

LYN BELISLE – The Simple Grace of Spirit Dolls

Introduction

History and Lore

Materials and Meaning

For the basic spirit doll (day one):

- Twigs of various weights and sizes, about 12"-18" long
- The face -- I will bring clay Earthshard faces, two for each person, which are yours to keep whether you use them for your spirit doll during the workshop or not – alternate suggestions might be a button, a rock, a pod or seed - use your intuition and imagination
- Journal or notepad (and a pen or pencil to write an intention)
- Scissors
- Glue sticks (the tube kind)
- Garden twig cutters
- Twine, upholstery thread, waxed linen, or imitation sinew (I will have some for you to use, but you might want your own)
- Fabric Scraps of various sizes, colors, and textures
- Quilt batting scraps, old soft fiber stuffing, or soft knitted scraps for stuffing and shaping
- Ribbon and trims
- Beads, buttons, wire
- Needle and thread (optional)
- Ephemera and found objects
- Low-temp hot glue gun and glue sticks (I will have a couple but you may want your own)

Sources of materials:

Use sticks 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 jewelry and ribbons that you've worn or made for adorning your Spirit Doll. You will be setting an intention for your Spirit Doll – wisdom? Creativity? Self-awareness? – as you create, you will be paying attention to the choices you make which feel right for your purpose.

Materials for the sculptural Spirit Doll – Day two:

All of the above, plus

- straight shish-kabob skewers or chopsticks or straight sturdy sticks for legs

- Cardboard tube (toilet paper cores are the perfect size)
- Cheap lightweight aluminum foil (I will have some for you but you may want more)
- Hole punch (optional)
- Plaster-infused gauze bandages – you will need your own roll
- Acrylic or craft paints
- Metallic acrylic paint or metallic wax (I will have some, but you might have a particular kind that you like)

Source suggestions:

Twig cutters (inexpensive) – box stores like Home Depot or [Amazon](https://www.amazon.com)



Plaster Gauze Bandages - [Amazon](https://www.amazon.com) or Michaels or other craft stores

4" x 5 yds is plenty



Glue sticks:

Three or four – they are all-purpose and work well with fiber and fabric – they are available at office supply stores, [Amazon](https://www.amazon.com) – lots of places.

