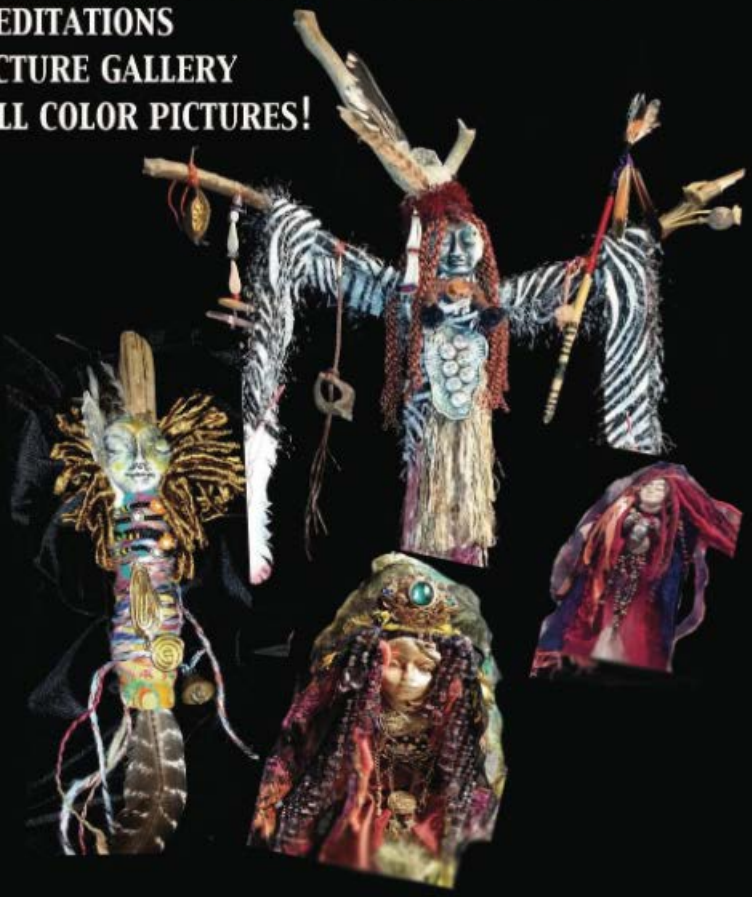
How to Create Your Own

Spirit Dolls

Step-by-step Examples for Three Unique Dolls
Inspiring Meditations
Awesome Picture gallery
Over 150 full color pictures!



Chris Flynn

How to Create Your Own Spirit Dolls

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I'd love to hear from you!

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Where you can meet my dolls in person:

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With Gratitude and Thanks…

Firstly, I thank my Muse, my Angels and Guides, who bless me daily with their inspirations, joy, and humor. My husband Bill who graciously built my beautiful studio and never complains about how many hours I spend in there! And, he's my front line support system of encouragement and inspiration. I give much thanks and gratitude to my three Sacred Sisters, April, Joyce, and Maja. Your love and support has sustained and fortified me for many years! And to all the wonderful Spirit Doll Makers I have met on-line through this work. What a wonderful community we have become. Brigit, you continue to inspire me!

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IIntroduction

Dolls save lives. They do. Think about it. From ancient fertility rituals to child's play, dolls have played a vital role in every culture throughout time. Dolls are often mirrors of the inner self, or an ally for a wounded child. Dolls have enthralled our imagination, from the simplest handkerchief dolls of the early pioneers, to the elegant Ningyo dolls of ancient Japan.

Speaking from personal experience, my childhood dolls offered me unconditional love and acceptance. They listened to my tears. They celebrated my joys. They let me nurture, guide, and teach them about the rules of life. When things didn't go my way, my dolls would hear my sad stories. Even with their silence I felt nurtured and healed as I held them to my young bosom, as I fell asleep clutching them to my heart.

There are so many happy, joyful memories of those years. My mother sewed all of our clothes. So it was natural that she'd give me her scraps and teach me how to make simple garments for my dolls. This was preBarbie! I had a Betsy Wetsy, and then the more sophisticated 16" teenage doll.

But then one day, I was too big for dolls. I was ten for heaven's sake! Time to put childish toys away. Learn to ride a bike. Skateboard. Dive from the high board. Do the dishes, set the table. Important activities of life. I did put my dolls away. Actually, I gave them to my little sister.

Little did I know, thirty years later, I would once again clasp a doll to my bosom. I would once again lament about the unfairness of life. And yes, I would feel nurtured and healed through this process.

It was the 1990's. The Self Esteem movement was taking off. We were healing our inner child. EST, Insight, Transcendental Mediation, and the Human Awareness Institute were illuminating our paths to a higher consciousness, to living life as more actualized individuals.

In the midst of this powerful movement my angels came to me and planted the idea of creating a Child Within Doll. Very quickly I generated a pattern for a 18" cloth doll that had moving arms and legs and a weight to it that felt so animated. I found wigs that simulated my real hair. From my childhood photo, I created clothing that duplicated my 1940's outfit.

After creating my doll 'Chrissy', I shared her with my therapy group. Soon I was making Child Within Dolls for the members of my group. Then other therapists began asking me if I would work with their clients to create dolls for those who were healing childhood wounds.

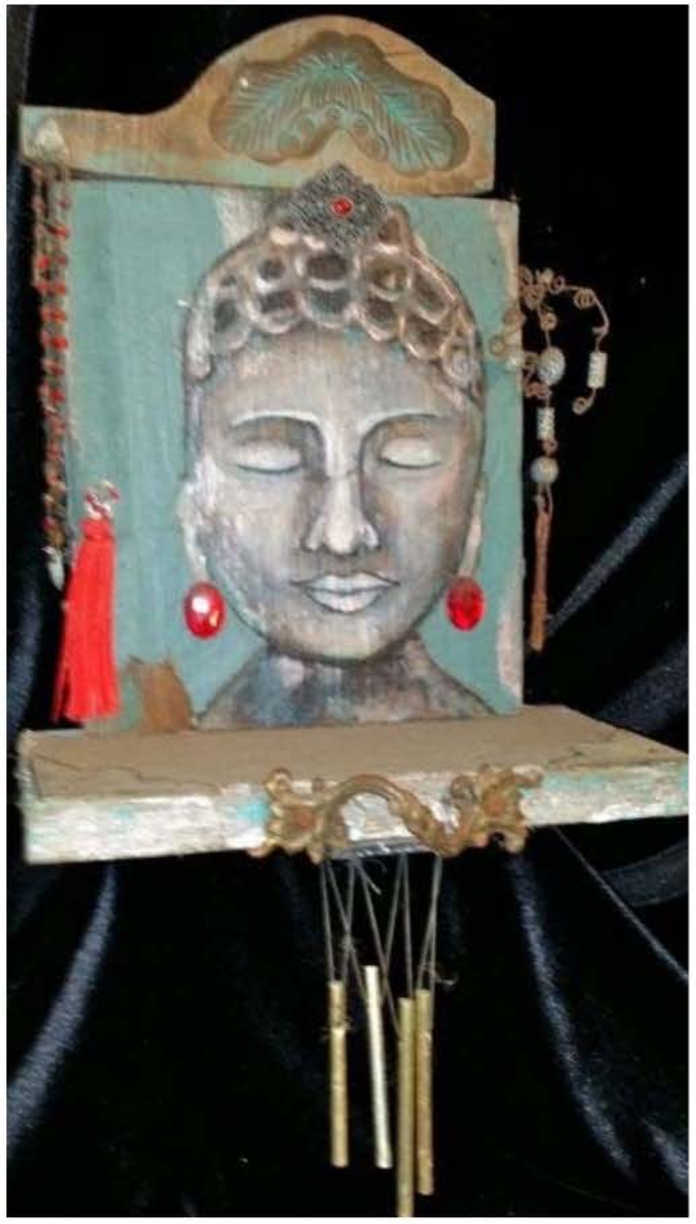
These dolls were really bringing about healing. These dolls were really saving lives.

Well, little 'Chrissy' has sat on my bedroom dresser for many years now. When I look at her, I am reminded of the self love that was generated back then. And I can still feel that love and enthusiasm today.

In that spirit, I have always loved spiritual icons. My house and gardens are filled with spiritually evocative statues, from many world religions. I have my Irish grandmother's Mother Mary figurine, and my mother's Infant of Prague statue. We have Buddhas from Bali, and praying figures from Indonesia. And I dare not count the angels! They all invoke a feeling of deep spirituality, and daily, remind me of my sacred connectedness to All.

Well, those pesky angels came calling once again. A few years ago, in a painting class, I fiddled around with a random piece of wood I found. I painted a Buddha face on it. Enhanced it with a few jewels and bells. I didn't realize then, that I was creating the inspiration for my first Spirit Doll. Even now, each time I glance at that effigy I feel something. Something that feels blessed, holy, and sweet. I like that feeling!

While enjoying the wonderful sewing and art studio my husband built for me, I felt pulled to create some fun dolls. Maybe I could sell them in my antique shop,



or on line! So, I made a few, quite sweet actually. And then, I don't know how to describe it, but I felt a pull to do something else. (Angels again?) And I created my first Spirit Doll.

Well, it's been almost two years and countless dolls later. Each and every time a new doll comes into being, I am humbled. I never know in advance, what will come about. It's a process of letting go and letting Spirit direct my actions.

And for me, now it's a ministry, to share the Love of God and the Infinite Intelligence of this amazing universe. So, I have to share it with you.

It is my desire that you find these instructions, meditations, and photos inspirational, that you will find the path to create your very own Spirit Doll, that will bless you, heal you, and remind you that you are a precious Being of Light.

Many Sweet Blessings, Chris Flynn
'Chrissy' my Child Within Doll & 'Mara' my first Spirit Doll (face made by the

amazing Lyn Belisle!)



Basic Supplies

The supply list for creating Spirit Dolls can be endless! But also SO SIMPLE! Here are the four main supplies I keep on hand. There are tons of alternatives for each of these, but here you see my fundamental supplies.



Aleene's Original TACKY GLUE. I love this stuff. It works with fabric, wood, glass, clay, everything! Dries to a clear finish and keeps a firm bond. And it is NOT expensive. Plus, it lasts a long time! Amazon usually has the best price, but most craft stores carry it too.

Artificial Sinew. You'll love this stuff too! It is actually wax coated thread that looks and feels like leathery sinew. You'll love how tightly you can knot

it. I even use this for bookbinding miniature Wisdom Books. While this is amazing, you can always use a strong string, cording, or twine. You'll find this on Amazon too.

Large Eye Craft Needle. These needles are fabulous to have on hand. The large eye allows you to thread embroidery floss, thin yarns, and the sinew. The longer needles will allow you to pass through thick layers of cloth, moss, or what ever you're using for hair.

Embroidery Floss. I keep a large supply of multicolor thread on hand so I can always mix and match what feels right. Floss is perfect for sewing on your Spirit Doll's garments, charms, and adornments. In a pinch though, a double strand of any type thread can do the same thing.

The 'Rest of the Story' or: Supplies I love! You'll find tons of optional supplies towards the back of this book. Lots and lots of eye candy! See page 65.

ANATOMY OF A SPIRIT DOLL

Inner foundation



You'll want to
audition the sticks or structures you'd like to use as your Spirit Doll's inner foundation. Here are three rather
nice branches. The middle one would make lovely,
outreaching arms

Just playing with it a bit, twisting and
turning, gives me great ideas!



Now I can visualize the uplifting arms as well as a possible headdress!



Here you see the early stages of binding the sticks together. In this case, I decided to drill a hole and pass
through the sinew to give the somewhat heavy arms extra
strength. Most times though, drilling is not necessary.

Here is a real close up of how the body and arms were bound by the sinew. Usually, about 20" of sinew is plenty long. To even more fortify the structure, I applied some glue in between the joints.

I'm beginning to have big plans for these arms so I reinforced the junction one more time. I dipped a small length of scrap muslin into the glue, wrapped it around the joint and then secured it with more sinew. These arms aren't moving!





At this point, I'm starting really get the feel for this Spirit Doll. My muse is daunting me with all kinds of inspirations.

But, it's important to take it easy, and focus next on which face feels right. Use your intuition. Maybe you've already chosen a face, but something else tugs at you.

Other choice samples….

Here you see my friends Joyce and April allowing their Muse to guide their selection of just the right sticks. April looks over a collection of branches and twigs, choosing the ones that 'feel' right. Making your selection outdoors can help you identify tiny burls, indentations, or other features that may enhance your doll.





Joyce has found a selection of twigs and branches, deciding to feature four arms on her Spirit Doll. Here, you see she's already bound her sticks to get just the right angle for outstretched arms. Holding your inner foundation up to the wall will help in placement of other features, like face, headdress, clothing, and adornments.

On the left below is a simple inner foundation using a river washed stick from Yosemite Valley, and a piece of Redwood from the Santa Cruz Mountains. Collecting twigs, sticks, and branches from your travels will bring an amazing

spiritual depth to your creation.





On the right is an interesting choice of Manzanita twigs and a river washed stick. The arms will extend in a graceful pose, while the upper branches will

become part of the headdress. This sort of configuration lends itself to Spirit Dolls that resonate with Nature.

Finding the right face

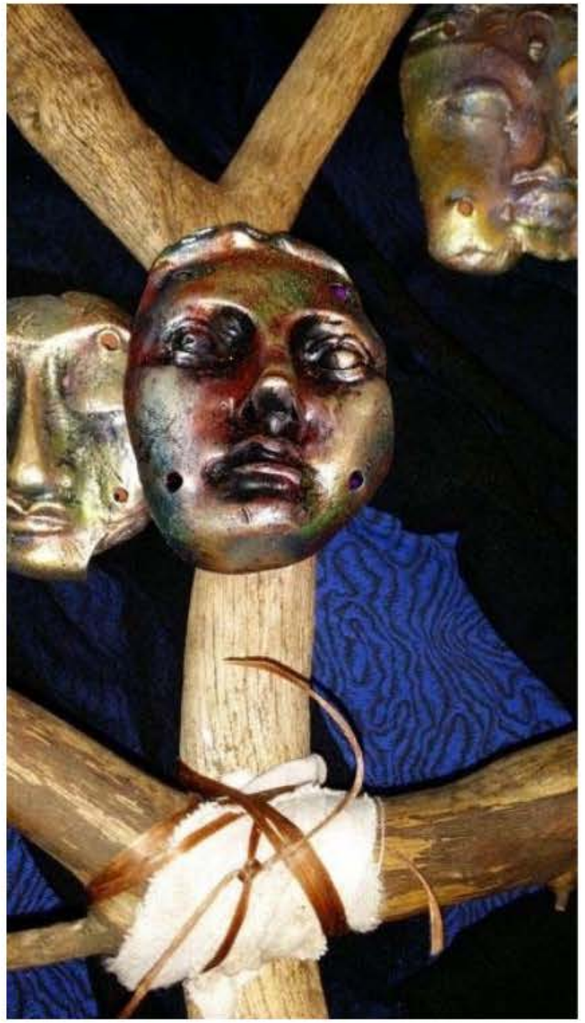
You may be starting your doll with a face already chosen. I'm lucky to have quite a stash of faces to choose from. Look at all the faces that called out to me! Since this form is rather large, about 20" tall, a large cabochon (fancy word for focal point, often a stone) keeps elements in perspective.





Neither of these faces have the right feeling. Although,

the face on the right
is made from one of
my favorite molds,
she just doesn't call
to me here.



Ah, this face has the right feeling. I really don't know before hand which face I'll be using. It's part of the surrendering process that allows my Muse, or the Spirit of my doll to present just the 'right' face. There is never a 'wrong' face. They each have a special message or blessing for us.

With this face there is something about the closed eyes, a contemplative look, plus the hieroglyphic imprint and the primitive look of this face that speaks to me of an Ancient Spirit.

This reminds me she is always present, protecting us while reminding us of the Oneness or the timeless Connectedness of us all.



Your process may not be the same as mine, but these thoughts and images are what guide me towards the creative unfolding of each Spirit Doll.
Padding the body and attaching the face…

Now I know what size face I'll be using I have a better feeling for how much padding will be needed to support both the head, plus the clothing. I run some glue along the structure to help hold the padding in place.

Here, I am using some scraps of



quilting batting. Almost any fabric, yarn, or even herbs, will do.
This is also an opportunity for you to write a little prayer, or a wish, to place

in the center of your Spirit Doll's core.



Here you can see where I've wound strips of muslin to secure the batting in place. I've simply tied it off since this eventually will all be covered with clothing.

Note: in this case, I wrapped the padding for the head around the main stick. It's not always necessary to do that, but it worked here.
Now I'm ready to adhere the face. But, as you can see, I need to first add even more padding where the head will be.

I ran about 10-12 inches of sinew through the holes on the face. Then placed a little glue to insure stability.

I place the face just
where I want it, then
draw the sinew
strands to the back
of the head and tie
them off.



The glue will take a while to dry, so you'll have a little time to push the face around until you get it just so.

Once the glue dries, that's where the face will remain! If you decide to not use glue (I have, many times), you can always cut the sinew and reposition the face.

Sometimes, a little tilt up or down, can change the character of the Spirit Doll.





At this point, I haven't auditioned the hair and/or head dressing, but my sense is that I don't want any of the white muslin peeking through. So, just a bit of diluted black or dark acrylic paint will darken the places where the hair, dress, or adornments might allow for a peek of the muslin.

Yes, I know. I could just use strips of black fabric. But muslin is so cheap and I have lots of it in my stash. Plus, I have torn up old sheets to use in this stage of the process! It takes just a few minutes to create the dark, shadow area.

Auditioning the Hair





This is when it really starts to get fun. I'll take out a number of trims, like these I found at Fabmo (an amazing place to pick up recycled designer

fabrics!). Sometimes I'll enhance the trims with yarn hair. Or sometimes, I'll just use yarn for the hair.

It's important to not glue in the hair yet! You may want to clothe your spirit doll before placing the hair permanently.

You can learn how to create yarn hair in the 'Adornments' section.

This Spirit Doll has long locks of grey hair mixed in with strands of Lacy Moss. Using white, off white, or beige yarns as hair will lend the aura of an Ancient One, or Crone for your Spirit Doll.
More hair samples…

This Ancient One has purple hair with strands of silver white. Using curly yarns gives her hair a lovely royal feeling.





You're not limited in hair selection! Here you see Lacy Moss creating a halo around her beautiful face! This Spirit Doll's hair was made from strands of irregular spun wool. I love the look of red dreadlocks.



A Spirit Doll of Lacy Moss Terpsichore

Perhaps the construction of Terpsichore will inspire you!



Terpsichore was created in honor of my friend Brigit, who makes beautiful Spirit Dolls!

In Greek mythology,

Terpsichore ‘delight in dancing’ is one of the nine Muses ruling the world of Ballet and
Dramatic Chorus. This Spirit Doll was created to remind us to continue to dance through life, no matter what life brings us. No matter what we must do, we can allow the Grace of Dance to influence our thinking, to move through the challenges of life.

Almost everything you see here can be substituted with items you may have on hand. You might find sticks from your own garden. Or use cotton scraps rather than the moss for her body bulk. Vintage jewelry, family heirlooms, bits of this or that.... all can be included.

Before starting, I invite you to do a short meditation... Allow the Ancient Ones, the Grandmothers, the Sacred Spirits, and of course, YOUR MUSE to direct your creativity. You will be gently amazed at the blessings and healings that will come forth.
So, let's get started....

After choosing two sticks, one a river washed branch from Yosemite Valley, the other a Cypress branch from Monterey Area. Both sticks are bound in an area that 'felt' right. Imagining where her head and arms will be and where her skirts will flow.

Both sticks are bound together with artificial sinew. The sinew allows you to bind really tight, with very little wiggle room.

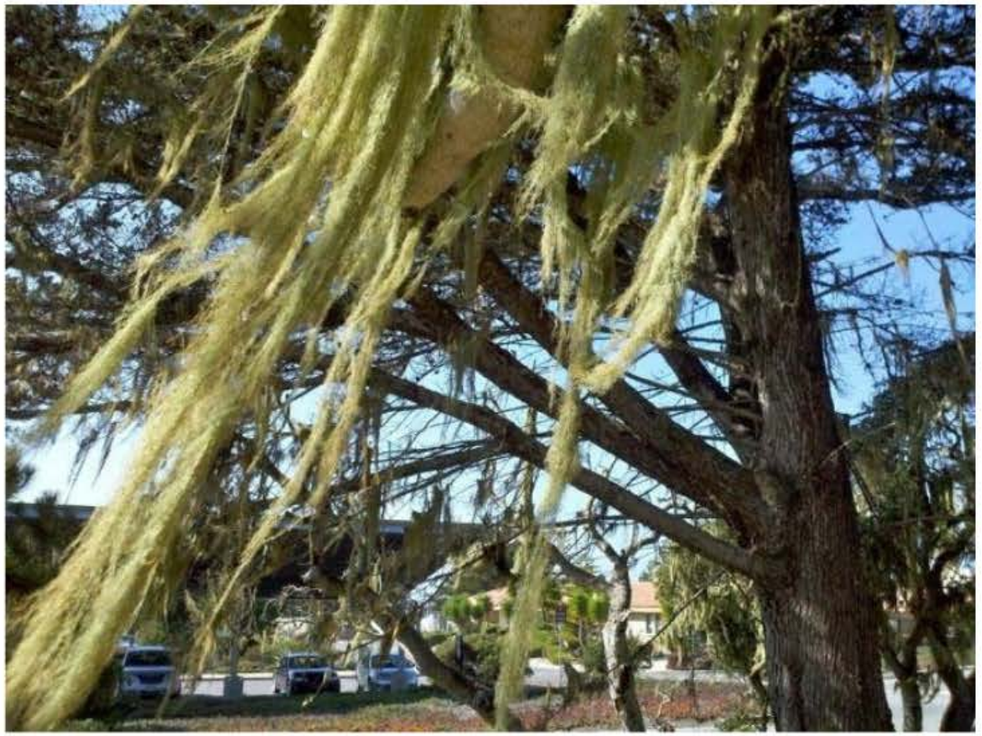




I know you've seen these pictures before... repetition is a good thing, right?

This will demonstrate the progress of Terpsichore. Gathering the moss…





I love it when I can collect materials from Nature! On a trip with my husband to the VA in Monterey, I was
drawn to this magical forest of Lacy Moss growing on the
windswept Cypress trees!

Can you feel the Magic?

The color is a crisp, fresh mossy green, of course!





So, here's my stash of twigs, branches, and Lacy Moss.



A length of moss was chosen, then pulled apart to allow more bulk. The moss is wrapped around the joined sticks. (This is where you might otherwise use torn strips of cotton
fabrics.)

The amazing and wonderful thing about the moss is that it sticks to itself and can be molded almost like clay!

The moss adheres to itself, and will be anchored later when you add the clothing.





Next, I auditioned several of my favorite faces. I had a feeling, before I started this doll of just the face I imagined. But I like to be sure!









I threaded a very long craft needle with a 20” piece of sinew. No need to tie a knot in the end of the tread. You’ll be joining the ends in a knot in the back.



Can you see the long needle pass through the thickness of the moss, right through the holes on the face?

Gather the sinew on the
back side and tie a knot.



It will look something like this. You can always add more moss. It's easy! Remember it sticks to itself!



Ah, now it's time to audition fabrics for her clothing.

I like the myriad of colors
in this vintage silk scarf.







Next, a couple of colors were selected from my ridiculous collection of embroidery floss. (Garage sale finds!)

After cutting a length of fabric for her skirt, the long needle helps to make gathers. Please, read no further if you're expecting anything other than 'eyeball' measurements. If you must, you're invited to draft a pattern and go from there. I like the casual serendipity of following my Muse.







Looking nice and full. The gathered skirt is then joined around the approximate waist level.

Then the threads are tied.

When possible, it's always great to be able to utilize the hemmed part of the scarf. While I tear most silks, the hemmed skirt also brings a 'finished' look to the ensemble.

Next, with the long needle, I stitch and anchor the skirt fabric by going back and forth through the moss. This is one of the places that will really help permanently hold the moss in place.



Here she is, just partially clothed. I keep a doll stand nearby, to support her while I step back to get another perspective.

A variety of fabrics are auditioned. An upcycled scarf from the Goodwill store seems to look good.

I love the gold paint on the scarf. This will really make the colors of her dress pop! I'm thinking this might look good as a shawl or head covering.





Moving on…



A small designer
fabric sample from my stash has just the
right design elements to create her vest. In my mind's eye, the very measured,
linear, and boxy designs play well against the
colorful flow of her outfit.



A few nips and tucks are taken as the vest is sewn directly onto and into the doll. The long needle is so helpful here. Every stitch helps hold the entire ensemble
together.

A view from
the back.



Time to accessorize…







Trying out several ‘breast plates’. Each is made with polymer clay, stamped with an ImpressMe stamp, heat treated, then painted with layer upon layer of Stewart Gill’s Byzatine paints. If this were your Spirit Doll, you might use an old brooch or piece of jewelry.



A touch of glue will keep the beads in place. The sinew also can shred apart, creating a cool look.
I decided to turn this into a
necklace, stringing some primitive beads on a length of sinew.



The necklace was secured in the back with a knot, under the draped scarf.

Creating a loop at her back will give you the option to hang her on a wall. To accomplish this, a 12" piece of sinew was also wrapped around her neck and tied together with the necklace. Another knot about two inches from that, forms the loop.

A small cut into the scarf allows the loop to pass through.

After much experimentation, I've learned that the hanging loop needs to be right about her neck level. This assures the right angle once she is on display.







She's looking pretty good.

But can I stop? Nope!

I found a beautiful antique spray of silk flowers. I had to try them out.

Here, you see, I decided to just use the luscious purple, velvet leaves.



The leaves were attached randomly, in a way that felt balanced.

A piece of contrasting

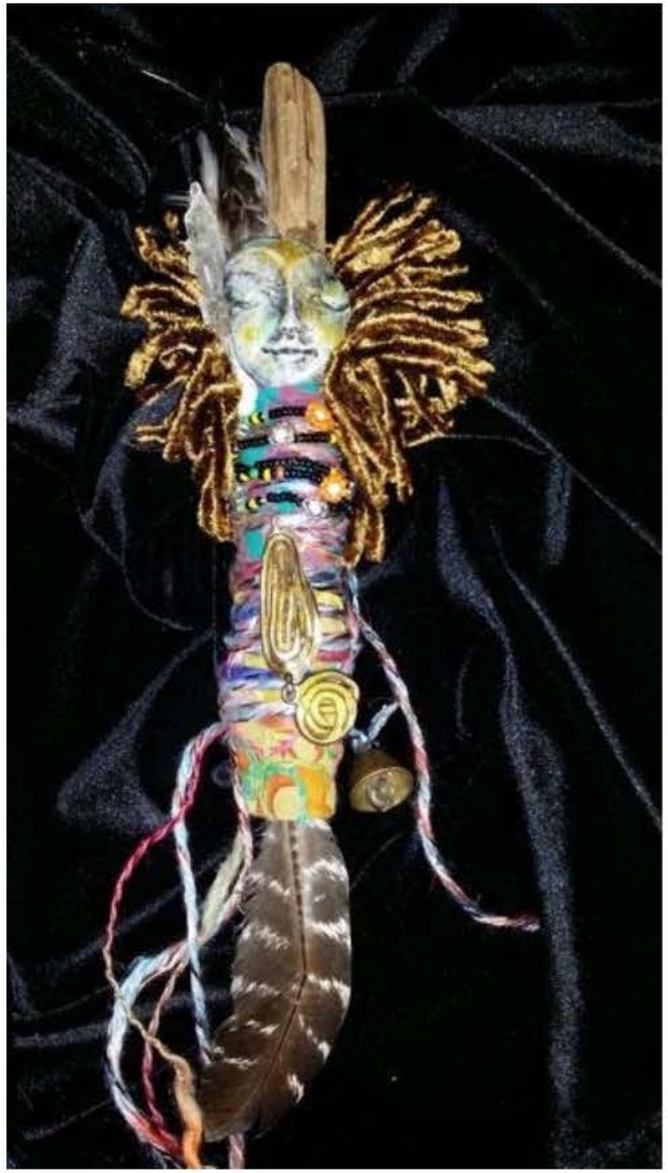
embroidery floss secures a turquoise bead and the purple leaf to the scarf. I liked the look of the hanging string, so it felt complete.

She's feeling complete now. It's hard, but my Muse said 'Enough. Stop.'

Here she is! May I introduce you to Terpsichore!



A Simple Prayer Doll - Serenity



A Simple Prayer Doll can be a HUGE catalyst for positive change in your life, or for a special loved one. At the Heart Chakra of each doll is a prayer, consciously written, affirming an outcome.

*S erenity*was created with a prayer for contentment and serenity.

It's wonderful to hold a Prayer Doll in your hands as you meditate, to keep one in your purse (depending on the design), or, as focal point on a wall or alter. With every glance you can experience a deep and sacred connection to the Divine.

The Healing Voice of the Ancient Mother beckons us to a deeper relationship with her.

The following is the creation chronicle of *Serenity*. First, a number of sticks and driftwood pieces were auditioned, all between 8 & 12 inches. Some seem to have such character and depth. Which pieces seem to speak to you?





Notice the fine cracks and the wormhole tracks.

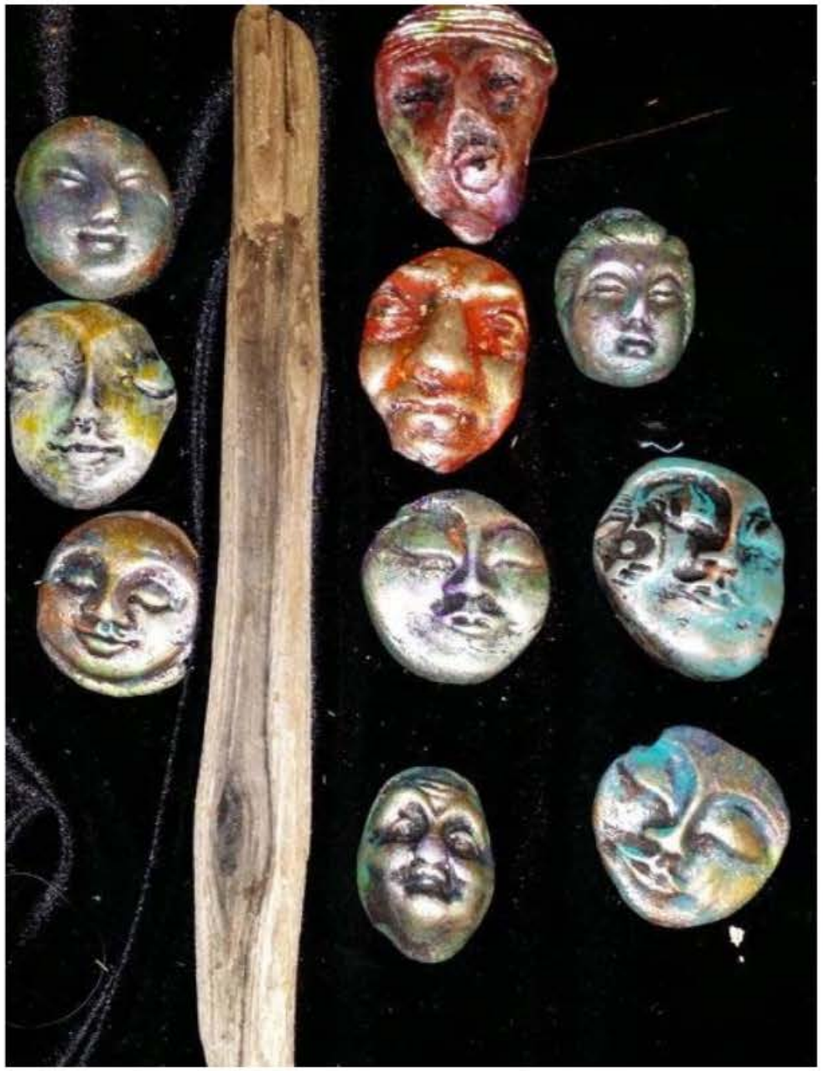
This weathered piece of driftwood really spoke to me. I especially liked the notched area, sensing that it would work well supporting a headdress or crown. I'm not sure of much yet.... Just allowing my intuition to guide my selections.



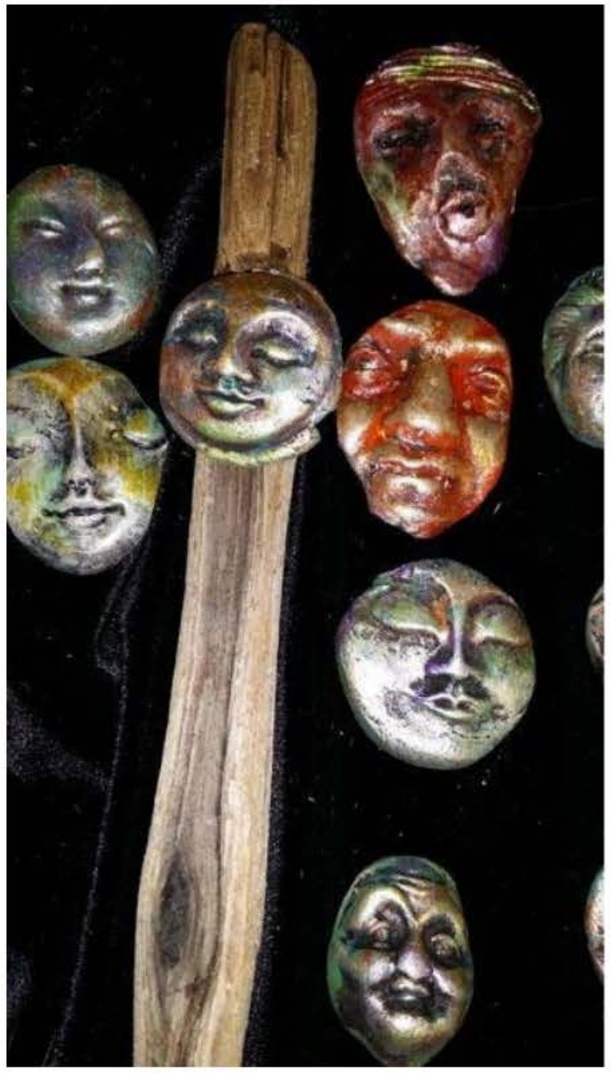
Time to audition faces. Paying attention to size and dimension is important. I want the face to feel appropriate to the height of the doll,

and I already decided to place the face below the little notch.

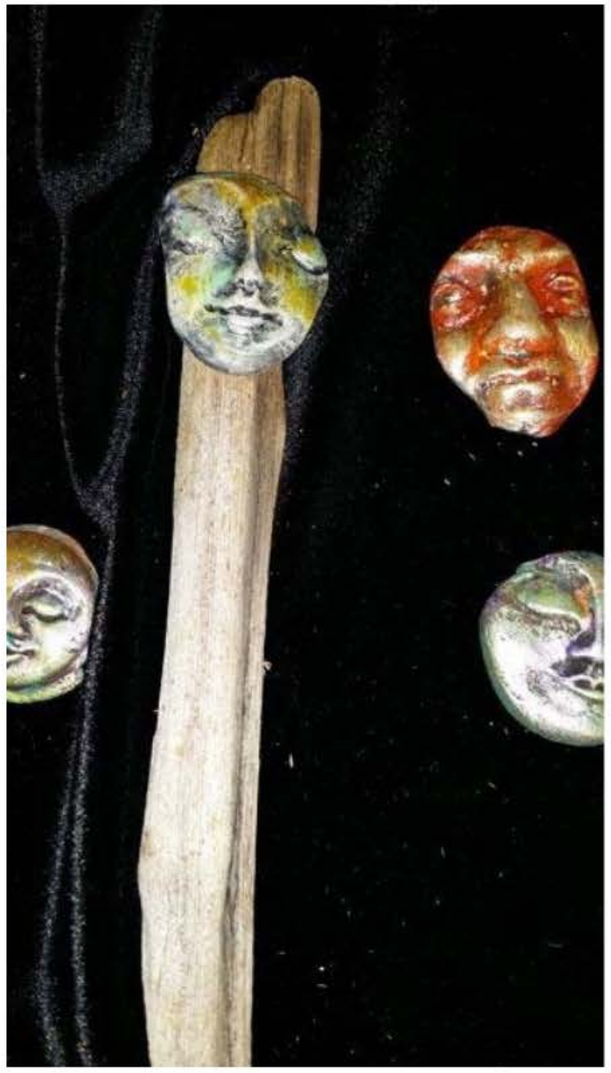




The moon face doesn't feel right. The Aged face might be great for a Crone Doll. But here she is! This is the serene face that feels just right.









A line of Tacky Glue will secure her face to the wood.

A special prayer for Serenity and contentment is written on a piece of scrap booking paper, rolled into a scroll, and tied with a bias tape ribbon.



A number of charms, beads, and a bit of this and that, are collected. No telling yet, what might be incorporated into this doll.





These fabulous Batik fabric scraps insisted they were the only ones I needed to consider!

Some beautiful fibers, and quite a few feathers are waiting for their audition… to see what 'feels' right!



I like the cluster of little feathers, maybe as part of her headdress. But, I'm not ready to glue them in quite yet.

And this feather just seemed to go here. A tad of glue holds it in place.



The prayer message is secured by wrapping colorful yarns around the doll. Then the Batik fabrics are wrapped, folded, and arranged. Both fabrics are held in place with just a dab of Tacky Glue.
All are bound with a combination of
colorful fibers.

I like to allow the loose ends to hang down. They remind me of Prayer Flags.



A necklace of sweet seed beads is wound around her body, right above a golden charm that felt right.

The beads are secured on the back side with a line of glue.



A shard of Selenite sits nicely on top of her head feathers. A bit of glue holds it in place.

But then… This wonderful little trim sample seemed to want to finish off her headdress! It felt perfect here!



So, there's a lot of glue that needs to dry. By loosely tying a piece a bias ribbon around the drying areas, it will insure the placement I want.



And here she is, *SERENITY!* A little bell seemed to want to be included at the last minute.



Now, she feels complete.

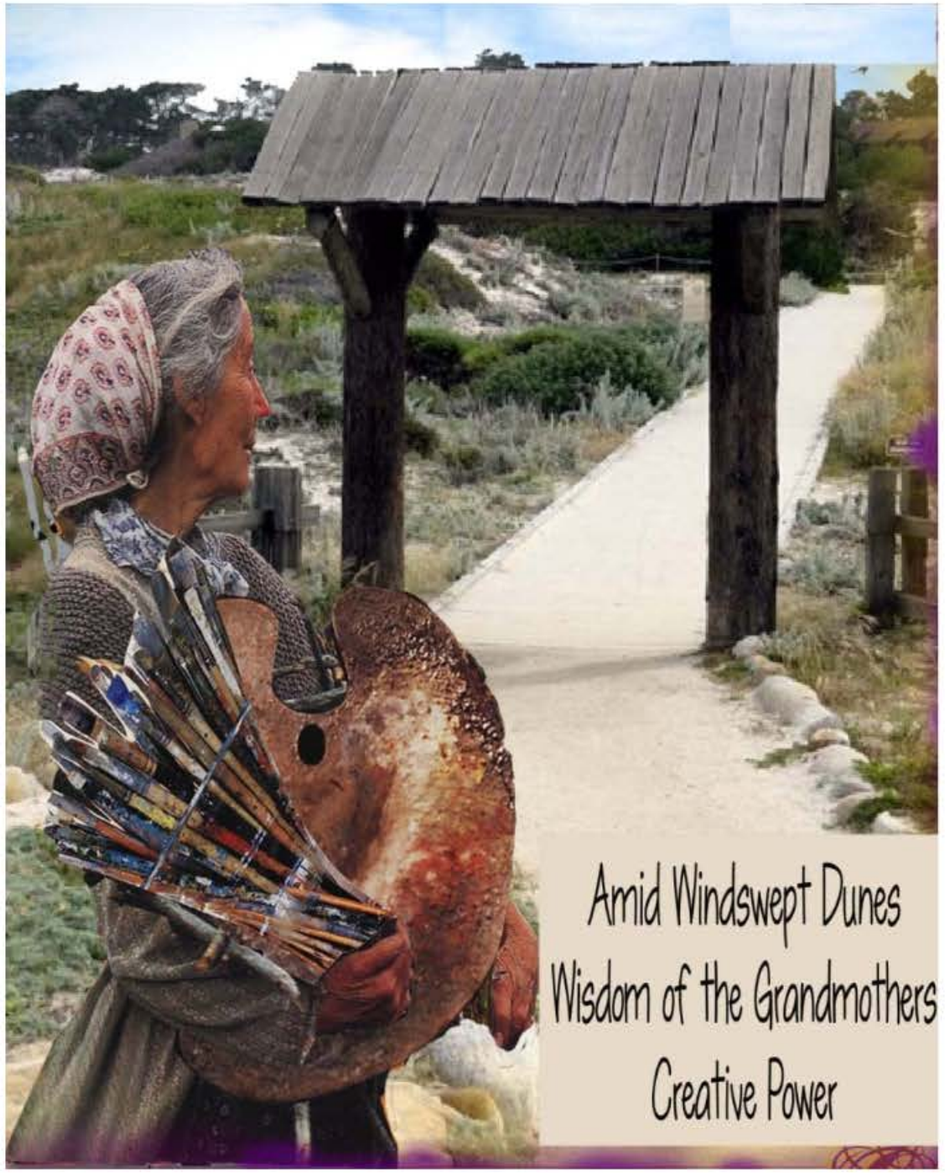
Meditations

Thefollowingmeditations aresuggestionstoprepare yourself toaccess yourintuitivecreativityand toopenyourself tobe inspiredbyyourSacredMuse. Perhaps youmight wantto recordyourself readingthesemediations. Ormaybe share with a friend?

Ifyoureadthe meditations toyourself, veryslowly, youwill deeplybenefit fromtheircleansing,healing,andinsightful intentions.Slowly,readasentence,breathe deeply,allowing yourself theholypleasureofwelcomingyourSacredMuse.



Chakra Cleansing to Welcome your Sacred Muse



You are invited…. To let your body relax, unwind, loosen up, ever so gently, as you take a few deep calming breaths, bringing your awareness into this time and space, this very precious moment. As you breathe deeply, breathing in….

breathing out…. You are invited to let go of any busy thoughts. Allow your mind to empty itself, letting go of what it no longer needs… let it go, flow away. Imagine there is a large container just outside the door. All your concerns are being stored there, ready for you to pick them up later, or not.

As you distance yourself from where you've been today, from your activities of today, you feel your energies relaxing, becoming present here, centered, grounded in this moment.

Just breathing, sweetly, deeply, letting go,

sinking deeper and deeper into relaxation. Feel your belly relaxing, your legs and arms getting heavier. Your eyelids are so relaxed they are happy to remain closed.

Feel the support beneath you, your connection to the earth. Just allow your weight to be supported by the loving arms of the earth. Maybe you notice some sounds around you…. Just let them be there. Be aware of the air touching the surfaces of your body…. All of this takes you deeper into relaxation.

Bring your awareness to the top of your head, allow your scalp to relax. Feel the skin of your forehead and face relaxing. Allow your eyes to relax, your jaw to soften. Your ears, nose, teeth, mouth, all relax as you go deeper into beautiful peace.

Feel this tranquil relaxation flow down your neck, allowing it to sooth your throat. This tranquility glides down to your shoulders and upper arms, like smooth melted butter, flowing down your forearms, wrists and hands.

Gently, this peacefulness begins to fill your torso… you feel your chest relaxing, your heart expanding, your internal organs sweetly smiling, grateful for this serenity. Just allow this serenity to envelop you in a pillow of love …as it softens all your back muscles.

You become even more aware of your breath, breathing in health, happiness and harmony. Breathing out any stresses or negativity. This peaceful feeling flows down your hips and legs, all the way down to your knees, calves, ankles and feet… your whole body begins to feel sweetly comfortable.

As you continue to breath deep relaxing breaths, be aware of a golden sphere of glowing, luminous, light. Notice the color, or the colors of the light. As

you breathe in, allow the light to enter your body through your crown, down through the center of your body, all the way to the seat of your tailbone.

As you exhale, that light, those colors return back up through your crown. With each breath, this circle of love and light energy begins to balance and align your body, your spirit, your energy centers, your chakras.

Allow your focus to center on your First Chakra at the base of your spine. Here you visualize a brilliant red orb of light, like a red crystal. As you breathe in the red light you feel empowered and connected to the Ancient Mother. Like a taproot, this chakra brings you back to your beginnings, helping you remember who you are.

Breathing in and out the red light, you feel healthy, happy, you feel radiant health and energy.... Each breath strengthens creation energy into your First Chakra, the seat of your birthing canal, through which your Spirit Doll will manifest Herself. Just allow yourself to feel the radiant glow of that red light.

Moving your focus now to the area around your navel, your Second Chakra, your seat of power, sexuality and creativity. Here you breathe in a swirling, liquid, orange light.

Breathing in and out, you are aware of the gifts of the abundance that is in your life right now. It is easy for you to imagine unexpected riches flowing to you in unexpected ways.

Your seat of creativity feels revitalized and renewed as you are open to new ways of expression your imagination. This is where the Ancient Ones will inspire you! Take another deep breath of

the gifts of that amber/orange light as you bring your awareness now up to your Third Chakra.

Your Third Chakra is just above your navel… you are stunned by the striking yellow glowing light that's flowing…. This is your 'Hara' the center of your power. As you breathe in the vigorous and vital light, you feel it expand your joy, self worth and personal power. You can feel yourself successful and deeply fulfilled. Your creative confidence is feeling energized. Just allow yourself to breath in the power of this luminous loving light, filling your self with the essence of you and your creativity.

As you exhale, you begin to bring your attention to your heart area, your Forth Chakra, your Heart Chakra. This is the center of brother/sister love, love for yourself, love for all. Breathing in the light from this chakra you experience the sweetness of the green hues of Mother Nature. Breathing in Her verdant green light you see yourself living in harmony, and with gratitude.

Feeling your heart swell with compassion and forgiveness, for yourself and others.

You become aware that all your activities creating your Spirit Doll come from Love.

As the green light continues to lovingly spin and glow, you gently move up your awareness to your throat area, your Fifth Chakra, center of voice. You notice the many nuances of lighter colors of blue, turquoise, cobalt, each representing myriad forms of communication. This center enables you to communicate your truth, your wisdom, your choices.

Through your Fifth Chakra you are giving voice to the ancient ones who wish to bless you as you create your Spirit Doll. Just breathe

in the light as you see yourself joyfully expressing your uniqueness, through dance, sports, art, the creation of your Spirit Doll.

As you continue to breathe gently in and out, you notice the blue deepening and you raise your awareness to your forehead, your Sixth Chakra, your Third Eye, the center of your imagination, psychic inner knowing, and wisdom. You see a deep purple blue indigo empowering your personal growth, escorting you gently towards your next steps towards fulfillment and self-actualization. The purple, indigo light continues to radiate, as you feel fully supported by the Universe.

You feel drawn upwards, to the top of your head, your crown, the seat of your Seventh Chakra. Here you notice the brilliant violet, white, gold and silver lights, cascading over you, bringing clarity, balance, insight and understanding. With every breath you are aware of your spiritual connection to the Universe, the All. You are aware of the gifts of self-knowledge, spiritual connection and the bliss of Oneness. Breathing in and out, you feel yourself surrendering into the Divine, your Sacred Muse, feeling the love, joy, and bliss, as your Spirit Doll is soon to be made manifest.

Feel the Radiant Light streaming down your body, flowing and mingling with every energy center, as you experience the fullness, the richness, and the radiant balance. Breathe this into your core. You might say to yourself, I am radiant, I am whole, I am perfect just the way I am. Allow the sweet energy to bathe your body, mind, emotions and spirit, knowing that your intuition is open to the guidance of the Divine, the guidance of your Sacred Muse.

Spend a few more moments in this peaceful

state as you visualize your dreams coming true. See yourself reaching, achieving, and going even beyond your goals. Imagine the sacred development of your special Spirit Doll, as she makes herself known to you.

And now, with joy in your heart, a sacred anticipation informs your energy. You are about to actively participate in the creation of your Spirit Doll. Gradually, allow yourself to become aware once again of your body, here in this time and space… this very precious moment.

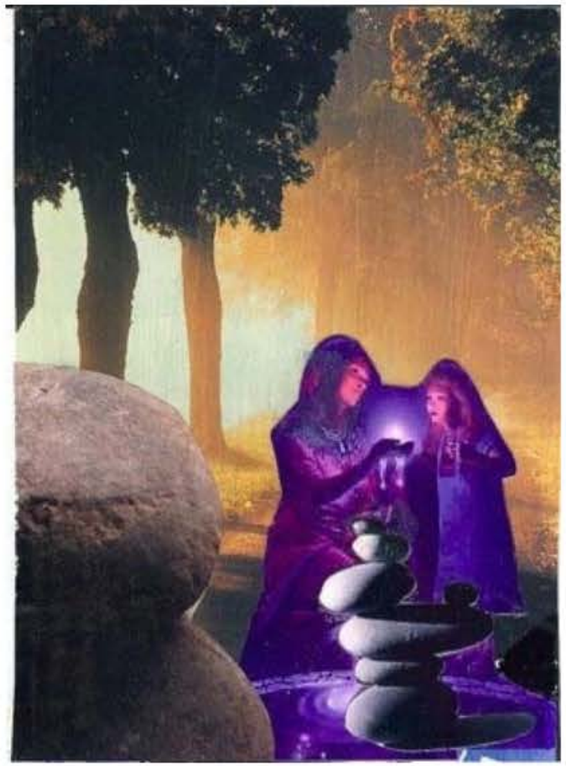
Check in with yourself. How is your body feeling? Can you sense the presence of the Divine? Remember, Divine Guidance, as your Muse, can come to you in a myriad of forms.

Gradually, open your eyes, and come back in to this time and this space. With a confident sense of wonder and ease, you begin to bring to life, your very own, unique, Sacred Spirit Doll.

Sacred Grandmother's Counsel

Theintention ofthis meditation is toreuniteyou with the
Wisdom oftheAncient
Grandmothers.Those blessed spirits whoeagerlyawait your willingness toconnect with them.The AncientOneshave much guidanceandmanygifts foryou.Theirinvitationis to emptyyourself ofall preconceivednotionsandfor

youtotrusttheprocessandbe opentotheircounsel.May you be blessedwiththeirloveand guidance.



I invite you to relax and gently allow your eyes to close. Sit comfortably as you watch your breathing, becoming present, here in this moment.

Breathe in through your nose and out with your mouth, allowing yourself to relax even deeper.

Gradually bring your awareness to the places in your body where you hold tension or stress. Breathing golden light into those areas, breath out the tension and dense energy.

With your in-breath, continue to draw in the golden light of peace and relaxation.

As you relax even deeper, you feel your body releasing and letting go. You find your spiritual body rising up and floating into a magical space where you are surrounded by the beauty of nature. Everything you love about nature is present. You feel so at ease, so comfortable. The sounds you hear are magnificent, so sweet and melodic. The fragrant atmosphere beckons you towards a beautiful path where you are delighted by the sumptuous bounty of nature. The earth beneath

your feet feels soft and supple, inviting you to follow the path that unfolds before you.

As you leisurely stroll along the path you sense that you are being guided towards a journey. One that will unite you with the Ancient Ones… to meet with the guides and helpers who have been present throughout eternity. Your heart expands with sweet anticipation as you find the path gently guiding you along a beautiful sandy trail.

You notice the full moon illuminating an ocean beach. The stars are twinkling like jewels in the night sky, as you climb the gentle rocks, where you find yourself on an amazing cliff, overlooking the great sea. You hear the waves rolling in at the base of the cliff. The briny salt air is invigorating. Your heart continues to expand.

With complete confidence and comfort you dive off the cliff, swan diving through the element of air as you enter the water. The ocean is warm and buoyant as you notice your fellow travelers. Gentle souls, friends and family, teachers and mentors from the past and the present, including some who have passed on… This is your Tribe, your soul partners. They are accompanying you on this magnificent journey. Like yourself, each has followed their own path to bring them to this time and space.

You are all greeted by the dolphins who swim up to you, welcoming you to their world. You reach out and pet your special dolphin guide, noticing how slick and warm its' skin is. You place your hand on your dolphin guide's back and are escorted deep under the water. You have no trouble breathing, your body instinctively sorts the oxygen and water,

filling your lungs with brilliant love as you find your way to the mouth of an underwater cave.

The portal is illuminated by softly glowing lights, jewel colors of deep reds, blues and greens, inviting you to enter. You notice a wide staircase that lifts you out of the water and opens to a stone passage. There in the gateway, is a welcoming figure. It is your guide, one of the Ancient Ones. You recognize your own personal guide, the One who has accompanied and guided you through lifetimes.

Your guide takes your hand assisting you through the portal. There, you notice a mysterious glow up ahead in the stone passage way, just beyond your view. Curiously, you approach, and round the bend. Your eyes behold the glow of a sacred fire pit. Feeling the protection of your guide, you experience no fear. You feel only love as you are lead to walk, unharmed, through the ring of fire. As your tender feet walk sweetly and fearlessly across the embers, you realize that all that you need to be healed is being healed.

You notice all past anger, judgment, and negativity are being released and consumed by the fire. As this happens you become to feel lighter and unencumbered by the past.

You become aware of your tribe of soul partners who also walk fearlessly, through the ring of fire. Together as one, you each follow your guides towards the sounds of drumming and chanting. Every cell in your body tingles in anticipation and your excitement builds as you round another corner and the passage opens into an immense stone room. You notice a ledge along the perimeter of the room. A stone bench has been carved into the ledge circling the entire room. And on that

bench, in their glory and grandeur, sit the Ancient Grandmothers.

As your eyes follow the circular bench, you notice the tremendous diversity of the Ancient Grandmothers. So many cultures and races are present. Not all of the Ancient Grandmothers are old, not all are human. But in the faces of each one you observe great wisdom and compassion. You know that they have been waiting for you.

You observed their faces in your tribe of soul partners. You are reminded of other times in your life, when an Ancient Grandmother was there to help, guide, and assist you.

In gratitude you approach the stone alter in the middle of the circle. You place upon the alter your sacred gifts… gifts that represent the times throughout your life, when the Ancient Ones have helped you. Just spend a moment or two now, as you remember those times. You bow now, in gratitude and awareness of your Oneness.

You are conscious of the circle of Ancient Grandmothers, who are smiling their approval. Then you receive a message that is beckoning you. A Grandmother is reaching out and calling you forward. You trust your instincts and approach her.

I invite you to notice what you perceive about her. Is she old, young, timeless? Is she in human form, or perhaps manifesting in the form of an angel or other benevolent being? Her form is unique unto you and you recognize that she holds all Wisdom. It is her privilege to carry that Wisdom for all these millennia… for the past, the future, and for those who will come after you.

You are grateful to be reunited with your Sacred Grandmother, your spiritual guide and helper. You know she has been with you throughout time. As

you bask in the loveliness of your reunion, your eyes are drawn to her heart space. As you gaze at the center of her being your begin to see the shape of a large crystal ball. The sphere pulls you into the awareness of the whole of eternity, of the Oneness of all. You feel and recognize your connectedness and participation throughout eternity, time, and space.

Your Sacred Grandmother has a request of you, a request to remember and bring forth the Sacred Energies of the Divine Feminine. To do this you need only to create the space within your heart, to allow Her form to evolve with grace and ease. You need only to create the vacuum, the space for Her to become manifest.

With pleasure, you accept this assignment.

Your heart opens up to Her Divine Wisdom.

Sacred Grandmother senses your willingness and intentions. To honor this she gives you a gift. A gift that is unique and special only to you. She reaches out and embraces you, affirming your agreement.

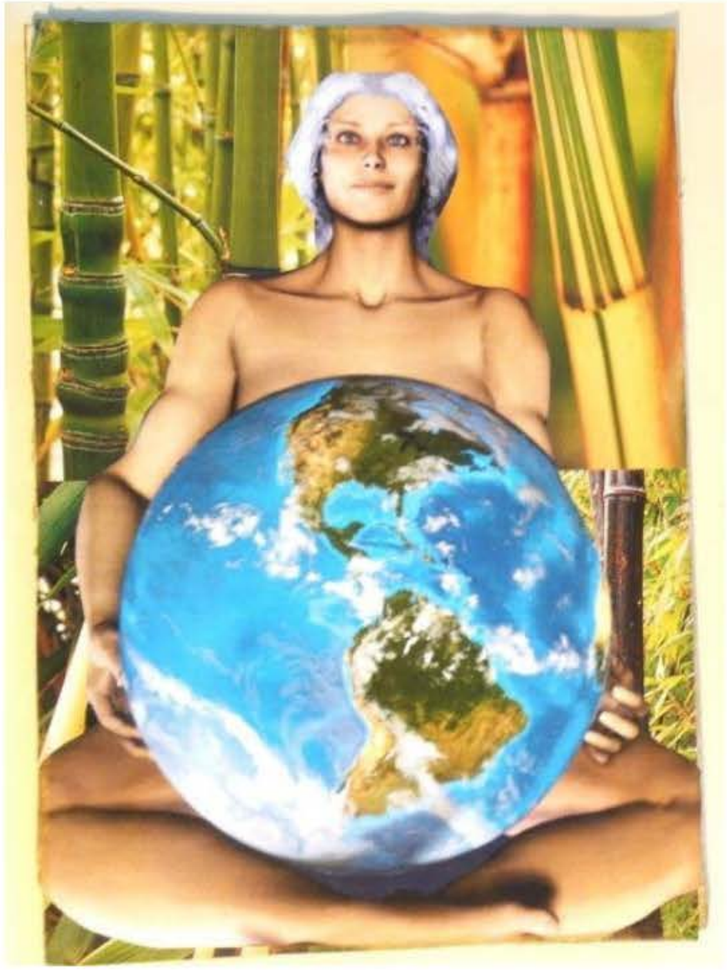
Taking her gift into your heart, you begin to withdraw from your Sacred Grandmother and the circle of Ancient Grandmothers.

Feeling filled with inspiration, excitement, and enthusiasm, you begin your journey back home, home to this time and this place. You are feeling filled with an abundance love and joy, knowing you are embarking on a Holy Journey, the creation of your personal Spirit Doll. You may have a clear impression of what you are about to create. Or, perhaps you are starting with a blank canvas, an open mind, not knowing what form you'll bring forth, yet trusting the process.

You begin to stretch your body as you become fully present. Feeling fully confident and imbued

with your Sacred Grandmother's blessing, you begin now, to follow your inner guidance, as you create your Spirit Doll. And so it is.

Gaia's Wisdom and Prayer



As you being your journey to create your Spirit Doll or Healing Doll, you may consider setting an intention… perhaps one to encourage self-love, healing, prosperity, to deepen your intuition, or to honor the season.

Your creation will hold that energy for you…. As you assemble your creation you'll be meditating, listening for inner guidance. You may want to choose a theme that resonates with your intention, or to honor the crone, the wise old woman, to honor your ancestors… or to express your love of the sea, the full moon, or a wild woman to shake things up in your life.

Or, perhaps you'll allow the spirit of your creation to develop organically… surrendering to the spirit's energies that will guide you in choosing each element: face, body structure, arms/legs, branches twigs, fabrics, embellishments…

Each selection you make will resonate with the deep intuition of your spirit guide.

As you begin this journey, consider these words inspired by the ancient wisdom of Black Elk. '*After centuriesoftravel, whenwe sometimesnolongerknowwheretoturn,where to seek,that iswhenour realjourney sweetlybegins.Atthat crossroadsmoment,we areopentothe ancientvoices,the call our pilgrimsoul. Thetimehas cometocross thesacred threshold, toset out forthesacredground.Ourgrandmother's arewaitingforustovisit themountain, thetemple, the ancestral home, …. Where our hearts will stir, berefreshed,and restoredwithour senseofwonder, our beginner's minds, open toguidance, love, expansion.*'

Perhaps you are at that 'crossroad' now, in this moment. May you hear those ancient voices, the call of your pilgrim soul. As you begin to create your Spirit Doll, you are invited to become aware of the unfolding, the revolving story of our beloved Gaia, Mother Earth, of her journey as a planet, of her Ascension to higher levels of being…. Her stories are sometimes incredibly sweet, sometimes extremely painful.

May you open your heart. May you listen with your intuition, allowing Her to speak to you, perhaps not in words, but through an awareness, or a feeling. Gaia, Mother Earth, Nature, whatever name she is known by, may she speak to you now. May she make her needs known, now in this time of great global transition. She requires all of our energetic support, at every level, to help Her move through the changes…. Not only the earth changes but the awakening and coming together of human consciousness.

We all have a role in supporting the Mother. As an artist creates a massive tapestry, each thread is unique, yet when woven into the tapestry, connected to the All. Your special signature, the way you live your life, the Spirit Doll you wish to create, contributes to this magnificent tapestry. Together, with all your brothers and sisters, you are raising a vibration of love. The creation of your Spirit Doll, her essence and energy, embraces the Earth Mother as She moves through her transitions

Listen to the voices of the Sacred Feminine, the Ancient Mothers of us all…. Their voices are wooing us into a deeper relationship. They calls to us, summoning us in countless ways. Their essences are expressed in all of life.

May you open to the ancient stories that remind us of our sacred origins, the harmonic resonance of sound, sacred geometry, the healing potential of stones, crystals, and all gifts from the Earth. Everything holds information, helping us remember who we are and why we are here. Everything is sacred. Everything has a story.

Blessed are you now, as the story becomes evident as you create your Spirit Doll.

The ‘Rest of the Story’ or: Supplies I love!

Here, the list is endless. I’m sharing just a few of the items I have on hand. Keep in mind, EVERYTHING has meaning!







A Supply of Sticks. These have been collected at the beach, from rivers, from a walk in the Redwoods. You can even see a vintage wooden spindle! Plus, some nice seed pods still stuck to a Cypress branch.

A Feather Collection. It is always nice to have on hand to tuck into a headdress or to enhance a garment.

A Basket of Interesting Yarn
Great for making hair or for embellishing your Spirit Doll. A Collection of Seed Pods. I was lucky to find this
wonderful collection at a
garage sale! I've added some of my own finds as well.

Trims and Tassels.
These are rescued designer samples from Fabmo. You can also upcycle trims from
designer pillows, curtains, or just about anything!

Beads, Bangles, and
Broken Jewelry.
You can find lots of these items in the bottom of your jewelry box! Old earrings,
broken necklaces. Garage sales are a great place to find all kinds of jewels!

Polymer Clay Beads.
It's so much fun to play around with clay and make your own beads, painting them in colors you love.







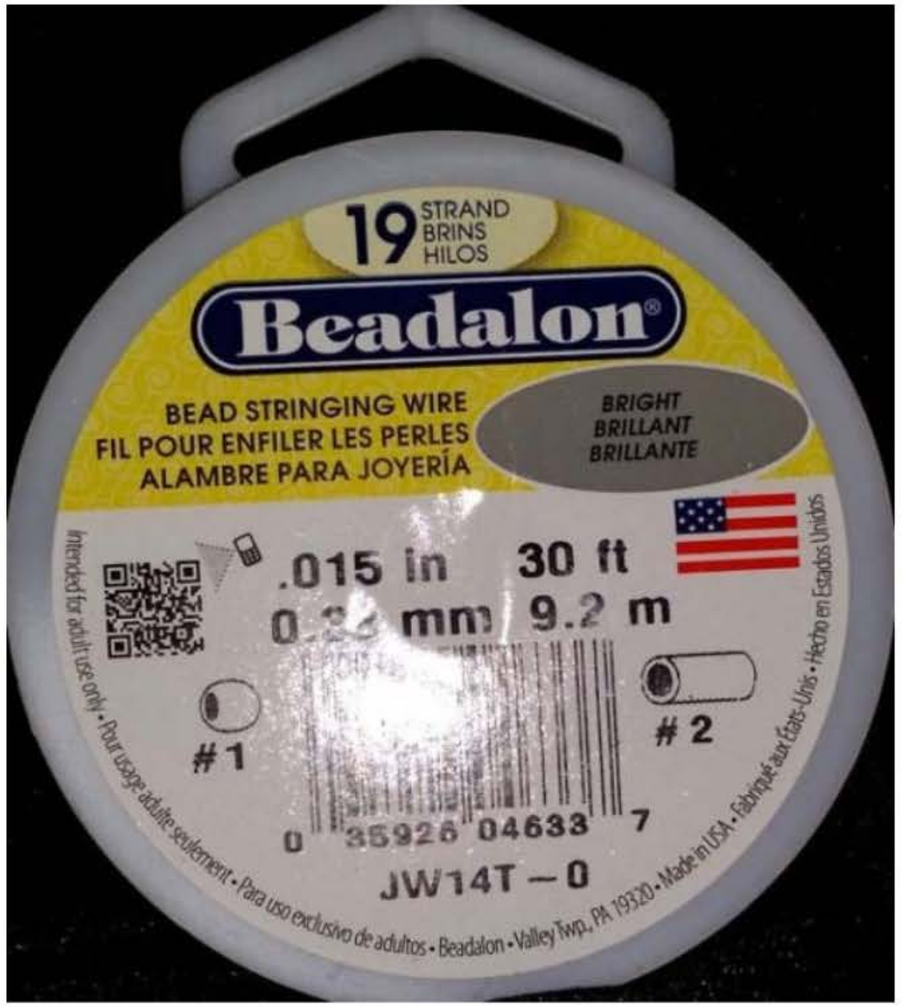




Bias Tape Ribbon

These were purchased on Ebay. You'll love all the ways you can use this ribbon! Crinkle it for an aged look. String some beads. Use long lengths off a Spirit Doll's arms to catch the breeze much like a Prayer Flag.





Wire.
Buy the Dozen is a wonderful color collection of craft wire. Beadalon is great for
stringing beads. Both are fabulous for attaching
adornments. Both were

purchased from Amazon.

Rescued Fabrics & Scarves.
Keep your eyes open for old scarves!
The trims and hems can make for

stupendous garments! Upholstery

fabrics, silks, even old clothes! All
make for interesting garments.





Nicely Organized Beads.
If you unstring a necklace, you might want to keep the beads sorted like this. Here you see all kinds of organic and primitive beads.





Rocks, Stones, & Crystals. These can be collected or purchased from just about anywhere.





Acrylic Paint.

Inka Gold Paints.

These are AMAZING paints! Easy to rub on for a lustrous finish. Great for clay

faces or beads. Can change the tone of silver to gold, or even a green tinge on an old brooch. Can be found on
Amazon.

Stewart Gill Byzantia Paints.
Absolutely, by far, the most stunning colors of all the metallic type paints I've used! These resplendent colors can bring the essence of a Raku firing to faces, chards, or adornments!

From Golden paint to craft store paints.
Great to have on hand for touch ups or
accents.



Guest Gallery





ARZIE HODGE has been creating
beautiful Spirit Dolls. Her unique style includes fabulous fabric bodies. She also sells DYI Kits! Check her out HERE!

BRIGIT SNYDER of Brigit's Beauties Created both of these sweet Spirit Dolls. Brigit brings a sweet and
spiritual quality to all of her dolls! Check her out
HERE!









LILY McGOVERN over on 'Joyful Essence' brings a magical quality to her Sprit Dolls. Her dolls are Rich with deeper meaning and hidden symbolism. See her dolls HERE.

Joyce Leonard's first Spirit Doll, created at our first Spirit Doll workshop in Fall 2013.





April Zackary's Doll, created in the Fall workshop.



From our Spring Workshop 2014…

Joyce's Muse helped her create an amazing Spirit Doll. I love the flowing skirt and wild headdress.





April incorporated Zuni fetishes, a designer tassel, and pieces of Amber.







Maja Daniels created a phenomenal, two-sided Spirit Doll, which will hang over her alter, and rotate with the breeze!





Here I am with the Spirit Doll I created during the workshop

And here are all four Spirit Dolls, each so unique, Sacred, and FABULOUS! By the way, since April, Joyce, Maja, and myself consider ourselves Sacred Sisters, we each included a special piece of Amber in our creations.







My Prayer for You

It is my hope and prayer that you have been inspired by this book. May your Sacred Muse bless you with juicy inspirations and fill you with tons of intuitive creativity. May the Spirit Dolls we all create, bless our Universe with the sweet illumination of God's love.

Namaste.



Picture courtesy of Frank Leonard.