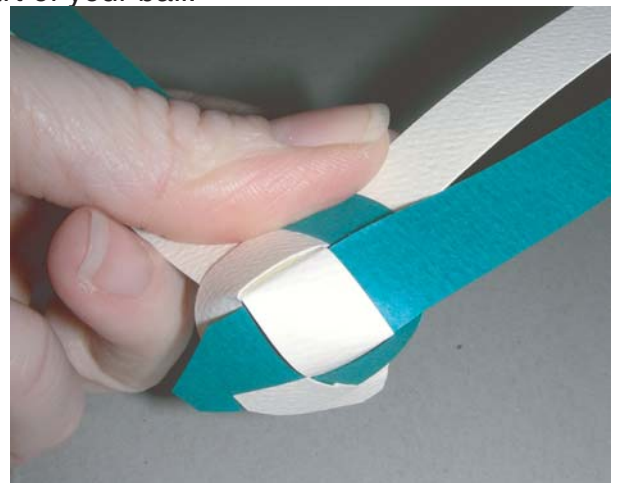
You now have a woven square with two strips going to the left and two strips going to the right. To help you keep track of them, using a pencil, write the numbers 1-4 on the ends of the pieces going from left to right.



Hold the paper in your hands (up from the table). Take the left most piece (#1) and angle it to the right weaving over piece #2. Then take the right most piece (#4) and weave it under piece #3 and over piece #1.



As you tighten the weaving you have just done, it will begin to curve away from you. This is great. It is the start of your ball.



You will continue to do the same motion until you have about 3 inches of your strips left. You will notice as you go that you are weaving an over/under pattern. In other words, if you are weaving over one, your next motion will be under one. Continue to tighten your weaving as you go.

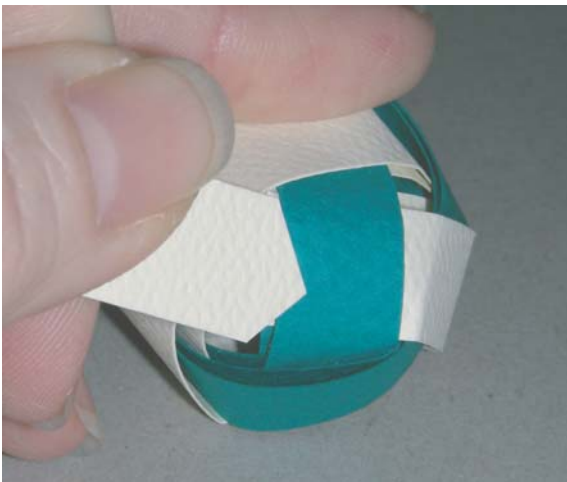
The next step is to take piece #2 (the left-most piece) and angle it to the right weaving it over #4. Then Take #3 (the right-most piece), angle it to the left weaving under #1 and over #2.

Then take piece #4 and angle it to the right, weaving it over #3. Take piece #1, angle it to the left and weave it under #2 and over #4.

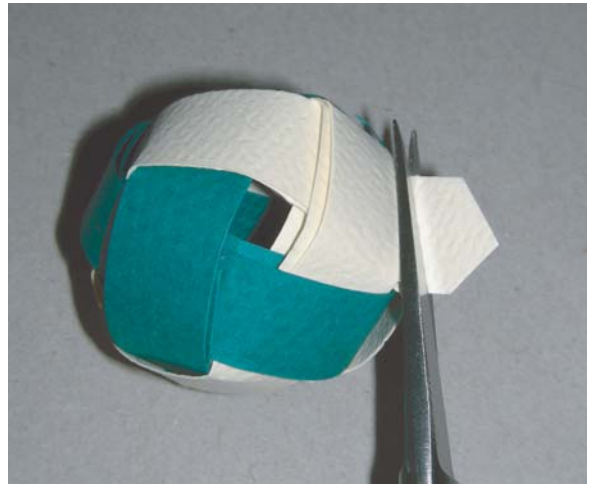
Then take piece #3 and angle it to the right, weaving it over #1. Take piece #2, angle it to the left and weave it under #4 and over #3.

Your weaving will overlap itself. That is how the ball is made. It is actually several layers of weaving. This gives it strength.

Continue this until there is 3" left (it might not take the same number of steps as I have listed). Then cut the end of your strips at an angle and tuck them in. Tuck the ends in by threading them through the path of the strip beneath each piece.



Trim the ends.

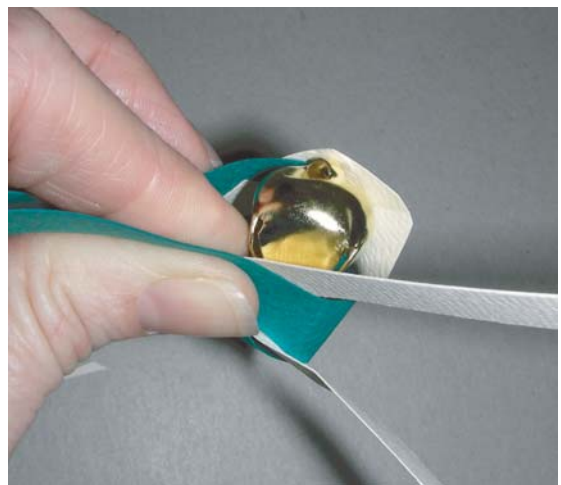


Spend a moment in gratitude to yourself and to Reiki for the beautiful creation you have made!

### Variations

Try using other materials: ribbon, palm fronds, or even tree bark. Try using different colors, lengths and widths. Make several balls and display them in a bowl or small basket or add thread, as described in the ornament variation, and decorate your house or office with them.

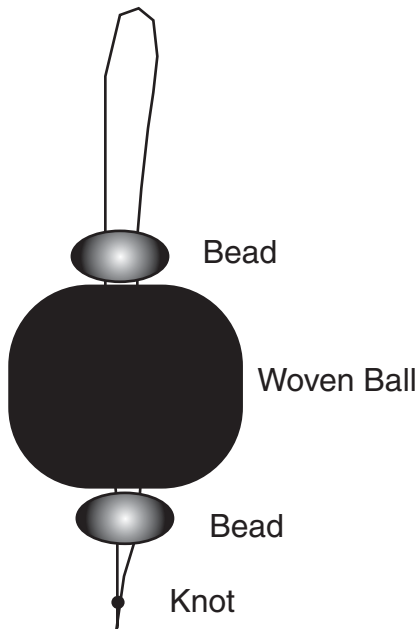
**Rattle** - take a small round metal bell (can be found at any craft store) and insert it into the center of your ball before your weaving closes up the ball.



**Garland** - String several balls onto a cord or ribbon for a fun and Reiki filled holiday decoration.

## Variations Continued

**Ornament** - take a piece of waxed linen about 12 inches long. (Waxed linen can be purchased on-line or at a bead store.) Fold it in half and tie a knot at the end farthest from the loop. String a bead onto the thread from the loop end so that it rests on the knot. The bead should be large enough for the woven ball to rest on it securely. Thread the loop end onto a tapestry needle and then run the needle (and thread) up through the holes in the ball. Remove the tapestry needle. You can slide another bead onto the thread if you like. You can tie another knot over the top of the bead to hold it in place, or simply use the loop to hang your ornament.



**Technical Note:** Once you get the hang of the pattern, it doesn't matter which way you start the ball. I have you start following the diagram so that you are always on the same step (over or under) as the directions. The important thing is that you weave each piece in an over/under pattern, not that piece #1 goes over #2. If the piece you are about to weave was under, the next move is over. If it was over, the next move is under.

## Sources

Arbiet, Wendy, "What Are Fronds For," University of Hawaii Press, Honolulu, 1985.

Pendergrast, Mick, "Fun With Flax," Reed Publishing, New Zealand, 1987.

Rand, William Lee, "Reiki The Healing Touch: First and Second Degree Manual," Vision Publications, USA, 1991.



Ornaments (palm frond)



Basket of intentions