

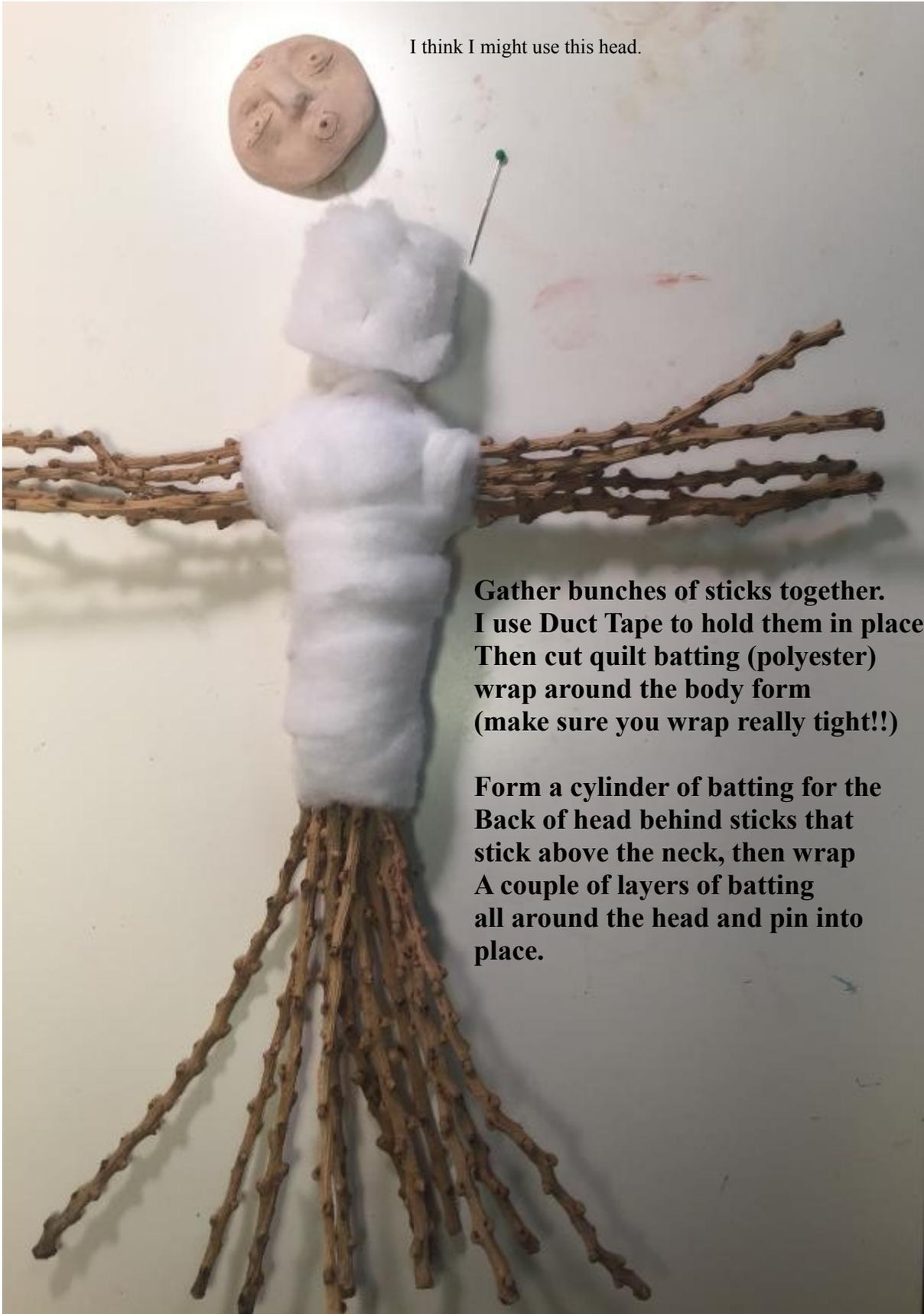


<http://www.gaiansoul.com/2012/12/spirit-doll-ebook/>
This ebook is free just by going to the link

My online friend and teacher, Lyn Belisle at <http://earthshards.com/shards/>
Taught the class at Joanna's retreat center.

I took Lyn's Spirit Dolls class online through Artful Gathering.

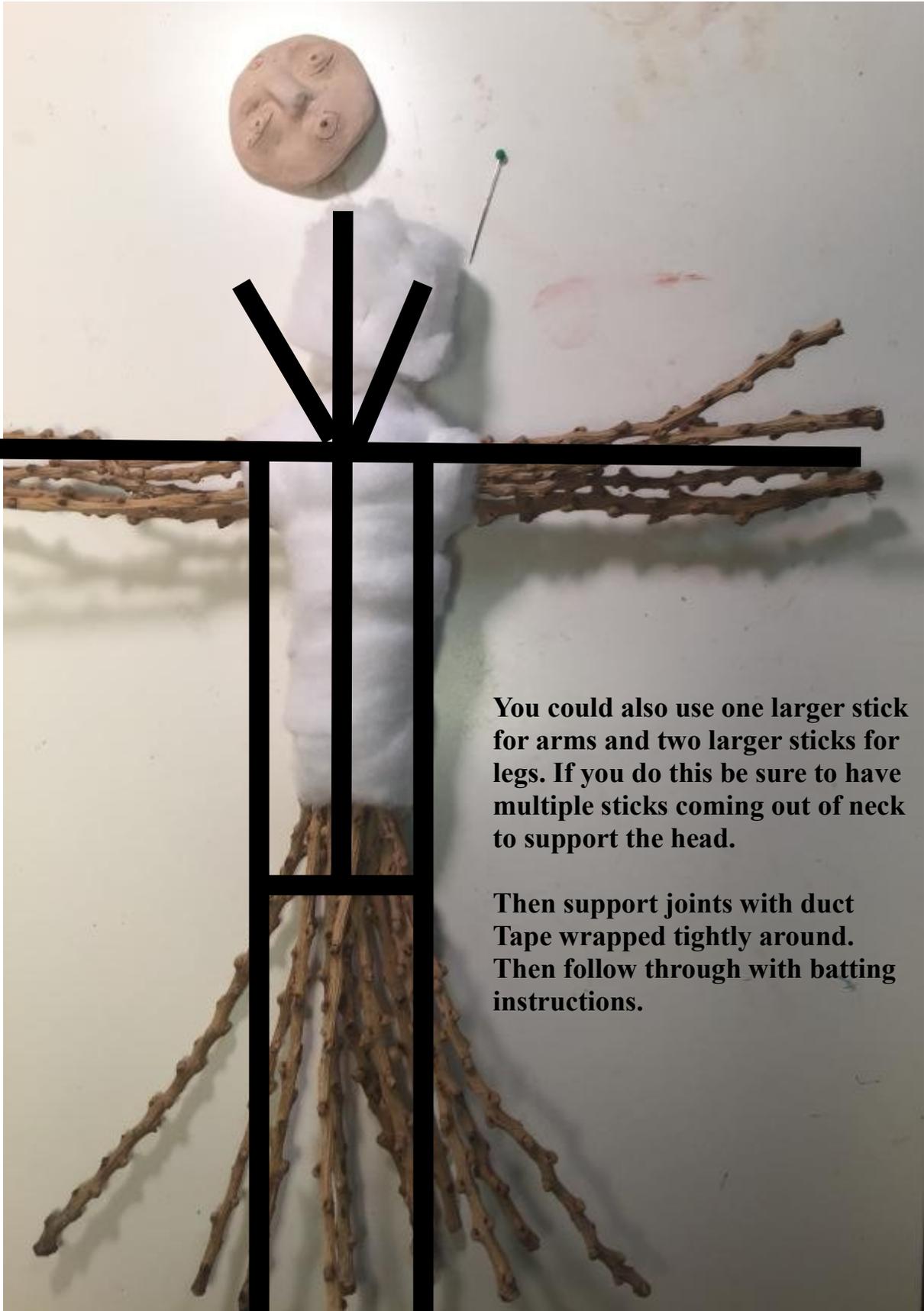
What follows are the steps I use in making this kind of doll. These steps can be used to make all kinds of stick dolls.



I think I might use this head.

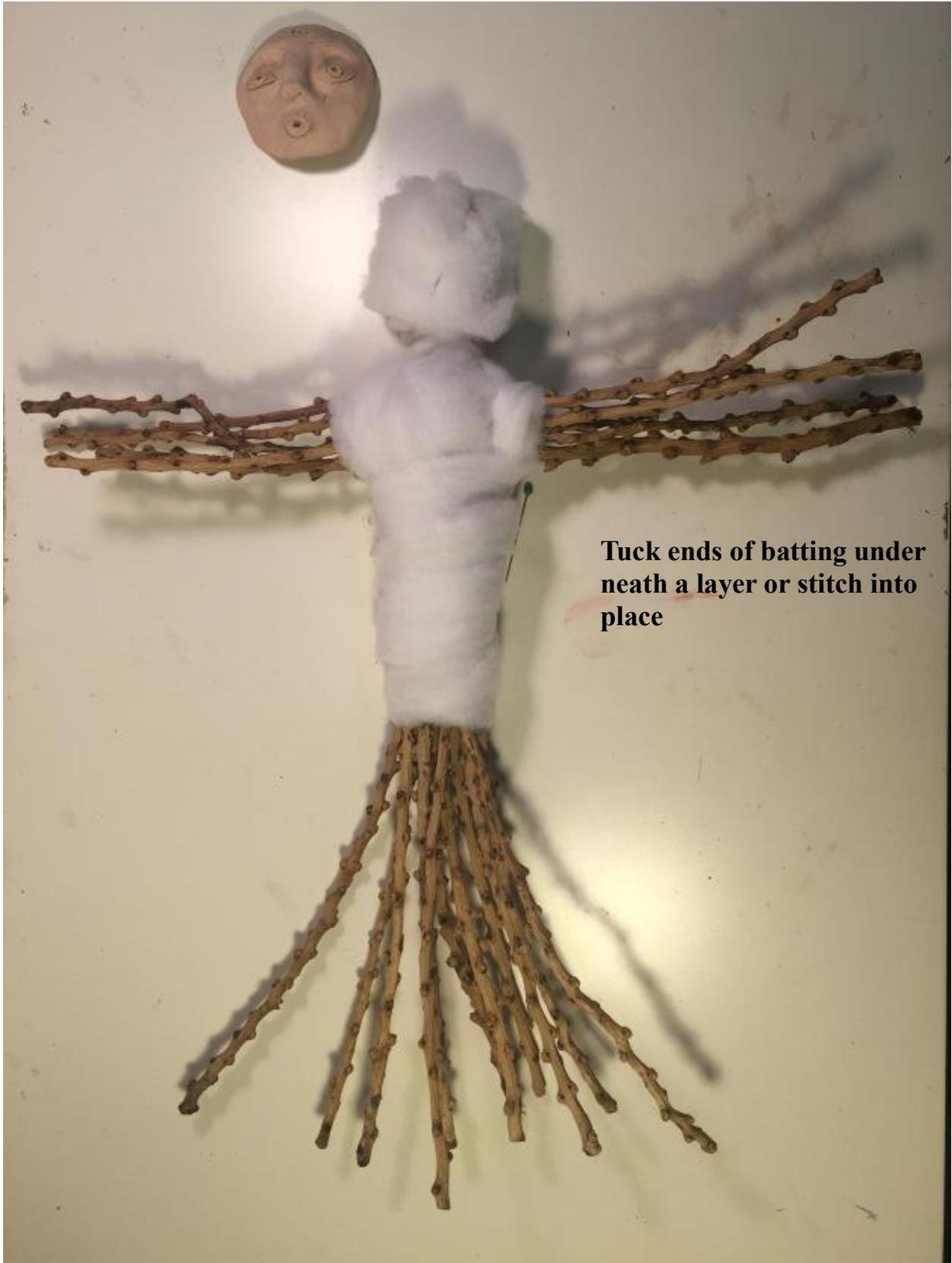
Gather bunches of sticks together. I use Duct Tape to hold them in place. Then cut quilt batting (polyester) wrap around the body form (make sure you wrap really tight!!)

Form a cylinder of batting for the Back of head behind sticks that stick above the neck, then wrap A couple of layers of batting all around the head and pin into place.



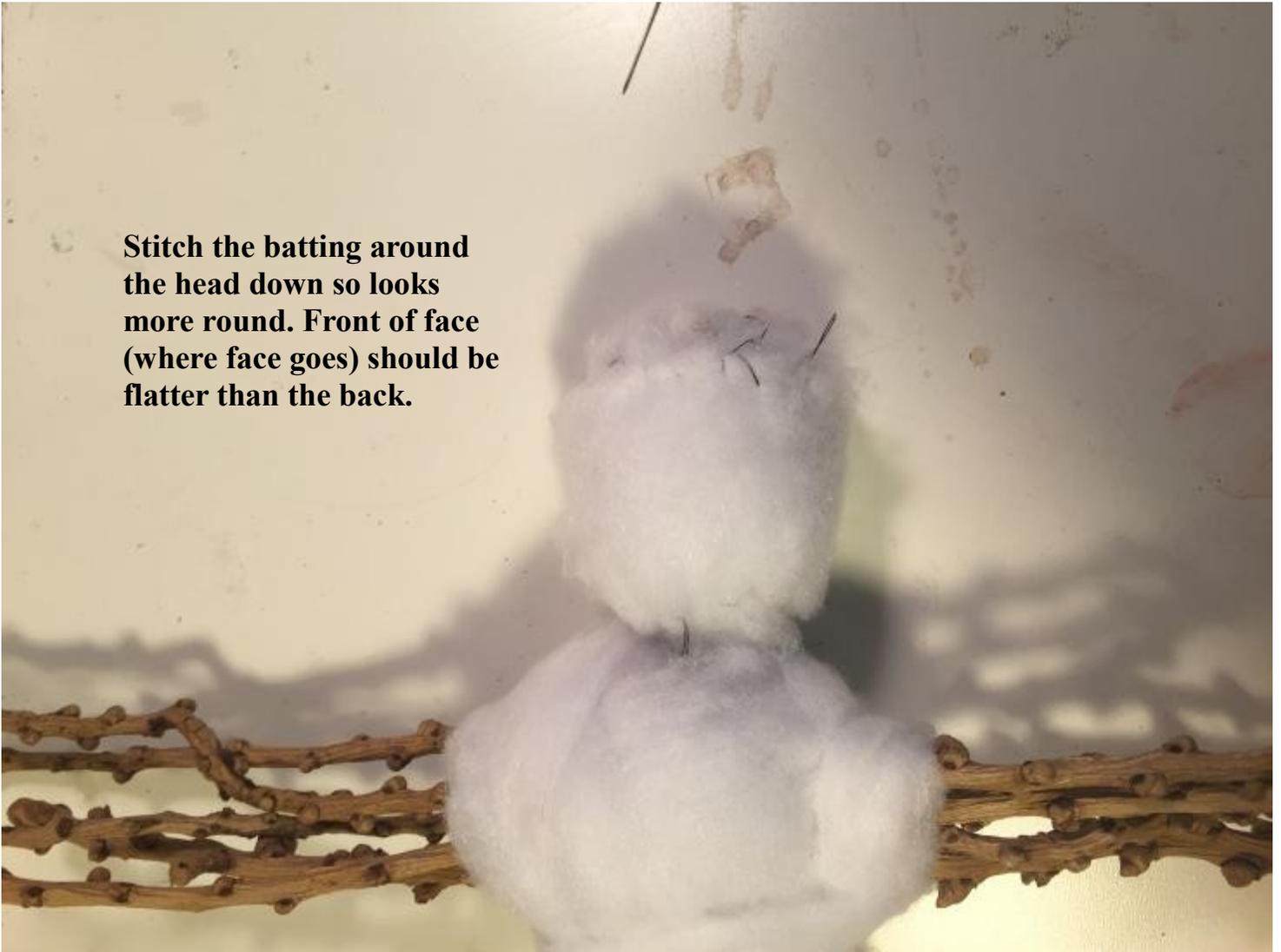
You could also use one larger stick for arms and two larger sticks for legs. If you do this be sure to have multiple sticks coming out of neck to support the head.

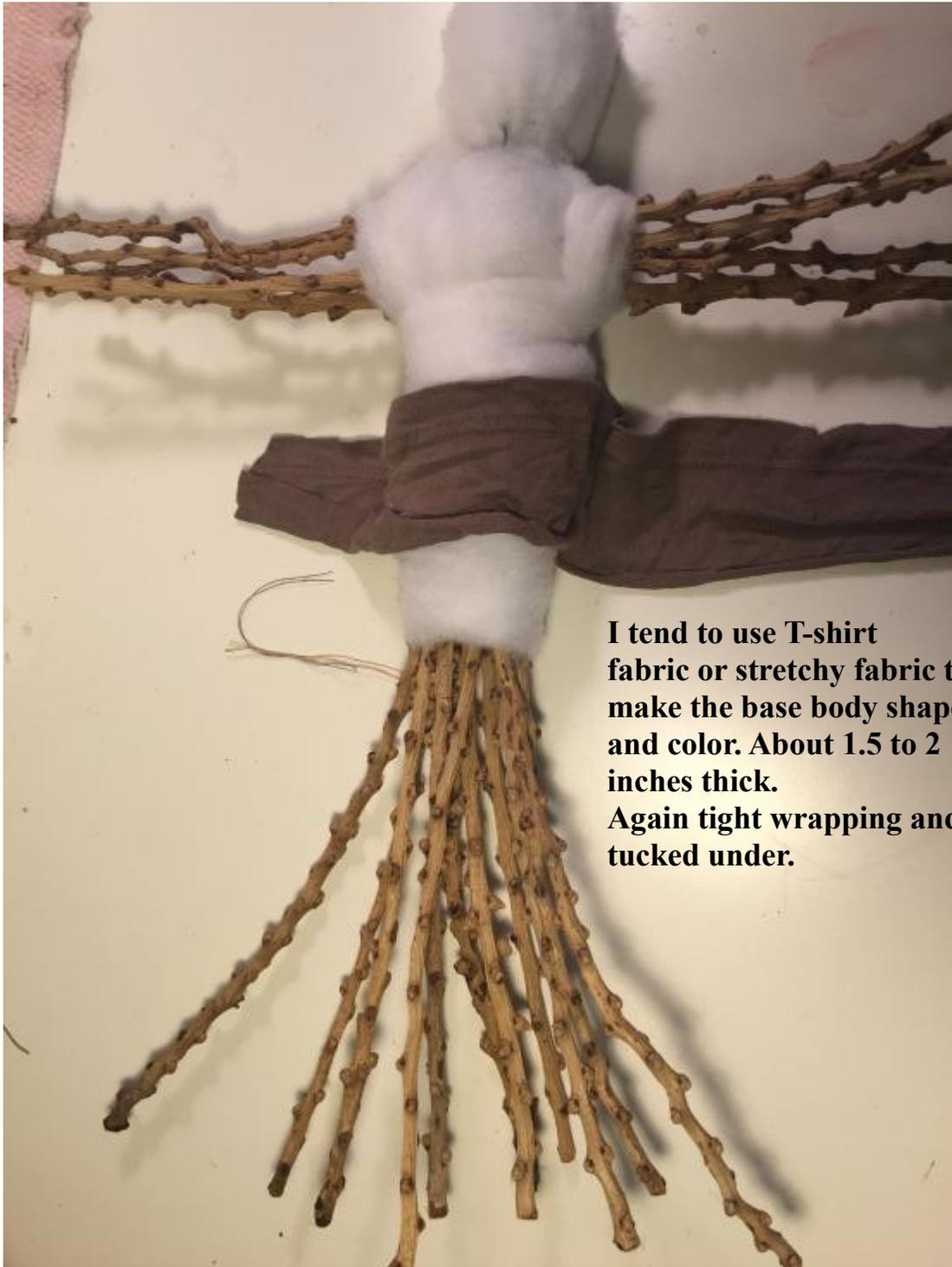
Then support joints with duct Tape wrapped tightly around. Then follow through with batting instructions.



**Tuck ends of batting under
neath a layer or stitch into
place**

Stitch the batting around the head down so looks more round. Front of face (where face goes) should be flatter than the back.

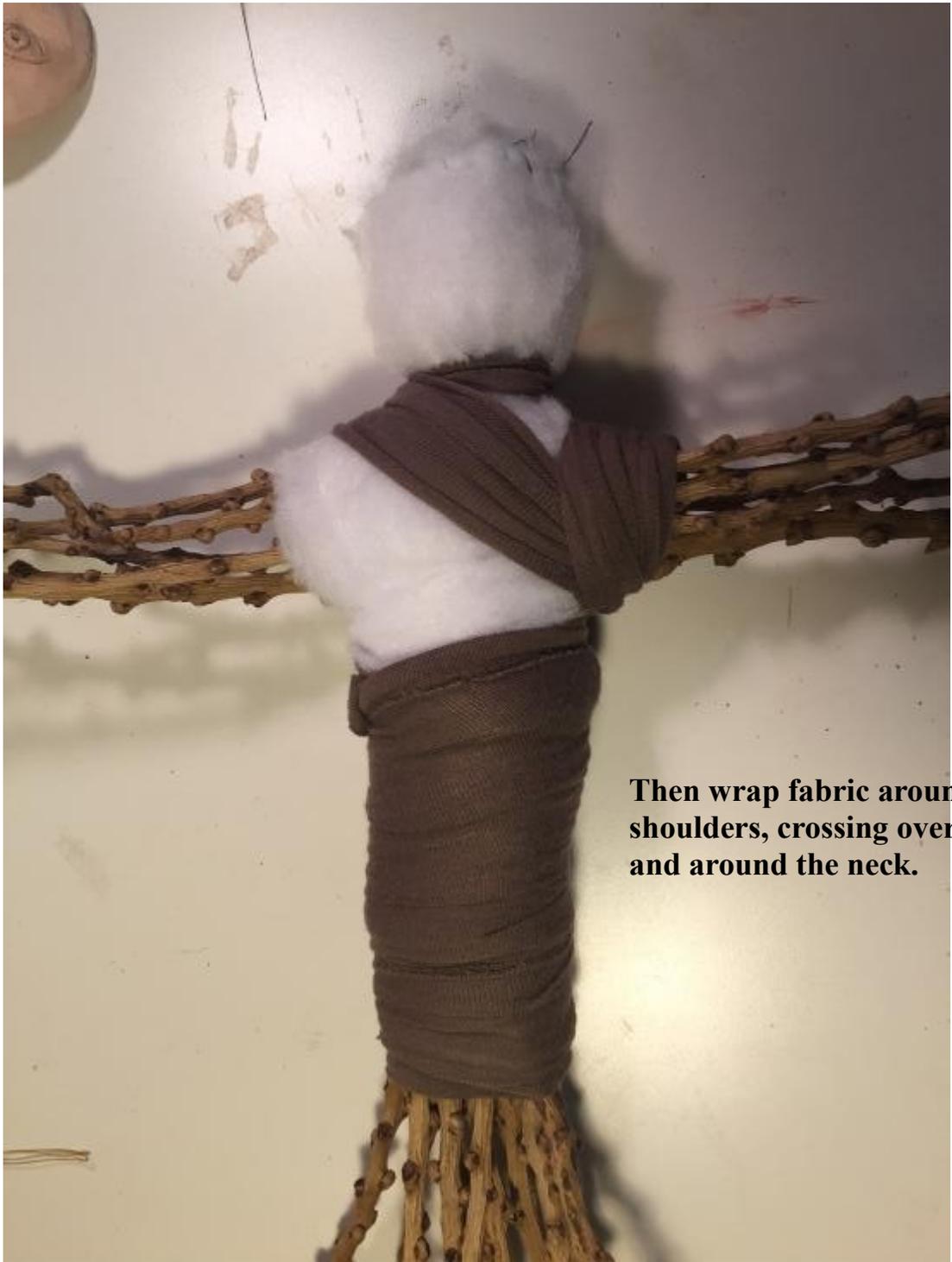




I tend to use T-shirt fabric or stretchy fabric to make the base body shape and color. About 1.5 to 2 inches thick. Again tight wrapping and tucked under.

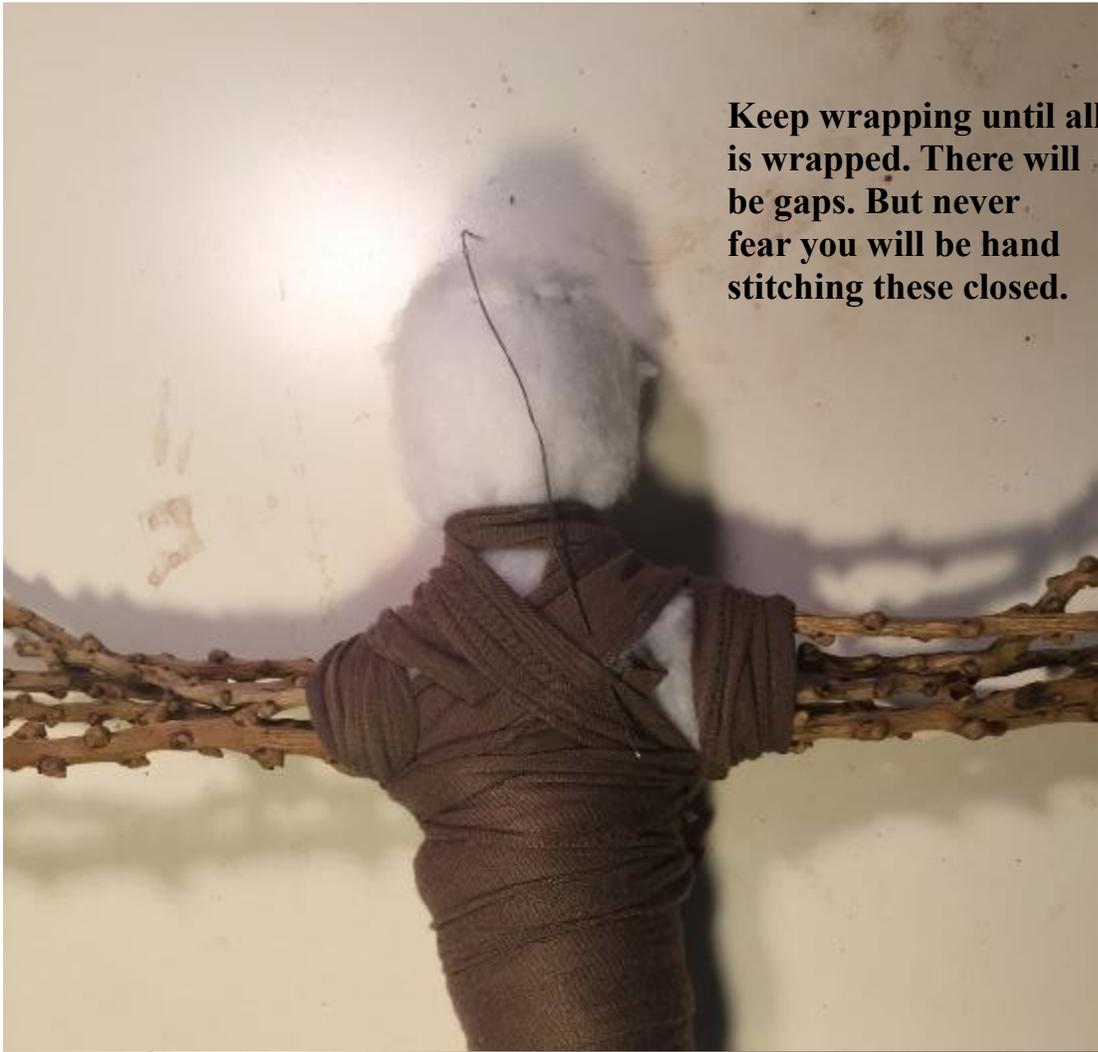


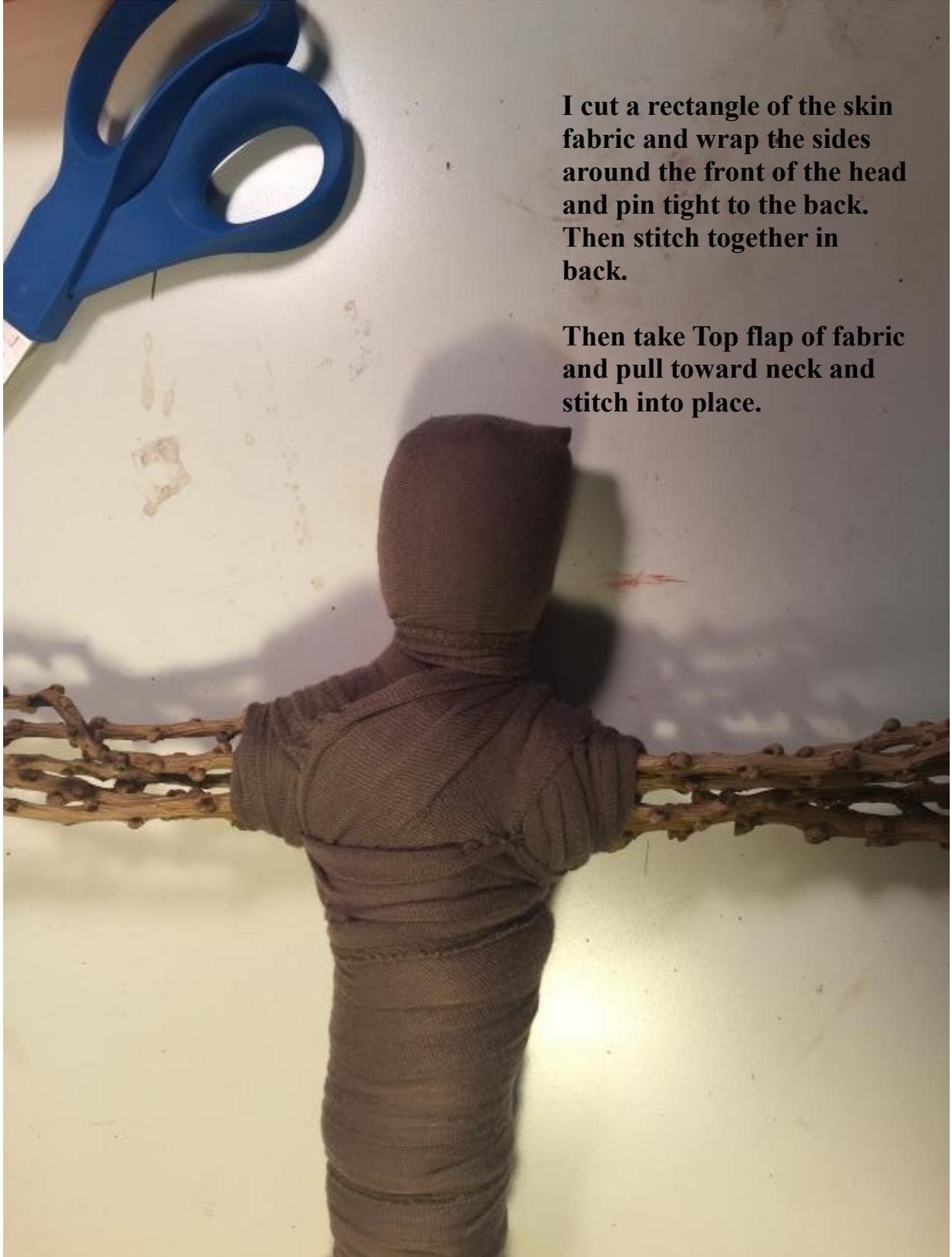
Torso is now wrapped.



Then wrap fabric around shoulders, crossing over and around the neck.

Keep wrapping until all is wrapped. There will be gaps. But never fear you will be hand stitching these closed.





I cut a rectangle of the skin fabric and wrap the sides around the front of the head and pin tight to the back. Then stitch together in back.

Then take Top flap of fabric and pull toward neck and stitch into place.



This is what the back looks like....but wait it kind of looks like a face.

Maybe I'll use that???

to be continued



**Choose your fabrics. I put
An underskirt or “slip” from
transparent fabric or dyed cheese
cloth.**

**Choose three for four fabrics that
seems to work well together in tex-
ture and color.**



Hand sew the first layer of skirt to the body.



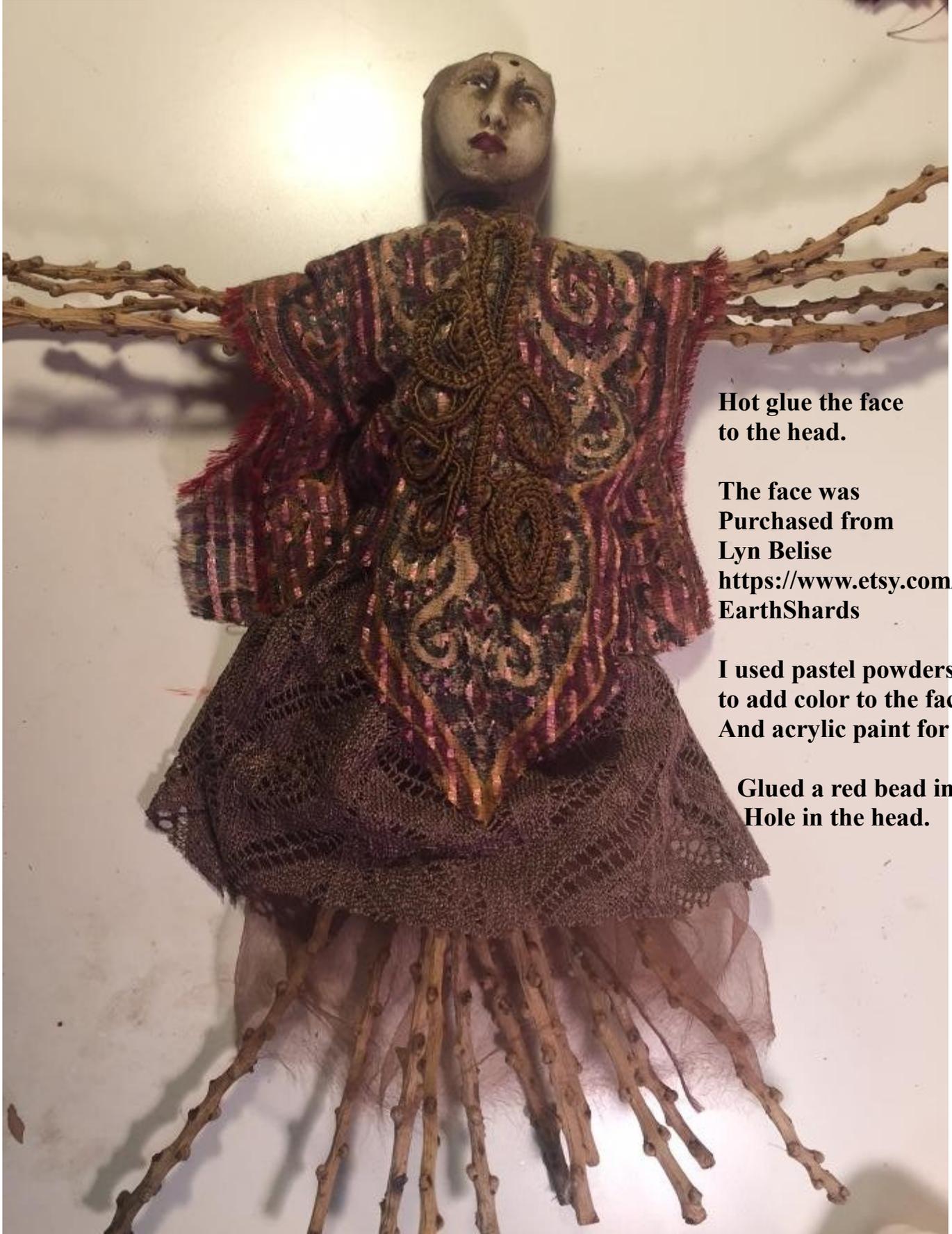
Hand sew the second layer.



Cut the top layer of fabric so fits over head and stitch on where you see needs shaping and attaching to the body.



**Search out some embellishments
and sew on.**



Hot glue the face to the head.

**The face was
Purchased from
Lyn Belise
[https://www.etsy.com/shop/
EarthShards](https://www.etsy.com/shop/EarthShards)**

**I used pastel powders
to add color to the face
And acrylic paint for lips**

**Glued a red bead in the
Hole in the head.**



Glued hair to the Head.

Wrapped more fabric around the Neck and sewed in place.

