

WOUNDED HEALER

Path of Service Divinely Provided

A Creative Process of Transforming a Healing Doll



I focused on the "womb-like" symbol in her belly, printed it out and put it in my art journal. Sue Monk Kidd writes about being raised Catholic and her stories were similar as mine. Her writing about the Divine Feminine was new for me and deeply sparked my curiosity. Kidd's mention of the Black Madonna led my research. Somewhere along the way between a God that could be feminine, religions that shame women's bodies and disempower their spirits and the comet Chevron I discovered the Wounded Healer. It represents our deepest wound, and our efforts to heal the wound. I read that the Wounded Healer is an archetype of a person who is at home in the darkness of suffering, where she finds gems of light and recovery.

The wounded healer reveals that it is only by being willing to consciously face an experience and go through our wound do we receive its blessing. To go through our wound is to embrace, assent to, and say "yes" to the mysteriously painful place in ourselves where the wound is leading us. Making my art was an initiatory process, a calling that allowed me to go through my wound and witness the transformative process. Going through our wound is a genuine death experience, as our old self "dies" in the process while a new, more expansive and empowered part of ourselves



Exposing the Wounds

I removed all the veils and hung her on a wall in my studio. I shined a bright light on her so I could see her shadow. She looked as if she was reaching out to me.



A few years ago I created this veiled doll and hung her on the wall in my art studio. I knew it had something to do with the shame I felt about my body, having had four major surgeries all in the womb area or second chakra. One day I took her into my garden. There she guided me to connect with my higher wisdom and learn more about the Divine Feminine. I began doing research on the Divine Feminine and read *Dance of the Dissident Daughter*, by Sue Monk Kidd.



My wound/womb symbol reminded me of a pomegranate. I had read about pomegranates in Kidd's book *Traveling With Pomegranates* and the myths and wisdom stories of Demeter and Persephone. I knew it was an important symbol to include in the redesigned doll. The embellished and beaded symbol fit perfectly over the wounded womb area, along with my use of the colors of spring and growth.



Going through the process of rebirthing and healing.



Finding Pomegranate Doll Artist, Barb Kobe

These Sue Monk Kidd's quotes embellished and helped me to define my process.

"The question occurred to me: Well, if that's so, if the Divine is ultimately formless and genderless, what's the big deal? Why all this bother? The bother is because we have no other way of speaking about the Absolute. We need forms and images. Without them we have no way of relating to the Divine. Symbol and image create a universal spiritual language. It's the language the soul understands."

"You create a path of your own by looking within yourself and listening to your soul, cultivating your own ways of experiencing the sacred and then practicing it. Practicing until you make it a song that sings you."

"But secluding my experience during that early period was both cowardly and wise. Some things are too fragile, too vulnerable to bring into the public eye. Tender things with tiny roots tend to wither in the glare of public scrutiny. By holding my awakening within, I contained the energy of it, and it fed me the way blood feeds muscle. It fed me a certain propelling energy, and I kept moving forward."

"Whatever else you do, listen to your Deepest Self. Love Her and be true to Her, speak Her truth, always."



In Kidd's *Dance of Dissident Daughter* book she said, "The truth is, in order to heal we need to tell our stories and have them witnessed. The story itself becomes a vessel that holds us up, that sustains, that allows us to order our jumbled experiences into meaning. As I told my stories of fear, awakening, struggle, and transformation and had them received, heard, and validated by other women, I found healing."

I decided to find the stories hidden in the doll and began to unveil her, gathering her symbols and stories in my art journal. I wrote, "Healing is a life-long journey; trust life and enter arenas that have given me fear in the past."