



# Creating the Scapegoat

## The Transformative Art of Healing Dolls

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

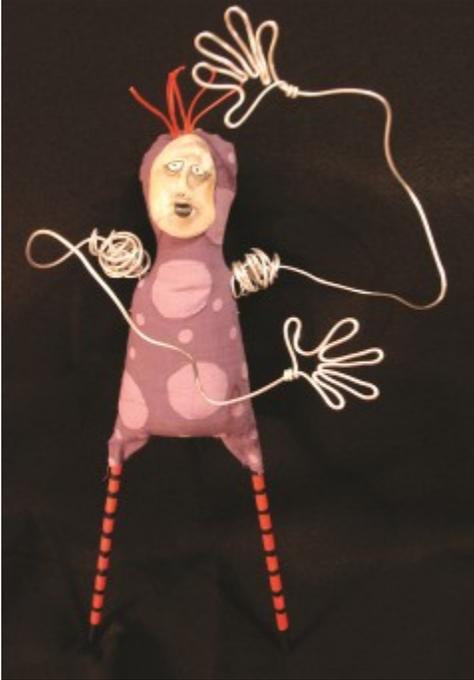
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**ONLINE COURSE**

# The Scapegoat

## Going into the Dark or Shadow Doll

*Purpose: Symbolizes the pain; embraces the struggle*



A scapegoat is an image you associate with your pain. It is an image of whom or what you blame, or who or what should be punished for the problem.

In ancient rituals, the scapegoat was the sacrificial animal upon which people put their fears, sins, illnesses, or whatever they needed or wanted to remove from the community. When it was banished, they believed it took away the negativity ascribed to it.

The Scapegoat doll will symbolize what is getting in the way of your goal and what needs to be removed—or, in this process, what needs to be transformed. In healing, the scapegoat is an object onto which you can place things you are ready to be done with or that no longer serve you, even though they may have been useful helping you survive in the past. This doll will be the container of the pain; she will hold it so you don't have to.

I believe engaging with the energies of the scapegoat, or the shadow doll, ignites healing in this process. When you make an image of what you fear or what is blocking you, an internal dialogue begins with that hidden part. Healing energies open up as you apply the healing salts of compassion and love.

I've seen women in my classes start making a doll and ugly, scary ones appear. They start over, but the images appear again. I've also seen women play with creating simple ugly dolls, and the images transform into shadow dolls. When this happens, I encourage them to accept it for what it is and apply compassion to the images. Acceptance of a lost part of self creates an opening for the possibility for healing. Your dollmaking, at this point in this process, asks that you embrace your quest.

I wrote this message to the group:

*I would suggest that you consider a feeling as the scapegoat instead of looking for a person to blame. For example, "If I weren't so angry about this situation, then I could make the doll" (anger would be the scapegoat). You may also want to consider the grief and loss around this issue. (and that feeling would be the scapegoat). I invite you to consider one of these feelings and simply make paper dolls that represent that feeling. At first, they will most often feel scary. To begin, just start with an angry or sad scribble (will only take five minutes) and then use writing with the non-dominant hand to have a conversation with it.*



# What Does a Scapegoat Doll look like?



## Resistance, Fear, and Anger



Chances are, you will run into some scary, confused, unsure part of yourself while making this doll. Some call this part the shadow, the critic, a negative belief, or the wound. Often, something happens once you hit the dark place, and you stop the journey. Healing can require you to confront a truth you would rather not face. Your initial response to the Scapegoat doll may be resistance—to not want to make it. It may trigger a stress response. A “I don’t want to, and you can’t make me moment.”, a creative temper tantrum.

You might withdraw from the process because you fear it might cause you more pain. This could be very possible. However, I have found resisting pain is more painful than actually going through the pain experience. “Going into” pain rather than trying to resist it is a skill well worth learning. It is a spiritual life skill. When you push against anything—anything at all—you are only hurting yourself. You are, in

fact, resisting life force energy that wants to flow through you.

Resistance actually makes the pain bigger. Even when you think it is justified—like when you hate and judge others for doing bad things to you, to others, or to the earth—not facing your pain hurts only you.

The same goes for when you want relief from your aches and pains, whether they are physical or emotional. You may think addressing the pain will make you feel worse. Making a healing doll may not resolve or solve the root problem, but it will release some of the pain. It allow for a release of the tension, which then allows you to focus on working toward the healing. Research has shown that when people in pain surrender to it, the symptoms begin to mysteriously disappear. In other words, people who are *with* their illness or pain are touching it deeply, examining it, meeting with it, and engaging in a relationship with it. This is what making the Scapegoat symbolizes.

For many, reaching this place with the Scapegoat doll also brings out feelings of fear. You may get scared, then you may get stuck in your fears, worries, sadness, and pain. You may get so wrapped up in fear, you won’t feel the good stuff: acknowledgement, love, and acceptance. Instead, the victim part of yourself may show up, and you’ll start to feel sorry for yourself, powerless, weak.

Fear can be useful when it is protecting you. We should fear some things, like a fire on the stove, because they can threaten our life and well-being. Fear is an opportunity to gather facts and make informed decisions, to ask, “Is this fear serving me or hindering me?” It is important to get in touch with the fear you face while making the Scapegoat.

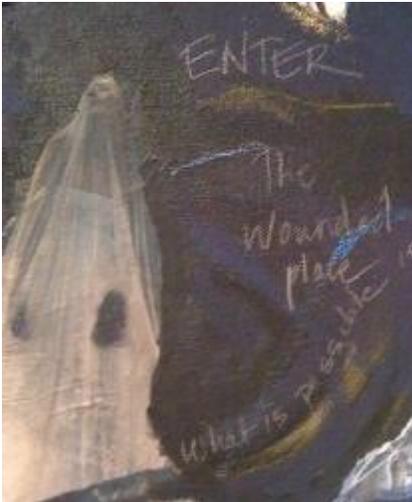
To Debi

*I congratulate you in taking this courageous step to bringing this dark time of your life into the light. Holding these energies inside is like trying to hold a feeling in by holding your breath. You keep trying to hold them in and then engage your muscles and nerves to partner with you in the containment....do you see how this could lead to illness?*

Barbara Kobe



More What Does a Scapegoat Doll look like?





I suggest you keep your Guardian doll nearby while making the Scapegoat. The Guardian's image holds your intentions and reminds you that you are not alone. Allow your Guardian's wisdom to coach you through the Scapegoat-making process. Use your journal to write your fears and the loving affirmations your Guardian has for you. Reach out to your believing mirror person and your healing support team if you feel the need. Ask for help and support.

### **WHAT COULD BE A SCAPEGOAT**

- Animals
- Angry gods and goddesses (Greek and Roman mythology)
- Images from nature like storms, floods, earthquakes, lightning
- Dark figures from fairy tales, beasts, trolls, giants
- Sacred fierce goddesses from different cultures like Baat from Egypt and Hindu Goddess Kali
- A fierce shaman, old wise woman in the woods
- Images of fear, anger, sadness and other emotions that can be considered negative
- Despite their negative natures and images the Scapegoat has the quality of being redeemed, shifted and seen as positive.

### **SCAPEGOATS CAN BE A:**

- A three-dimensional doll
- A paper doll
- A mixed media figure
- A sculpture
- A drawing or painting
- A collage
- A Soulcollage™ card





While making the Scapegoat, many women are afraid of bumping into the anger. They struggle with messages that “good girls don’t get angry.” This can lead to a block as well. When several members of the online group were getting blocked by their anger and frustration over not being able to make the Scapegoat, I sent out this e-mail:

*Why isn't it okay for us to fuss, be angry, get that pent-up energy out of our bodies? Of the many reasons, one is that society tells women it is okay to cry, but not be angry, while men get the “big boys don't cry” story. And if women do get angry, stand up for themselves, and defend their rights, they are called the b-word, and worse.*

*I did a class one time where every dollmaker made a doll about just this subject. I called it the **Pissy, Whiny, Moany Doll Class**, and it was great fun. I remember one woman refused to make the doll and made a listener doll who was willing to listen to her friends fuss. At the end of the class, everyone wrote three things that made them angry, told angry stories, and then released the energy through laughter.*

*An important mentor and teacher of mine, Jean Illsley Clarke, told me that sometimes you just need to fuss. She created an exercise where she got into a large cardboard box called the Fuss Box. She got in it and fussed, whined, and kicked at the sides of the box until she sensed the energy changing. Fussing is what I'm encouraging you to do . . . Hey, maybe we can make Thursday Throw a Fuss Day. Just let everyone you care about stand clear until Friday arrives.*

*If you've been traumatized in your life and have not released the blocked energy of that trauma, you will experience residual tension from that trauma every time something like it comes into your life . . . one must move to release this. Walking, running, biking, and definitely breathing—deep breathing.*

*Here's to fussing!*

Debi from the group responded:

*My Guardian is still in process, but the Scapegoat came out in a rush yesterday afternoon. She is a malformed, lumpy, misshapen baby-esque figure, complete with fat arms thrown wide with hands open and eyes scrunched up and a piggy nose and the HUGE open mouth that screams and is never satisfied (no matter what I have or what I do it is not enough; no one wants me because I am so needy; I am not deserving because I am never satisfied). I made her out of the basic Sculpey and baked her with aluminum foil balls under her arms to keep them from sagging and I felt a huge sense of a burden being lifted as I made her and I also found myself loving her and having compassion for her and this process has been nothing less than amazing, one of those quiet things that you think nothing is happening until it sneaks up and there it is. (Read Debi's story at end of this lesson)*

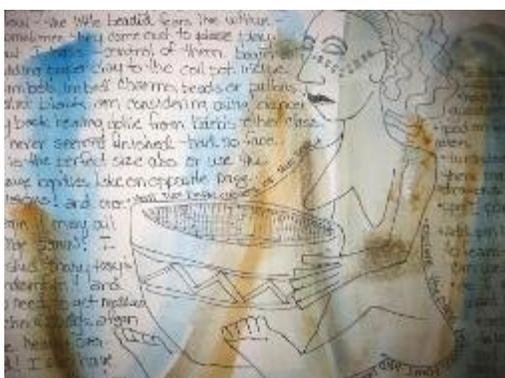
Once you get started on the Scapegoat doll, just keep moving, even if you feel that urge to resist it. Something in you knows exactly what is supposed to happen. Don't stop and think about it too much. Let all the feelings of fear, doubt, confusion, and stuckness be part of the making. If what's taking shape does not seem right, change it and keep going until you stop and sense something within you is taking a great sigh of relief. Get to the bones of it. Allow and accept what comes, and dialog with it. The more you avoid it, the more signals you'll send to the brain that it is important to your growth. Ever have something you didn't want to think about? The more you resist it, the more it comes to visit your mind—and bring up feelings you would rather keep hidden. Move into acceptance instead of resistance, and work with the discovery of the patterns coming through.

Shena from the online research group shared this as other participants faced some resistance and uncertainty while working on the Scapegoat:

*Sometimes the Scapegoat doll is sitting right in front of us and we don't recognize it because we're trying to focus on something bigger or think it can't possibly be that simple. . . Let go of making the feeling faces and consider what feelings themselves are blocking you from getting what you want, and then explore making those within the Scapegoat doll. . . .*

*Be easy on yourself with this one and trust the process. This image need not be large and involved to produce a change.*

If all else fails and you just don't know what to do, then hold your healing intention in your mind and make an ugly doll or a fear doll. It doesn't need to be tied to anything deeper at first. See what happens. It may just transform into the Scapegoat after all.



The voices from your shadows, whether from literature and fairy tales, or emanating from your dreams and symptoms, have something to teach us. You may often find that by giving attention and understanding to the messages from your shadows, they may transform and reveal new potentials for you.

The communications from your shadows and even clues as to how you can respond to them are often shown in fairy tales and myths. In one tale a princess may be required to kiss a loathsome frog in order to transform it into a prince. This story shows that in some cases you have to treat an unpleasant aspect of yourself with love in order to redeem it.

The prince who has lost his throne or the girl who has been disenfranchised like Cinderella may represent our potential for richer lives that include new possibilities, inner strength, uniqueness and integrity.

Once you know more about your shadow, how you have hidden potentials both good and evil, you will have a better understanding of how human you are and many interesting and strange, paradoxical things live within you. When you've met and accepted many of the strangers within yourself and dealt honestly with them, it will open your heart and attitudes when you invite strangers to your island in the outer world. You will rarely fear the. It's by knowing yourself that you'll find the antidote to hate and alienation both within and without."

adapted from Sacred Selfishness: A Guide to Living a Life of Substance  
Bud Harris, PhD





## CREATIVE ACTION

You may want to first draw an image of the energy of the emotion connected to the problem. Imagine what it feels like in your body; look for shapes and colors. When did it start? Why do you have it? What does it look like, sound like, move like, smell and taste like? How is it blocking you from getting what you want?

Here are samples of blocks, or problems, that might be in the way:

- An old wound, disease, or illness
- A wall, a block, a rock
- A painful body part
- Fear, sadness, anger
- Feeling lost or confused
- Turmoil, war, anxiety
- Powerlessness
- A broken heart
- An inner “yes person” who can’t say no
- Guilt and shame
- Feeling out of control
- Whining
- Conflict between two forces,
- Judgment

Write down what is in your way of getting what you want. What is blocking you?  
Finish this statement:

I can’t get what I want because \_\_\_\_\_ is in my way.

Write down all the things you fear, using the sentence starters below. Write what each of them means to you.

“I am afraid that \_\_\_\_\_.”

or

“I am afraid of \_\_\_\_\_.”

Take time to think about the fears. Give yourself the opportunity to be with each as they surface. Do not dismiss any as silly or inconsequential.

The fears you wrote first are the ones sitting on the surface, but a deeper fear may lie at the heart of all the others. Maybe one bubbled up and made you go, “Ohhh!” If you did not write that one down—if you resisted it—do so now. Go after it. Name it. **Ancient wisdom is filled with stories that teach us that naming something gives us power over it.**





### Sharon's Scapegoat

*This was very difficult to make. I've spent so many years working on not placing blame and carrying hostility that this one took a while. I realize now it does have a place and it does serve a purpose for MY greater good.*



### Ellen's Scapegoat—Gluttony

*I've learned a lot by making it and owning it. Once my Talisman came to me my life started to fall into place. I realized the food triggers I have that send me spiraling and have that under control. There are no cravings or desires for stuff I really don't want to eat or drink. What have I learned thru this journey so far? By treating my body with respect and by changing the way I think about the things I cannot change, I feel more grounded and at peace. I respect myself.*



### Kim's Scapegoat

*Demori (I remain) is my scapegoat doll. He is holding my bead embroidered fears. Their names are **But if Only, But What If, and But I Can't.** I call them the **Buttlies** for short. Working with the Black Fimo was quite a challenge, it didn't stretch, flex or do anything I wanted. Originally there was going to be a jar to seal the Buttlies in when they got too noisy, but I found they wanted to be held and looked at instead. They had a tendency to grow if they were stuffed away.*



## **Christine's Scapegoats**

*I added my 2nd Scapegoat Doll picture. I called this one **Malnourished**, referring to all the stuff that we get fed that doesn't give spiritual or physical nurturance.*

*Barb, did the faces exercise. My biggest discovery is that have difficulty making emotional faces for the photos of myself. I don't like looking at photos of myself and have a hard time making faces unless I feel the emotion. I have become adept at hiding my emotions, although people close to me usually pick up on them.*

*Its not a big surprise because my survival as a child depended on my ability to conceal what I felt. As a adult, I also have to be careful and conceal emotional reactions since I am a art therapist dealing with clients. I continue to control my emotional responses within my family (with the exclusion of my husband) because I don't want to say something I regret or reveal something I want private. I am sure that I may seem to have flat affect at times.*

*I am able to sculpt human emotion, especially from photos. The ones I seem to sculpt most are fear, anxiety, anger, grief, and pain. I don't know if this is because I am most interested in these, surrounded by this, enjoy wallowing in these or a combination of all. It could just be that those emotions are familiar.*

*And although, that is what appears in my artwork, I can sincerely say I am*

*relatively content because I am pursuing art full time.*

*I am with Lisa on "the more we make, the more we have coming in". I think doing something creative everyday is important as a practice, even if it has be be a tiny collage or a scribble on napkin. Even when it feels like there is nothing there, and you think its a crappy idea, try to make something.*

*It helps to hear its okay to be stuck at scapegoat. I tend to see myself is just wallowing around in it and have this mental image a me wallowing around in the mud the way a pig does. It has always been hard for me to be positive and easier to be negative. Maybe its a genX thing, or just my thing. If I am still making scapegoats a year from now, I will be disappointed with myself. There is a doll to make next, after all, even if I don't feel ready.*





## CREATIVE ACTION

Do a mind map, writing the word Scapegoat in the center of the page, then write words or draw images that come to you when you think about a Scapegoat figure. What qualities will your Scapegoat have or contain?

Draw or collect images from magazines, then collage Scapegoat images and symbols. Choose one that most resonates with you. Don't spend too much time on this. Usually the first image that comes to mind is the best.

What body parts does a Scapegoat have to have? Look at the pictures of Scapegoat made by past members of online groups. What do they have in common?

What images and symbols Scapegoat be holding and wearing?

The key to this doll is identifying the primary emotion you connect to your pain, wound, or problem. When you created your healing intention at the beginning of the process, you contemplated how people often try solving a problem without first really defining what the problem is. Think back to your intention statement and consider the problem again. Revisit making feeling faces and then identify the feeling face that should be on your Scapegoat. Write about what your Scapegoat is feeling or what you feel when thinking about or creating it. Spend some time developing a full story of the problem. Play with these ideas in your journal or next pages.

Put your Guardian doll or image near you or on a page in your journal right next to the Scapegoat page.

Start with a blank page on your journal. Prepare your Scapegoat page and paint it the color you think of when you think of something in your way. Place the collage or image of the Scapegoat you found in the center of the page.

If you create a Guardian page rewrite your definition of healing first in the upper left corner and your healing intention and how you will know you are healed in upper right. Write affirmations, permission statements or any other supportive words around your Guardian.

Read these statements and write these questions in lower part of the Scapegoat page  
"What would be my way of reaching these? What is the problem?  
Who is to blame for this problem?"

If get stuck read your statements and rewrite in the negative or opposite.  
For example, "My definition of pain, illness, struggle, suffering, etc. is \_\_\_\_\_.  
I know I am **not** healed when \_\_\_\_\_.

My healing intention is **not** \_\_\_\_\_.

The Scapegoat's should start appearing within this writing. Write your answers to these statements all around the Scapegoat, and anything else that comes up from doing this work.





**Doll Artist: Michelle from Hastings, MN**

I am justice and I am blindfolded, not blind. I see no truth, no fairness, no vindication. The justice system has failed. I turn my sight inward and see strength, dignity, and healing. I have no mother. I am the mother. My body and soul are pierced with the arrows of violence, molestation, and lies. I carry my own arrows. Arrows of calm, caring, and truth. This long, excruciating battle has sent me to my knees.

Yet I am not beaten. I kneel on the collective soul of female energy from women who have supported me in my fight. I carry much baggage. Baggage from past abuses. I carry a jar of tears and a container of screams. I carry the souls of three little girls. The ones I could not save. I carry my inner child in a small square box tightly closed. I dare not open it. I am the mother. I carry the staff of never ending strength handmade by Lynne, just for me. I am special. I carry my arrows in a pack filled with peace. Peace given to me by the energy I feel from all of the people that truly care. My horns grew from hitting my head on anything hard. My tail from always needing to protect my back. I have learned well. I have the power. I am the mother. There may be no justice for the innocent this time, but there is still cosmic justice to be had. I will teach my daughters that the true winners are those who can heal themselves.

## After the Scapegoat Is Complete

Once you create your Scapegoat give it a creative, descriptive name. I've used names such as *Shame On Me*, *Brudella*, *Ruby Rojo* (*The Wild Child*), *Doodie Doom*, *Angerilla*, and so on.

Next, consider these questions:

1. When you look at your doll, what feeling does she seem to be expressing?
2. What do you feel when you look at your doll?
3. If your doll could speak, what feeling story would she tell you?
4. Do the colors you used to create the doll help express a certain feeling?
5. What did you feel as you were creating this doll?
6. When you think about these feelings, where do you feel them in your body?  
Are they old or new feelings? Did any of them surprise you?
7. How did the doll's shape, designs, and symbols express her story? How did they express your thoughts and feelings?
8. Does the doll hold any special messages or meaning for you?
9. How do you feel now that you've completed the Scapegoat?



Giving birth to your past may be painful and difficult at first; a strong aversion to one stage of the process may signify that something important is being born. After that moment, there may be an opening up. I kept reminding myself,

“The only way out is through.”

Pamela Hastings



*I just finished the scapegoat doll. My heart is still pounding and I feel like I might throw up. But other than that I think it went pretty well. Really. Along the way I have been having some pretty powerful insights. I think I need to go lie down.*

*I just sent photos of my scapegoat doll. Fair warning, it's pretty creepy. I do feel much better today. Yesterday was so intense. I worked on it all day, not feeling bad until it was actually done and I really looked at what I had made. It was way worth it though.*  
Debi from Medicine Doll Project

## What to do if you get stuck...

- \* Keep making dolls, art, crocheting, collage some expressive, creative art every day.
- \* Make a small doll a day for a week...can be paper dolls.
- \* Draw feeling doodles and journal with them.
- \* Make an image of the block or stuck place out of clay.
- \* Watch a funny or a fantasy movie.
- \* Do a self forgiveness ritual.
- \* Make a cup of tea.
- \* Go out in nature, walk, garden, visit a beach, sit next to a small fire.
- \* Allow yourself to make mistakes and make bad art, even bad has a purpose.
- \* Make a Pissy, Whinny, Moany doll.
- \* Have a creative temper tantrum, tear up paper, make small balls of toilet paper and throw it at a tree (ask the tree for it's permission first)
- \* Write a letter to your stuckness.
- \* Email the Facebook group, call up a friend.
- \* Exercise, go bowling, play badmitten or racket ball or any kind of fast paced movement.

*Of course, it's hard not to want to look for a way out of the way through. But this much I know: every genuine tear contains magic healing properties. We actually need some frustration, exasperation, doubt, self-criticism, desire and rage. This kind of soul-feuding hurtles us spinning out of our bodies so we can't even squeeze back into our tiny, familiar selves. Our hurdles will stop us, engage us, and keep engaging us, until we summon a wild power from the bowels of the will we did not know we had. Then we can never again mask our magnificence, even to ourselves.*

*Transformation of any kind always requires a holy tussle. The newborn butterfly struggles to open its wing so it can conjure up the strength to fly. Rise, In the fight and flight of transformation, we become pure of heart, strong of gift, and furiously alive; we meet, heal, love, forgive, receive and complete ourselves.*

Tama J. Kieves [This Time I Dance](#)



The part I like best: is the freeing feeling after making the scapegoat doll. The relief at letting out all this baggage that has been riding around with me. Permission to make something just for me, to heal me, instead of for the market or for a show.

Andi from 1st Medicine Doll Class

# Debi's Medicine Doll Journey

**I, Debi, intend to make a doll focusing on healing my wounded little girl self, with Love and Compassion and Acceptance.**

3/31

I tried mind mapping this morning. I started with a tree with the roots of my hyper-vigilance; added some healthy pink roots of my healing process. I had been intimidated by this tool but found it to be very useful and insightful. Not only that, but it was fun and felt really good.

3/29

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. It's been ten years now since I moved to Alaska and changed my attitude, my life, and my destiny. Nobody attacks me any more. I have stopped marrying my father, a.k.a. abusive alcoholics, and I have pulled the 'kick me' sign off my back. My life is really quite lovely. But I haven't been able to lose the hyper-vigilance thing. The most difficult thing about this group for me so far has been that I can't see anybody's face. I always need to read for signs of danger. I have had panic attacks pretty much any time I have posted anything. It's so exhausting...I believe healing for me will be a huge relief?? I am so ready. I think this tool is just what I need to help. I have done a lot of healing work over the years and come a long way. I now need to develop the ability to trust. To let go. To live like I make art, with reckless abandon.

4/2

I have been doing some of the journaling exercises around narrowing in and possibly restating my focus, and sure enough, I found it enlightening and helpful. So here is my new statement of intention— My focus will be on love and compassion and acceptance of myself, especially my hurt, little girl self. I don't think I have ever given her very much kindness. I have treated her just the way my mother did, always disappointed, thinking that she wasn't good enough.

Wow, how obvious treating my self just like I was treated by my mother. I guess this process asks for an all the way or nothing kind of attitude. So 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. I imagine my first doll to be some kind of loving, nurturing soul. The very aspect of me that I just declared. Imagine that.

4/8

I am working on the third doll. I think of her as representing what's on the other side of the block; the pain, the fear. She is quite different than anything I have made. Sort of primitive, icon like. Her body is a dolphin vertebra that my husband found on the beach. I carved a graceful, serene bird head for her head and shaped a



piece of amber for her neck. I found a small green heart shaped rock and inlaid it in her chest and formed a spiral in her abdomen. Various healing hands will dangle from her "arms". She will be standing in a fossil whale vertebrae disk. It has been so moving for me. She has totally flowed. But I will acknowledge that this process has been very physical for me.

The things, changes, that my body is experiencing, are very connected to the spiritual, and emotional shifts that this project brings. Even now, with the making of this doll, it's not always fun; doesn't always feel good, isn't always easy. The heart/belly connection that is expressed in my doll is proving to be somewhat challenging physically proving to be somewhat challenging physically.

*I thought I was carving a hand and to my surprise a beautiful, benevolent, monster's face appeared. I loved it right then and there. In fact I loved it so much that I thought I should save it for a "real" doll, that it was too cool to use for myself. I was making a HEALING doll. So a huge amount of healing took place as I began my "Guardian Monster".*

A friend just described to me the untwisting of the heart and how it can make one physically nauseous, that it is experienced in certain native rituals and I so connected with that. I feel like I am very slowly moving through this same thing only over a time period of months rather than days that would be traditional. I know that to others it sometimes looks like I am always having fun; they are looking only at the finished product. The process is often so disconcerting.

4/9

This whole process has been incredible. I have been unpeeling layers and opening and learning tons. The first big thing that happened was with my dolls face. I was in my shop trying to do some work for money when his face came out. I thought I was carving a hand and to my surprise a beautiful, benevolent, monster's face appeared. I loved it right then and there. In fact I loved it so much that I thought I should save it for a "real" doll, that it was too cool to use for myself. I was making a HEALING doll. So a huge amount of healing took place as I began my "Guardian Monster". When we did the early



exercise about what dolls did we have when we were kids, I remembered that I didn't play with dolls; that I had a ton of stuffed animals. My protectors. So my monster is composed of several animals, with human hands, holding my baby self. We are looking at each other with love and gratitude. Both emotions seem to be coming out of both of us. I will do some non-dominant hand writing about this next. I really love this doll. I'm so happy to get to keep him. He feels very protective and loving and is now so real. I can picture his smiling face whenever I need to. It almost feels a little silly to think that it matters but I feel so strongly that he is real. When I look at him I feel so emotional. The little hurt baby me is comforted and relieved. Relieved to be alive. Relieved to have made it into this world intact. Relieved to finally have somebody or something there for me always. I guess I am kind of babbling here but bringing your guardian to life is such a powerful thing to do. Even more so than I thought it would be.

# Debi's Medicine Doll Journey

4/19

My scapegoat is pretty dark. I have always made only beautiful dolls. I have always avoided the dark side. So an image came to me pretty fast. It was so creepy that I really tried to shut it out. Of course I knew that I had to go with it so I gave myself a day or so then sort of blurted it out in a crude drawing in my journal. It was like I had to draw it quick and dirty before I chickened out. I have started actually making it but I seem to have to give myself a little time out after each session. It has 4 mean, snarling heads. I have them shaped in Fimo but have resisted baking them. I guess I am resisting making them permanent. Today is the day. I will bake them today. The body will be that of an octopus, sort of. It is holding on to 4 little girls. I went to the Salvation Army just knowing that I would find what I needed and sure enough, just as I was about to walk out the door I saw a little plastic foot poking out of a basket. There they were—4 little girl dolls. I couldn't even grab them at first. The cashier asked me what I was looking for and I said never mind it was too creepy



She really encouraged me to explain so I did. She said " Oh my, you have to do it. We have to get this stuff out in the open." She then went on to share her experience with being abused as a child. I grabbed those dolls and here I am. Building the courage to let the ugly arms wrap around them hold them tight and let the heads scream their ugly words at them. As a child I watched my brother and sister get hit but I was SOOOOOO good that I only got screamed at. But it was so scary. I made sure that I got straight A's in school, Overachieved in everything.

Tried my best to be perfect so that I wouldn't get hit. I couldn't imagine how I would survive a physical attack by such a big man. I could see what would happen to me if I ever slipped from grace. I guess my dad was a very angry guy. His is a very scary doll to make but I feel the power in doing it.

4/22

I just finished the scapegoat doll. My heart is still pounding and I feel like I might throw up. But other than that I think it went pretty well. Really. Along the way I have been having some pretty powerful insights. I think I need to go lie down.

4/24

Fair warning, the Guardian is pretty creepy. I do feel much better today. Yesterday was so intense. I worked on it all day not feeling bad until it was actually done and I really looked at what I had made. It was way worth it though. I'll tell you some of the major revelations making this doll brought to me. Thank you Barb for telling me to pour some compassion into my doll as I made and worked through it. The very next session I had with the heads was profound. As I was painting them they got uglier and meaner until they were dripping blood from their eyes and mouths. Then I really looked at them and realized what pain they were in. So..... this means the hyper-vigilance thing I learned as a child to protect myself is a bunch of worthless nonsense. I can just be me. It never really saved me from anything. I know that I am free. I just have to REMEMBER!! This doll has been so powerful. But I'm sure glad we made the Guardian first.

4/25

I did some non-dominant hand journaling last night that I would like to share. I asked my Guardian Monster a couple of questions. I don't know if you could tell in the photos but my monster is crying. When I made the face I gave him the tears because it just seemed right. But the way I applied them they were slowly rubbing off as I worked on him. So I figured that was the way that it was supposed to be, that maybe he would run out of tears or reason to cry or

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To stay open to my compassionate heart is something I need reminding of. I wanted to mention that the earring she wears is a very special one that I was given 10 years ago, on the 4 day ferry ride on my way up to Haines for the first time. It was from a Scottish midwife traveling with a large group of Australians, including an aboriginal shaman who gifted me some things that are in and on the pouch, and they were all on their way to a gathering to honor Black Elk, a Native visionary. She is the woman who did Reiki on me that helped shift my whole life. I believe that was the boost I needed to get out of the abusive situation I was in and take the radical plunge of moving to Haines. I was wearing an ivory earring that I had made and gave it to her for the Reiki. She then removed her earring and gave it to me. How's that for a story? It has been such a strong symbol of strength to me for all these years. I put it on my doll in such a way that I can take it off and wear it if I like. The other element I forgot to mention is the wings. I had made her a lovely pair of hands but she totally rejected them

in favor of wings. So then I envisioned a magnificent pair of wings but she rejected that idea also and we went for a .

I made a medicine pouch for my doll and filled it with "oh so significant to me" stuff. A butterfly perched on her shoulder at the last minute literally, just like with my talisman doll. I guess this strong symbol of transformation likes to appear in my life. And her hair is my hair that I cut off last year. I had really long hair for years and then one day I just whacked it all off in a fit of spontaneity. It was scary and fun and I like it. And what the heck, it's only hair.

So, here I am at somewhat of a loss, with the end of the group in sight. I think I will make healing dolls for the rest of my life whenever I get the call. This has been such a profound experience. My therapist left town last week rather out of the blue. (two weeks notice) I think I would have been devastated if not for the tremendous progress that I have made in the last few months. The making of healing dolls is one of the most important tools I have on my side now to keep moving forward.

somewhat wild and goofy pair. I guess that is her way of reminding me to stay light. Don't take everything sooooo seriously!

Something I learned about myself: I learned that I have the courage to allow my true, full, authentic self out into the light of day.

Do I feel as if I healed some part of my life or self? Yes I do. For one thing, I feel a huge shift in the feelings I have towards my father. Now I have true compassion for him and that has opened up my way to more compassion for everybody, including myself. So many things are moving again in my life. I was pretty stuck. Afraid to move, to change, to grow. I feel like this project jump started me back onto the path.

something. Anyhow, when I was gluing him together, in the final stages, right at the last possible moment (my epoxy was setting up fast) I suddenly fixed him with permanent tears. I wondered at that for awhile but moved on. So back to the question. I asked my monster why he was crying. With my non-dominant hand he answered, "I am crying because I feel joy, I am crying because I feel sorrow. This is the stuff of life and it deserves our tears." That really moved me. We need to feel our feelings. Without apology. Then I asked him who are you? He said, "I am you". OK, that's the short version of his answer but you get the idea. I love this monster, therefore I love me. This work is so deep, it astounds me.

5/1

I have been called a fearful person. I have always felt such shame in that. And yet I have come to know that this inner world that our group is entering so deeply, so freely, so courageously is a land that most people, including those who have accused me, absolutely fear to tread. I have come to know that it is okay to accept some fears in myself and reject others as too restrictive. The fears that I can accept have lost a great deal of their power over me. It's not that I no longer fear bears for example, it's that I am no longer shamed by it. The fears that I have deemed too restrictive, that interfere with my life in a way that is not ok with me, I can work on now without shame. The shame factor totally changes the energy of fear into a much bigger, bad thing. A nearly impossible thing to work on. Take away the shame and it is not such a big deal after all. I too seek the grace and strength to not be frozen by it, to not hold back from truth seeking because of it.

5/24

My Inner Healer is Wisser Woman. Hopefully, if I stay open, I will just get wiser and wiser along the way. A few years ago I set out to do a self portrait doll. I thought it would be somehow therapeutic to look at myself in such an intense, thorough way. After a while, after I got over the weirdness of looking at myself, I got kind of bored with the process of perfecting the clay



model I was making and decided to just jump right into wood carving. So I went straight to intuitive mode and started carving. What came out was a very frightened looking old woman's face. She looked nothing like me and was somewhat disturbing. So I put her away in a box, dropped the idea altogether and forgot about her... until one day in the middle of this project I had the overwhelming urge to find her and alter her. It was one of those strange manic feelings. When I emerged from the trance-like carving session I knew that this was the face for my final doll. She has move through her fear and has learned much. She knows that she will continue to learn and grow forever. Her body is a piece of wood that I picked up somewhere along the way years ago. It looks very female to me. The figure on her side, actually being birthed out of her is an angel of suffering. She reminds me to acknowledge the suffering of myself and others. It is so natural to hide from and block out suffering but all that does is prolong it. The only way past is right through the middle. She also stands as a reminder of compassion.