

## Archetypal Doll Making

**This is an online offering and group interaction will be offered through a Facebook secret group.**

Dolls have existed since the beginning of humankind, and in every corner of the globe, serving as companions and playthings but also as containers of ancient wisdom, healing and transformational powers. Contemporary dolls can have the same power as ancient dolls, to hold multiple layers of meaning and intention, both for the maker and the observer. They can serve as mirrors and companions to our deepest, truest selves.

The process of doll making can help you to heal at a physical, emotional, mental and spiritual level. At the beginning of the class we will go through a process of setting our intention for our doll, through looking at archetypes, symbols, animal totems, and personal desires. Common archetypes for doll making include a guardian, a scapegoat, a loving kindness being, a talisman or a healer. We will start from a sketch and then move into 3 dimensions.

If you would like to begin the process before class of deciding what kind of doll you would like to make (you might have time to make two), begin to answer the questions provided, make a list of symbols that resonate with you, objects you are drawn to as you move through your day, and a few loose sketches of what your doll might look like.

You will have the choice of creating your own wire based doll, creating from felt, clay and found objects, or all of the above.

This work will take you through a creative process toward a goal of healing an aspect of yourself and/or your life. Your intention drives the process and keeps you focused. Class involves keeping a journal as well as making the dolls. Your journal becomes the record keeper and witness and provides a place for you to dialog with your creations.

Creating your one-of-a-kind art dolls in this process that will help you:

- Claim your definition of healing and create visual metaphors that define your life and living boundaries
- Connection to your body, mind and spirit
- Embody your wisdom
- Lift your mood, boost self-awareness and feelings of accomplishment and improve self confidence
- Reduce stress and release your worries, struggles and stuck and stuffed emotions

- Directly affect your automatic nervous system that controls body functions and your immune system.
- Make a tangible record of images that express your thoughts and feelings
- Free your body's healing mechanisms to heal and remove barriers to healing
- Create a spirit vessel to manifest your healing energy.
- Develop your artistic style of expressing yourself.
- Assist you in recognizing your voice and the voices of your intuition.