



DISCOVERY 2

How You
Can Become
a Healing Artist

The Transformative Art of Healing Dolls

A Guided Process Making Art Dolls for Self Awareness, Discovery and Healing

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ONLINE COURSE
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See Yourself as a Healing Artist

Consider that you are or can become a healing artist. Healing artists, by definition, are people who use the creative process of art to heal themselves, others, and the earth. Making a healing doll can serve as a catalyst that induces the healing process, awakens long-lost stories, and creates a transformation. Dollmaking and dolls can serve as healing tools.

Throughout the ages, humans have crafted figures in their own images. In the form of religious fetishes, totems, and effigies, these symbolic dolls played important roles in religious rituals. As artist John Marriott states, the dolls served as “conduits for supernatural intervention and as contact points to the inner and the unknown worlds.” He also notes, “Even the crudest representation of a body, such as a stick and a rag, is believed adequate to exert supernatural influence.”

Dolls have also been used historically to heal or prevent illness. Sir James Frazer, author of *The Golden Bough*, speaks of the benevolent use of homoeopathic magic to heal or prevent sickness. He says, “Dolls, puppets and representational objects are repositories of feelings or phenomena that the individual wants to get ‘outside’ of themselves—disease, negative feelings, and hostility toward others.” This comes from a simple, universal principle of homoeopathy that states “like produces like.” In other words, when a dollmaker creates a doll, the actions on the doll influence the thoughts, feelings, and sensations in the dollmaker’s body and mind. Stories tell of dolls being made to make barren women fertile; assist in childbirth, and help parents of adoptive children “birth” their new children into their families.

Effigies, which are forms of dolls, were created to represent illnesses or people who were ill. An effigy would be used in a healing ritual to remove the illness and take it away from the sick person. This would be followed by burning, enshrining, or burying the doll. Often, such a vehicle that carries an illness away is called a scapegoat.

The ancient Scots made simple cloth dolls called poppets and filled them with various herbs to aid in healing, banishing curses, or protection against dark forces. Usually a blessing or incantation was said over the doll before it was given to the individual. In other cultures throughout history, medicine men and women, shamans, and healers made medicine dolls for healing rituals. I believe healers made these dolls as part of the mysteries they used to assist healing for their “patients.” They may have prescribed their patients to make dolls and then perform rituals with it in order to activate the medicine.



Mother Earth Shrine Doll
Barb Kobe

Now, in modern times, many of us played with dolls and stuffed animals, using them to unleash our imaginations. Doll playing opened us up to imaginary characters, worlds, and possibilities. Dolls and doll-like playthings helped us cope with life's challenges and helped us stay connected to our creative and emotional selves. Dolls encouraged—perhaps required—touching. Through touch, we understood them and made them our emotional companions. Unfortunately, during adolescence, these creative, imaginative friends became untouchable objects and emotional relics. Often these childhood playthings—our sources of pleasure, fun, and fantasy—became forgotten, buried with talents, yearnings, dreams, and intuitive wisdom.

Engaging in the creative process and making art and healing dolls can help you heal at the physical, motional, mental, and spiritual levels.

You can start to heal yourself with artmaking by opening up to your inner voices, listening to them, and allowing their messages to emerge. Pain or uncomfortable symptoms are in fact messages and markers—indicators of something you need to pay attention to. If you think of them only as a nuisance and try to mask them as soon as possible, you may miss out on valuable information. Usually, symptoms let you know something needs to be done differently.

The arts affect every cell in the body to create a healing state that changes the following: the immune system and blood flow to all the organs; perceptions, including attitude, emotional state, and pain perception; feelings of hope and abilities to cope with difficulties; and outlook and way of being in the world.

Expressive art is a powerful healing process; however, it is in no way meant to be a substitute for conventional medical treatment. Please seek professional mental health and/or medical support if you are dealing with deep issues and serious health conditions.

The creative healing process can help you release stress-producing emotions and can work in partnership with any form of prescribed treatment.



Flora and Her Gathering Basket
Barb Kobe



Earth Spirit Energy Rising
Barb Kobe

Dollmaking Basics

If you have never made dolls before or you've never made an art doll or healing doll before, you may be wondering where to begin. I do not offer specific healing doll patterns for the healing dolls in this process. I do offer some simple ways to make dolls that can be used for healing. I encourage you to develop your healing dolls inspired from this information offered in the class and inspired from your imagination.

If you have made dolls before but not a healing doll the discovery sections will inform and inspire you on the key topics that I consider when making them.

I can almost hear you saying, “Well, how can I do that if I have little or no dollmaking experience?” The answer is to build your dollmaking intelligence, copy others and use patterns, and practice. This will build your dollmaking vocabulary, a library of techniques, and your creative muscles. When you make any doll from a pattern or by following another dollmaker's instructions, you are acquiring skills. When following others' instructions, you will notice how they move through a dollmaking process: what materials they use; how they begin and end; how they approach the face and body parts; and how they costume and embellish. At first, your dolls may look like the teacher's or the pattern. Trust me—before long, your dolls will have their own look, feel, and meaning because they have moved through your creative heart, mind, and muscles.

During the DISCOVERY period you will explore other dollmakers' work and gathered information, it's time to put your new ideas and skills to play. You will clear a space for a studio or place to create. You will gather materials. Feel free to use doll patterns, finding ones that match your imagined image. I will share patterns that I find might be useful and share pictures of dolls made by students moving through the process. Note: You can also move through this process by creating paper dolls or drawing images in your creative art journal. However, I believe that working on and holding a three dimensional doll with your own hands has a way of directly connecting with your inner healer.

Remember: don't worry that the doll won't be “yours” if you start with a pattern. Your symbols and color choices will allow your own energy to work through the doll. Your imagination has the ability to turn anything into a doll. Do not use this time to beat yourself up if the outcome isn't what you expect. Each doll will have a part of your story.



Dreamer
Barb Kobe



Girl's First Moon
Barb Kobe

If there is a one book to own I Susanna Oroyan's book *Anatomy of a Doll*. It is a workbook to help you develop ideas and a reference book that gives you details about how to make a multitude of different kinds of dolls—from simple to complex. It is full of pictures, pattern shapes, and drawings of technical details that will help you in designing your original healing dolls. Her book explains how to achieve certain effects and helps to answer the “what happens if...” questions.

Susanna says,

Dollmaking is a multi-media construction project. It really doesn't make a difference which type of dollmaker you are, or want to be. Nor does it make any difference which particular technique you choose. The main consideration when making a doll are to understand the desired effect or impression you want to make, then to be willing to play with variations of your idea and explore any directions that are suggested.

You will get the whole benefit from DISCOVERY by doing the following:

1. Find a witness, a believing mirror. I hope that this is a real human being or group who will support you as you move through this process. Meet with your witness and schedule regular times to meet and share what you are creating in this process.
2. Set a healing intention. I cannot say this enough. The healing intention will drive the making of your healing dolls, and in many cases will change as you go through it.
3. This process will be supported by creating a journal as your partner when doing this work. Thoughts and feelings expressed through writing or drawing are better served when taken out of your mind and into an outer form.
4. Read, process and do all the journal prompts and Creative Action assignments. These are the tools and resources I use when making my dolls. These include Journaling & Other Creative Tools (healing doll maps, visual journaling, collage and mind mapping); Symbols, Metaphors, Archetypes & Anthropomorphic Dolls, Feelings, the Doll Body—Inner and Outer, Symptoms and Energy Healing.
5. Establish a healing care team of physicians, massage therapists, health coaches, therapists and alternative care providers. See them as your team of healers.

Two other books I highly recommend are:

Mother Plays with Dolls by Elinor Peace Bailey

Way of the Doll by Cassandra Light





Holding Her Blessings
Barb Kobe

As you prepare for and enter into the creative process of dollmaking, experiment and play with the concepts I present to you. I invite you to play with the idea that dollmaking can affect you in powerful ways.

You may experience the following:

- Have fun and experience joy.
- Restore some balance in your life. Creating dolls may reveal areas out of balance but also present advice about the best way to restore order and harmony.
- Change some aspect of your life, and the transformation will be simultaneously creative and destructive. In every creative act, there tends to be a loss of “what was.” So if and when you are willing to experience change, hold no thought of return.
- Shift your focus away from mental and physical pain. The creative exercise of dollmaking is a way to visualize a problem. The deeper your relationship with the pain or problem, the more it has potential to diminish.
- Step outside ordinary consciousness and discover a connection between you—the healer within—and a universal healing force.
- See the doll as a symbol of an event in your life, and you will attach powerful feelings of that event to the doll.
- Experience memories of negative events. But by creating an image and moving through those negative feelings, you may reclaim your past and your power and move forward in peaceful ways.
- Encounter inner voices and discover a community of neglected, lost, forgotten selves. You will be reclaiming these lost parts of self. But these parts will have their own resources and agendas and will take on a life of their own. Expect to feel uneasy and confused in this ambiguity—this is part of the creative process. It will be important to have a supportive person to be a witness and be there if you need assistance.
- Connect with a loving aspect of yourself, creating a reunion with a lost companion. This might show up as an image of a mother, angel, spirit guide, or friend.
- See the doll as a sign of your healing, a visible representation of your transformation. As it appears in front of you, it will look almost as if someone else had made it. Its beauty and wonder will be almost beyond you, and its message will be more than you could have known. Yet you will see it and bear witness to its message of growth, change, and transformation.

Ways to Move Through the Discovery Process

My Intention Within This Course

It is my intention to guide through the process of making the five healing dolls and explore a sixth—the Spirit Dolls. I will provide a few simple patterns, but know there is not one specific pattern, look, or design that is the “right” one for each of the healing dolls. I will show you pictures of mine and others’ healing dolls along with support for the Healing Doll Muse. ***I encourage you to play with the possibilities that making healing and transformative dolls can create positive change within you.***

Healing Doll Muse



This doll is called Playing With Her Imagination (she sits on a chair that is a doll as well). She will be your Healing Doll Muse through the process. She highly suggests that you create a journal to use through the process. When you see her she will invite you to take creative action steps like JOURNAL, PLAY, TELL STORY, MOVE, WRITE, MIND MAP, COLLAGE, DRAW, PAINT, COLOR, MAKE DOLLS that will embellish your experience creating your healing dolls and diving in deeper into the process.

Of course, you have the right to pass and ignore her invitation but why would you?



Supplies

You can use just about anything to make a figurative sculpture-another word for doll.

The supplies you use will depend on your experience and comfort level, and even these two things may very well change as you make the dolls and with practice.

I purchase most of my supplies at craft stores, online, or at my favorite thrift store.

If you tend to be a “maker”, artists or crafts person you probably have most everything you will need at home.

An extensive list can be found on my website <http://www.barbkobe.com/supplies.html>

Patterns

When I taught the Medicine Doll online class I did not teach how to make the dolls, nor offer patterns. I did not say, “Use this pattern for making one of the archetypes”. My reason for this is simple I believe these healing dolls to come from you, your heart, your body, your feelings, your imagination and your soul. I will point you toward many resources for patterns and healing doll images. My favorite resource is Pinterest. If you visit my collection of art and healing doll pins you will see the variety of shapes and looks these kinds of dolls have.

<https://www.pinterest.com/bkobe/art-and-healing-dolls/>

How to Get the Most Benefits from the Process and More

- * Start at the beginning, read, each page, do all the muse activities and make all the dolls in three dimensional form.
- * Do the research. Find dollmakers whose work resonates with you. Notice when you ask yourself, "I wonder how that dollmaker did that?"
- * Attend and/or listen to the gathering calls (I'll let you know when these are scheduled).
- * Journal and draw sketches or doodles of your ideas (each day using both dominant and non dominant hand).
- * Play with your imagination and make some paper dolls to start. Get your creative juices going and if you get stuck contact me.
- * Move through the process your chosen way and do all the art, dolls, journaling in your visual journal and using paint, markers and collage.
- * Move through the process and create a dance, story, song, rap, or use any other creative arts modalities inspired by images that come to you for each of the archetypes.
- * Collage images that represent the five archetypes and any other images that come to you while moving through it and create a card deck. (I will share more information about this in class)
- * Take a creative risk each day and share with the group.

If Pattern or Doll Making Challenged

Begin with doing research on healing dolls. Find images of ones that speak to you; that you are drawn to and ask "I wonder how that dollmaker made that?" My favorite is Pinterest. Choose ten images that you like and print out and put into your journal, along with the artists' names. Match up the images with the description of the archetypes, i.e., which one looks like a Guardian, Talisman, Loving Kindness, etc.

Seek out if the artist offers patterns for sale. Do an Internet search looking for free patterns or videos with instructions. I have a Pinterest page that focuses on How to Make Art Dolls.

<https://www.pinterest.com/bkobe/how-tos-for-making-art-dolls/>

How Long Will It Take to Complete the Process? (Make all dolls)

There is no way for me to know how long it will take you to complete the process. I have offered the class within a three month and also a year time frame. Some people were able to get done, but most did not. It depends on a lot of variables, especially what happens in your life as you are moving through it.

I will offer class as an online course again. If you do not get done with all the dolls in a year, you will be able to sign up for the second part again when class is offered.

Once you sign up for the entire class (Discovery, Self Awareness and Healing) you a part of the tribe of Healing Doll Artists.

The Creative Process Overview

This process is very much like conceiving, gestating, and giving birth to a child. I can always tell when I'm in "transition." I wander around the studio, whiny and crabby. I've learned it is best to name it for what it is—I am birthing something—then accept the deep swells of emotions that accompany it.

You will make five healing dolls: the Guardian, the Scapegoat, the Talisman, Loving Kindness, and the Inner Healer, if not more. This work will take you through a creative process toward a goal of healing an aspect of yourself and your life. Your intention will drive the process and keep you focused. Your journal will become the record keeper and will provide a place for you to dialog with your creations.

The healing doll creative process has six steps:

1. Set a healing intention to keep you focused and to guide the process.
2. Make the Guardian, an image of protection.
3. Identify what is in the way of you getting your healing intention (or what you blame for the pain), then go through the process of making the Scapegoat doll in order to release this block.
4. Choose whether you need or want to make Loving Kindness, an image of compassion, nurturing, and understanding.
5. Transform the painful Scapegoat image into the Talisman, a new image that represents the healing goal: a less stressful, more positive way to respond to whatever causes you pain.
6. Make the Inner Healer, an image that symbolizes lessons learned and reminds you of your body's natural ability to heal itself.

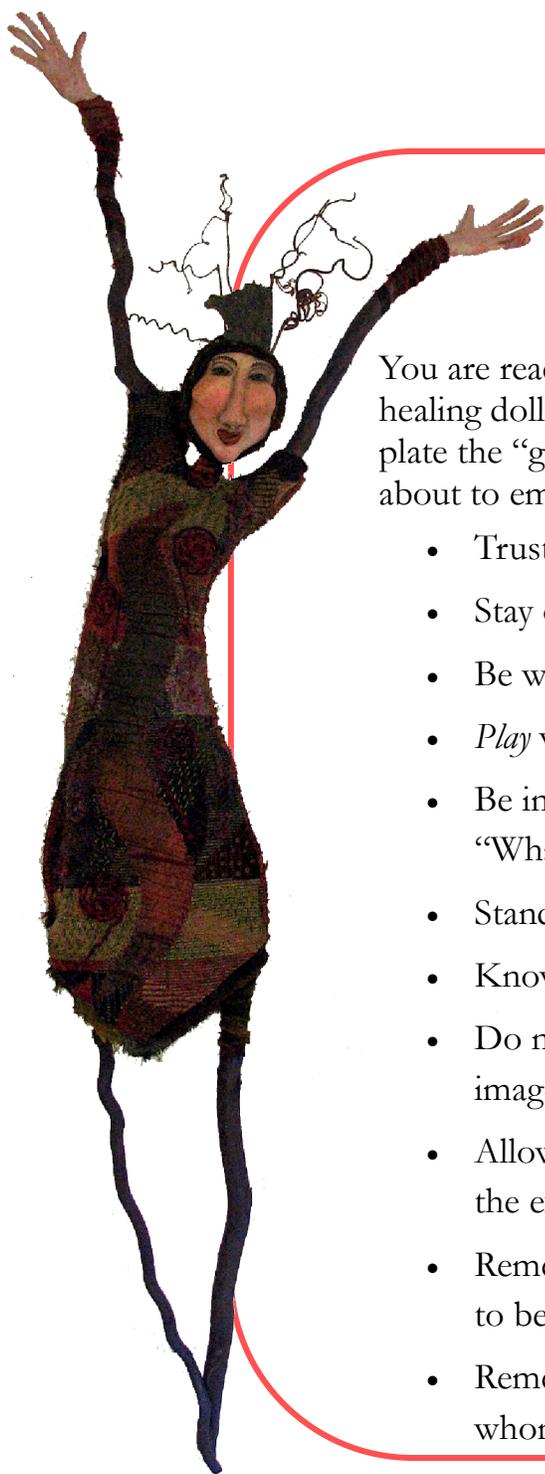
Note: You will see I use feminine pronouns to refer to the dolls, based on the preponderance of women in my classes and their dolls taking female forms. This is not meant to exclude the male—or other—forms dolls may take, whether created by women or men. Actually, it took me a while before I could call a doll "she." I would see my dolls as female but noticed that others would say "he" when talking about them. This felt wrong and somehow disconnected from the story and energy of the doll. I could go into depths about patriarchy, the feminist agenda, or women's rights, but basically I noticed that when I called a doll "she," I felt more connected and identified more with the doll and my strengths, beliefs, and story as a woman. Regardless of the pronouns I use here, I encourage you to identify your dolls in whatever way you feel best.



**Art
Shaman**
Kobe

When one of us takes a journey, it affects us all. When people see my work, they are often moved to tell me their own stories—and we all become reconnected in the myth, in the oneness we all share.

Susan Mills from Art and Healing



Healing Doll Ground Rules

You are ready to begin the creative process of making five healing dolls. Before you proceed take a moment to contemplate the “ground rules” for this journey upon which you are about to embark. These tips will support you along the way.

- Trust your intuition.
- Stay open to possibilities.
- Be willing to be in the unknown.
- *Play* with your imagination.
- Be inquisitive, eager to learn; ask, “What would happen if?”
- Stand back and question your beliefs.
- Know that creativity involves a process.
- Do not prejudge or anticipate where the imagery will take you.
- Allow yourself to learn and be guided by the experience.
- Remember you are not broken and do not need to be fixed.
- Remember to connect with your Believing Mirror, with whom you can share your doll creations .

*You can break rules. Two wrongs can make a right.
Creative problem solving can result in some very nice,
unexpected side effects.*

Don't Fuss, try again. Re-design it.

Susanna Oroyan, Dollmaker

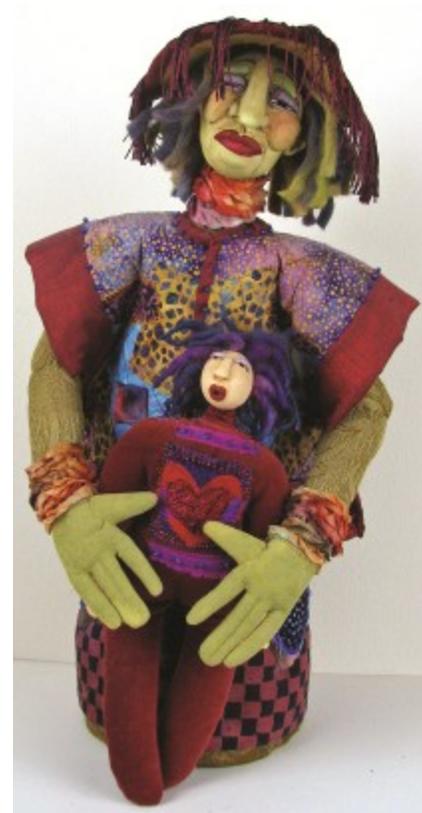
Your Witness: A Believing Mirror

It is important to have people in our lives who can be a witness to our creative processes. As you make your healing dolls, you may feel the work is getting too intense to move on. This is when it is helpful to have a nonjudgmental person—a witness—look at your dolls and listen to the story of your process. Art therapist Pat Allen says you want this person to have “compassionate disinterest.” This person can serve as a mentor, a person who is willing to offer protection, guidance, insight, and creative input. A mentor will help you stay focused.

Your witness can be an individual or a group, such as your fellow participants in a healing doll class or other creative workshop. Members of a group can help one another by witnessing, accepting, and celebrating the doll images that come through.

When looking for your witness or mentor, look for someone who will do the following:

- Give you positive attention.
- Let you feel your feelings and not criticize, interrupt, or psychoanalyze.
- Not take over the conversation by talking about him- or herself.
- Not make you feel wrong, guilty, or bad about what you are creating.
- Encourage you to take creative risks.
- Honor you and your creative process.



Guardian Holding Her Inner Self

To find out who we really are, we need mirrors – not mirrors on the wall, but humans who can reflect back to us what we are or what we can be, not who we think we are or who we think we should be. To see yourself mirrored in another and to take back your disowned self.

Paul Brenner Buddah in the Waiting Room



CREATIVE ACTION

Find your witness/believing mirror

If you have a photo of your witness put it in your journal. If you like put a creative frame around the image.

Write about your witness or witnesses in your journal.



JOURNAL

Make a list of dolls, stuffed animals or any other doll-like, hands-on doll like characters you played with in your childhood.

What did you do with them?

What did they mean to you?

When did you start making dolls (if you did).

If you have pictures of them, make copies and put into your journal. I can usually find pictures of my old dolls in an online search.

JOURNAL

What drew you to this online and/or the process?

Tell the Muse this story (write in your journal) using “She” instead of I or your name.

For example,
“She was living her life day by day when something happened to wake her up, that something was _____?”



A Discussion of Terms & Beliefs

When working with any method of creative healing, it is important to understand what you know and believe about healing and to be aware of your beliefs and healing ways of being and doing.

Consider these definitions of terms associated with healing. See whether you agree, disagree, or something in between. After reading, write your own definition of healing in your journal. You might notice that these definitions continue to change and evolve.

Healing: The Noun

An innate, natural process in which the body repairs itself. Healing is not the absence of disease. It means “wholeness,” but what does that mean? Philip Shepherd speaks eloquently to this in his book *New Self, New World*. He says it is “the wholeness of a body at peace with itself and in harmony with the world around it” and it brings with it the energies of “occasions of grace, spontaneity, ease, humility, and clarity.”

Healing is not curing. In traditional medical science, curing is what a medical doctor intends to happen through external intervention and treatment in an effort to trigger your healing response. Typically, medical science’s philosophy is based on dealing with the symptoms of a problem, not getting to the root cause.

Healing: The Verb

An action you take that moves you through a transformative process toward a greater sense of wholeness, acceptance, and self-love. It is also an action you take that reaches out to professional healing services and communities. This can include making a connection to what you believe to be a higher power. Healing actions restore an inner order and balance that in turn fosters emotional strength, peace of mind, acceptance, and an inner understanding of personal truth. Healing actions integrate physical, emotional, mental, and spiritual energies—from illness to wellness, from dysfunction to integration, from breakdown to wholeness. All healing, whether by traditional or non traditional means, occurs within you, working in cooperation with nature and perhaps the assistance of others.

The tasks of a healing action are to strip away layers of physical and emotional numbness, bring movement to what has become stuck, respond to rescues from the mind-body, reclaim the riches of the feeling world, and find our deepest level of integrity.

Healer

Someone believed to be able to cure people who are ill or who have pain, discomfort, or general “dis-ease.” A healer can also be someone who offers aid in recovering from ill health. In some cultures, this person is called a shaman.

Inner Healer

Your body’s natural ability to heal itself. You can notice how this self-healing mechanism has the innate ability to heal cuts, bruises, or sprains. You can partner with this inner healer when you engage with it through creative, restorative processes. When you make art, it activates your inner healer, which changes your experience with your body, mind, and spirit.

Health and Wellness

A general condition of your body and mind free from pain, illness, or injury. You normally don't notice feeling healthy, but if you do, you might often say, "I feel good!" When you feel healthy, you might feel fluid, flexible, and pain-free. Feeling healthy connects you to an optimal physical, mental, emotional, and spiritual goal you might define as "feeling good" or wellness.

Medicine

A substance, action (therapy), or practice given to an individual in order to prevent or treat illness and restore health and wellness. The word medicine is derived from the Latin *ars medicina*, meaning "the art of healing."

Mind-Body Medicine

A practice integrating modern scientific medicine, psychology, nutrition, exercise (or movement), mindfulness, alternative therapies, and belief—and I will add creativity—to enhance the natural healing capacities of the body and mind. Mind-body medicine teaches individuals how to maintain or regain health by taking control of their lives and using their own healing power to reduce stress and other negative behaviors and thoughts. This approach to healing will be an underlying foundation of making healing dolls in this creative process.

Illness and Disease

I believe in the mind-body approach to describing illness and disease. Illness is in part a process of progressive desensitization—a loss of contact with our vital energies. It can be uncomfortable, yet it can drive you toward self-awareness and understanding your life process. Illness can force you to reach out and surrender to another and to tap into your true nature. Pain and illness can be teachers of where not to go and reminders of life's significance. Disease is being "out of ease," a condition of energy imbalance or disorder. If disease affects one level, eventually all levels will be out of ease.

Homeostasis

The principle of adjustment; the cyclical pattern of birth, growth, maturation, decay, death, and rebirth. It is the dance of life. It is ever-changing equilibrium—a dynamic pattern of feedback and regulation.

Mindfulness

Purposely bringing one's complete attention to the present experience on a moment-to-moment basis. Mindfulness means paying attention in a nonjudgmental, nonlaborative way. It is present-centered awareness in which each thought, feeling, or sensation in the attentional field is acknowledged and accepted as it is. I believe mindfulness plays greatly in the process of making healing dolls or any other creative activity.

Transformation

A process that involves a profound and major change in a person, place, or thing that creates a shift in a new direction. When you go through a transformation, you experience a shift of consciousness that may allow you to see your life in a new way.

Complementary and Alternative Medicine (CAM)

A healing practice that differs from traditional medicine in historical origins, theories, diagnostic techniques, and therapeutic practices. CAM practices and ideas are self-defined by their users as preventing or treating illness or promoting health or well-being. Each CAM has its own relationship to the mainstream. Art therapy, expressive arts therapy, dance and music therapy, acupuncture, yoga, essential oils, and more are examples of these kinds of healing modalities. CAM may also include faith healing, e.g., claims that prayer, divine intervention, or the ministrations of an individual healer can cure illness. In the Appendix, you will find descriptions of the specific theories of CAM healing used in this book.

Placebo A medicine or treatment with no scientific-based medicinal value. It is presented as having healing properties to person who is sick, in pain, suffering. It is traditionally given by someone considered an expert within an environment that is perceived as a place where the person may improve, get well or heal.

Placebo Effect/Placebo Response

The placebo effect refers to what happens when people who were given a placebo experience some type of benefit. The person's expectation, beliefs and faith in the treatment play an important role in the placebo effect; the more a person expects the medicine or treatment to work, the more likely they are to exhibit a placebo response.

Jerome Frank compared the placebo effect with the treatment offered in non-traditional, alternative practices. He believed that there are certain shared elements explaining the efficacy of the various approaches.

He listed four features common to all:

- * The patient's confidence in the therapist's ability and desire to help.*
- * A socially sanctioned healing locale, especially where the patient can behave in ways that would not be acceptable elsewhere.*
- * A "myth" or basic conceptual paradigm to explain the patient's symptoms.*
- * A task to perform that involves the patient's activity.**

Amulet

A passive symbol for protection; a charm that is given power to protect from harm or illness.

Fetish

A natural object or an art object to which the possessor gives certain powers. It is usually human or animal in form and most often used in a ritual.

Talisman

An object charged for the purpose of protection or bringing something to the bearer.

Scapegoat

A person or thing blamed for some action, condition, or mistake, even though the person or thing may have had nothing or little to do with the situation.

* Article by Louis W. Tinnin <http://www.encognitive.com/node/3844>

Healing Doll Muse



Your Definitions and the Healing Doll Process

How you define healing and how you believe healing can occur will be threads woven into the healing dolls you make. Your intention, beliefs, and actions will drive the creations. You are in charge of the choices you make toward your own healing, and your healing dolls will symbolize the choices you have made and will make.

It will be important to gather a healing team that offers all the resources available from their particular specialties. But ultimately, healing is a personal—internal and external—process. You have many, innate resources within you. Making healing dolls integrates art making and creative expression with embodiment, intuition, imagination, and the soul to activate the healing process. You have the personal power to bring your body, mind, and spirit into balance and harmony . . . and to heal yourself.

A true healing doll does not heal you; the doll simply reflects back to you your innate capacity to heal. When you look at her she will remind you of an aspect of your healing process.

A true healing teacher does not teach you; she does not see you as inherently separate from her. She simply reflects back your own inner knowing, and reminds you of the vastness of your being. She is a mirror, a signpost, a guide.

*And love is the space in which all of this is possible; love heals, and we learn best in a loving field, no threat of failure, no punishment.**

JOURNAL

Write your definition of healing.

Spend some time writing your healing story.

What healing resources have you used? Are using?

Would like to explore.

If you used art to heal another time in your life. Write and draw about that.

* Inspired and adapted from the work of Jeff Foster <http://www.lifewithoutacentre.com/>



Setting a Healing Intention

In healing, energy follows thought. More specifically, intention allows the healing energy to follow and take root where it is needed. I encourage you to create a clear healing intention before you begin the healing doll process. Many of us tend to focus on the solution of a problem, going for a quick fix. We rarely spend time defining the problem. This is similar to taking a drug for a symptom without knowing what's causing it. Many goal-setting theories talk about designing a full description of what you want, so setting a healing intention is important here as well.

When I teach healing doll classes, I find some students initially want to make a healing doll for a loved one. They don't see the importance of focusing on their own healing first. I caution my students about making healing dolls for others without first being clear about their own intentions. I believe it's important to make your own healing dolls first. I also believe it's impossible to know what another person needs to heal.

I ask each participant in the healing doll classes to write a healing intention statement. Let's explore some examples of intention statements participants have made.

Andi, a participant, seemed very clear about what she wanted to heal. She declared,

INTENTION: Healing my self-worth, to focus healing energy toward accepting that I am in the body and life that is right for me at this moment. I believe healing for me to be letting go of old outmoded ideals of what I should be or how I should look or how I should live; letting go of looking to outside sources for approval. Letting go of comparing myself to others. Replacing negative thinking and beliefs with new caring and acceptance; learning more positive self talk.

Andi's intention statement asked for acceptance and letting go. At the end of the class, her feedback said she accomplished that. Reflecting on what she learned and achieved, Andi wrote "I got relief from letting out all this baggage that has been riding around in me; the process gave me permission to make something just for me, to heal me."

Mary's intention was "to focus healing energy toward the expression of my female power and the creation of the next phase of my life." At the end of the process she wrote,

I think I am much more focused on accepting my power and trusting that opportunities will continue to present themselves that will foster this. My art making is better and I am more willing to take risks with it. I also have a wonderful inner-healer on my bedside table.



**She Waters the Root
of Her Wisdom**
Barb Kobe

Debi started with one intention and gradually refined it as she worked through the preparation activities before starting the dollmaking process. I've seen this many times in class, as almost every student starts with one intention in mind and later realizes their intention has changed. Here is the progression of Debi's intention:

At first: I, Debi, intend to make a doll focusing on healing my wounded-little-girl-self, with Love and Compassion and Acceptance. I intend to focus healing energy on my hyper vigilance. I seem to be in defense mode all the time. My life has taught me that it is very likely that someone is about to attack me at any moment.

A month later: To develop the ability to trust. To let go. To make art, with reckless abandon.

Sometime later: I want to focus on accepting the me that was, is, and will be. With any and all imperfections. I open the door to change and growth and letting go. I accept my gifts. I accept my limitations. I accept my pain, my life, my death. I accept it all with Love, Compassion and Courage.

At the end of the dollmaking process, she wrote, "Making the dolls themselves took me to new places and blew my creativity wide open." She also learned, "I have the courage to allow my true, full, authentic self out in to the light of day."

The first step to stating your own healing intention is to identify the invitation that brought you to this process in the first place. I believe that things happen for a reason and that you have decided to begin this process for a reason. Many times a healing opportunity appears when something in your life serves as an invitation or a calling to open yourself up to a new adventure. These invitations can come in many forms:

- A message or messenger; a herald (something or someone who has issued a challenge or invitation announcing the coming of change)
- A new event
- A stirring from within in the form of a dream, fantasy, or vision
- A feeling of being fed up with something
- An uncomfortable situation
- A developmental stage of life or a life change
- An accident or illness
- An invitation to be creative
- Synchronicity—an occurrence of coincidental words, ideas, or events
- Temptation

As you make your way through the dollmaking process, you may find some stages more challenging than others. You will get in touch with powerful emotions in this healing journey. At times, you may resist the process or find yourself unable to move forward. Here are a few ideas to keep in mind if you happen to find yourself stuck or blocked. (You will also find specific tips in the Scapegoat and Loving Kindness sections.)

- Keep making dolls or doing some kind artwork every day.
- Make a small doll every day for one week.
- Draw “feeling” doodles and journal with them.
- Make an image of the block or the place where you’re stuck out of clay.
- Watch a funny movie.
- Be with your “stuckness” and imagine how you might “unstick” it.
- Allow yourself to make mistakes and make bad art. Even “bad” has a purpose.
- Make ugly or angry dolls.
- Move ahead and make the Loving Kindness doll.
- Make another Guardian or be with the Guardian doll you created.



CREATIVE ACTION

Do you feel “called” to this adventure? is your life at a transition point?”

Write your Intention Statement in your Journal. Start it with

I your name intend to heal _____.

Healing for me will me I will see _____; hear _____;
feel _____; move like _____; smell _____
and maybe taste _____

Include any agreements you have made with your Believing Mirror person, including what will you do if you get stuck, need help or support.

Post both of these to the online group.

Answer the 10 questions and doodle any images that come to mind
Put this in your journal.



These are *The Ten Questions* that I use when someone has asked me to make a healing doll for them or someone else. I use these to establish an energetic and creative boundary around myself and the person. I also use the answers to help me in designing the doll.

Read the questions and put them and the answers and any images that come to you in your journal.

Do some research about the story, fairy tale, myth—gathering images, symbols, metaphors, meanings and paths. Record in your journal.



The Ten Questions

1. What colors are you drawn to? What colors do you wear often?
Are your favorites?
2. What symbol will this doll stand for? What will it remind you to think, feel, and/or do when you see it?
3. What elements describe you (earth, air, fire, water)?
4. What symbols, shapes, textures do you love. You collect these, spend time around them; are drawn to them like a magnet?
5. What part or parts of your body do you feel need healing? What is your healing desire? What do you wish to heal?
6. If an animal with special powers were to enter your life and give its powers to you, what animal would that be?
7. When do you feel the most powerful? When do you feel the most connected to yourself? Most comfortable in your skin? Self loving and compassionate?
8. What makes you feel safe? Loved? Connected to self, others, universe?
9. What does your heart yearn for?
10. What is your favorite fairy tale or myth; story; poem?
Explain how this fairy tale is a metaphor for your life.

