

The Simple Grace of SPIRIT DOLLS

Lyn Belisle

Materials List and Source Notes

For the basic spirit doll:

- The inner core (wand) – a strong stick about 12” long
- The face (can be a clay face, a button, a rock, a pod or seed - use your intuition and imagination)
- A small scrap of paper and a pen or pencil to write an intention
- Twigs of various weights and sizes, about 12” long
- Scissors and twig snips
- Twine or imitation sinew
- Cardboard tube (optional)
- Hole punch (optional)
- Sea sponge, moss, cotton or other natural padding material
- Fabric Scraps of various sizes, colors, and textures
- Ribbon and trims, yarns
- Beads, buttons, wire
- Needle and thread (optional)
- Ephemera and found objects
- Strong adhesive such as hot glue or E6000
- Acrylic or craft paints (optional)

Sources of materials:

Collect sticks for your Spirit Dolls from places are meaningful to you – don’t cut live branches. Gather leaves, as well, and moss or any other natural materials that seem to attract you. For fabric, think like a quilter and use scraps of old garments that have been worn and loved. Use old jewelry and ribbons that you’ve worn for adorning your Spirit Doll. You will be setting an intention for your Spirit Doll – wisdom? creativity? self-awareness? – as you make her, you will be paying attention to the choices you make which feel right for your purpose.