

a  
Spirit  
Doll  
workshop



Lyn Belisle





### ***A Spirit Doll Workshop***

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To order Spirit Shard Faces:

<http://www.etsy.com/shop/EarthShards>

***Acknowledgement: Over-the-moon thanks to Joanna Powell Colbert for, first, finding me through Etsy, and secondly, introducing me to Spirit Dolls. Her ebook, How To Make A Spirit Doll is a treasure, given freely by this remarkable artist. It elevates the little creations to a resonant spiritual level.***

***<http://www.gaiansoul.com/docs/jpc-spirit-doll-ebook.pdf>***

***Visit Joanna's site: [www.gaiansoul.com](http://www.gaiansoul.com)***



**Have in mind an intention, blessing, or good wish to materialize through your Spirit Doll.**

Collect your materials - twigs for the body (about 7-10 inches long), twine to tie them in a bundle, beads, fabric and special little objects, padding material, hot glue, needle and thread - and a face. I use my own Face Shards made from earthenware clay, but you can use Sculpy or Fimo or just draw yours on the fabric if you like.

The more special your object (twigs from a favorite tree or shrub, for example), the more meaningful your Spirit Doll will be to you.

*Note: you can order my earthenware faces on my Etsy Shop page: [www.etsy.com/shop/EarthShards](http://www.etsy.com/shop/EarthShards)*



I found **Joanna Powell Colbert's** booklet, *Make a Spirit Doll* invaluable in the process. Joanna is a gifted artist whose website, **Gaian Soul**, is a treat to visit. ([www.gaiansoul.com](http://www.gaiansoul.com))

She gives this book as a gift to anyone through her generosity of spirit and desire to share her creativity. You can find it at:

**[www.gaiansoul.com/docs/jpc-spirit-doll-ebook](http://www.gaiansoul.com/docs/jpc-spirit-doll-ebook)**.



I tied the twigs together in a cross shape using twine. You can find curved twigs for the arms if you like. I used seven twigs for the body and three for the arms but this will depend on the size of your twigs. The face is not attached yet - it's just lying next to the twigs to determine how the proportions will look. Once your twigs are tied, you can reinforce the twine with a bit of hot glue or wire if you like. Then I finished the clay face with walnut ink and some light silver metallic paint brushed very lightly over the surface. Next comes the first layer of body padding.



I found a fragment of a sea sponge in my Studio and tied that around the group of body twigs. If you don't have one, you can use cotton balls or quilt batting or moss or anything else that is soft and malleable.



I wasn't sure how I wanted to dress and adorn my Spirit Doll, so I tore some narrow strips of ivory cotton to serve as wrappings while I thought. The face is still not attached, but it was helpful to keep it near its position to give me some perspective as I worked.



Before I began wrapping the strips, I wrote a wish on a small strip of paper and wrapped it around the sponge body. This is an important part of the process. Otherwise, your spirit doll is just a soft sculpture without Intent. You can also include small stones or charms as you wrap.



Here is the body completely wrapped with the strips. I tried to shape it as I went around the twigs and sponge. I didn't worry about trimming the ends - they add to the handcrafted look of the little figure. The face looks as if it's ready to be attached!



Here is a view of the back side of the Spirit Doll in progress. You can see that the strips go over and around the arms and tie into the twine wrapping



When I was thinking about how to make this project, it occurred to me that gauze bandages might be a nice way to both wrap and decorate the Spirit Doll. It worked like a charm - the bandages are soft and easy to warp, and they leave a gauzy trail.



In this picture, you can see that several things have happened. The body wrapping is complete and the ends of the gauze bandages have been left to trail like a skirt. And the head was formed by wrapping a fabric strip around a crumpled ball of tissue paper.





Finally, the face gets attached to the head. I used a combination of hot glue and twine to secure it. I let the ends of the twine trail on either side, and attached some beads just for fun. You'll notice that the twigs stick up in back like a headdress or crown. At this point, the Spirit Doll seems to take on a life of its own. Once the face is attached, you can work in your own way to dress and adorn you Spirit Doll.



I used a combination of gauze for the dress, silver stretch material for an overdress, cords and beads, nylon twine for the hair, and baby's breath for trim. This is a back view. You can see a cord tied at the back of the neck so the Spirit Doll can hang on the wall.



This is a close-up of the face. You can see the silver fabric (I cut a neck hole in a rectangle) and you can see the charms on the arms and a stone that has been hot glued to the front wrapping. The baby's breath makes a nice headdress, and the ribbons add a bit of color.



Here is my finished Spirit Doll, hanging on the wall as a blessing and as a happy creation. I named her Artemesia after one of my favorite herbs.

*I hope you enjoyed this Spirit Doll Workshop in pictures - for more information on workshop at my Studio, please contact me at [lyn@lynbelisle.com](mailto:lyn@lynbelisle.com)*

*Think of a quality you want to bring into your life. This doll will hold that energy for you . . .*

*~Joanna Powell Colbert*



Spirit Doll by Denise



Spirit Doll by Otter



Spirit Box by Susan