

The Way of the Doll: A Transformational Journey

The Way of the Doll is a school of personal transformation because it is as much a spiritual and mystical journey as a creative and psychological one. *The Way of the Doll* is an encounter with powerful archetypal figures that are shaped, garbed, and often placed in settings that come out of the symbolic psyche of each member of the circle.

Mythology, dream work, depth psychology, alchemy, sculpture, textile, craft poetry, and storytelling all come together during our monthly practice and personal meditation.

- Creating your “mythic doll” can help restore your dream and reawaken the creativity you had as a child.
- Experiencing a collaborative community circle can help bring depth, power, and healing to you and your community.
- Sculpting with your hands in clay can help deepen and enhance your self-realization and language skills, opening your life and your world.

The Way of Clay

Working with porcelain clay, your hands create a perfect image to reflect the inner work you are doing on your soul because, by its very nature, clay is also mutable and amorphous. We live in our bodies and because we use them everyday, we have attained a tactile, cellular memory of the human form. Within our hands we have the capacity to translate this body-memory into clay:

If not restrained by our negative feelings of doubt or unworthiness, we will find ourselves forming representational images intuitively and naturally.

Like our dreams, these images guide us to what else needs our attention and shaping. If we follow our feelings as they move through the clay, our instinctual creativity will guide us back to the most ancient of wisdoms. Our connection and interconnection with things, bodies, matter, and even humble clay are all evidence of this wisdom. When we find ourselves disconnected from this wisdom we discover the source of our original wounding.

We all begin life in a primal relationship with wholeness. Between others, the world, and us there is wholeness. Between us, others, and the world there is no



Psyche and the Ferryman

disconnection. At the deepest level of our unconscious and subconscious self we never forget these relationships. The trick is to find our way back home.

Our wholeness often breaks apart during our “the original wounding” and our instinct to repair that split is the genesis for our creative urges. We have found over the years that when light is focused on this painful wound of separation, we usually discover an undeveloped and needful child, longing to return home.



Persephone

The Sacred Circle: A Creative Collaborative Community

In *Way of the Doll* circles we are fellow travelers sharing a journey of common interest and destination. While we each have our own path and timeframes, we make an intention to journey as collaborators so that as a collective mystery we may mirror what lies within each of us:

Nobody can see his or her own face without a mirror. And whatever or whoever we see in that mirror, for better or worse, must first be embraced and accepted before it can be transformed.

Imagine you have a dream of re-creating something special in yourself or your life. You sense a stirring or longing within you, something both disturbing and fascinating. While this feeling may manifest as anxiety or depression you intuit an opening with an opportunity to create a new self. Inspired by your dreams, feelings, doll images, and “stories,” you know that the right attitude within a supportive circle will make this re-creation occur. So you begin your journey to accomplish the seemingly impossible, with a first step.

A hero or heroine is an ordinary person who accomplishes the extraordinary. We are all necessary to this world and at some point in our lives we have to make the hero’s or heroine’s journey to realize this is true.

Collaboration and Mastery

The doll circles are founded on one basic teaching: everyone who enters, no matter their creative or spiritual level, will aspire to greatness. For instance, if I possess the greatest skill in sculpting, everyone will aspire to my level. If another doll maker enters with more highly developed than mine, we will all aspire to that person’s level.

We insure that such a “rising” occurs within each of us and the community by a conscious intention of a collective attitude and a shared vision for remembrance and healing.

Using a variety of methods and rituals, we always seek to cultivate an atmosphere of non-competitiveness. If each encourages success for others in the community, any success supports and encourages us all. We neither judge nor criticize nor leave anyone behind.

If I feel the need to be better (or worse) than others, my competitive attitude can negatively impact the entire community in that others may react in kind. This example shows why the circle, and the collective feeling of trust and support nurtures, is so essential to the birth process of each member’s doll.

Is *Way of the Doll* your next path?

If you, your friends or community are interested in finding out whether the *Way of the Doll* process may be your path, an introductory evening will let you experience the process and community. If after attending the introductory evening you decide to proceed further, we will meet one-on-one to dialogue in more detail. Members of the *Way of the Doll* community often feel a need to return to the circle and I value their participation and leadership.



Eros

Cassandra Light
138 Crescent Avenue
Sausalito, CA 94965
Office: 415.887.9571
Cell: 415.272.1370
cassandraclight@yahoo.com
<http://www.wayofthedoll.com/workshops.html>

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