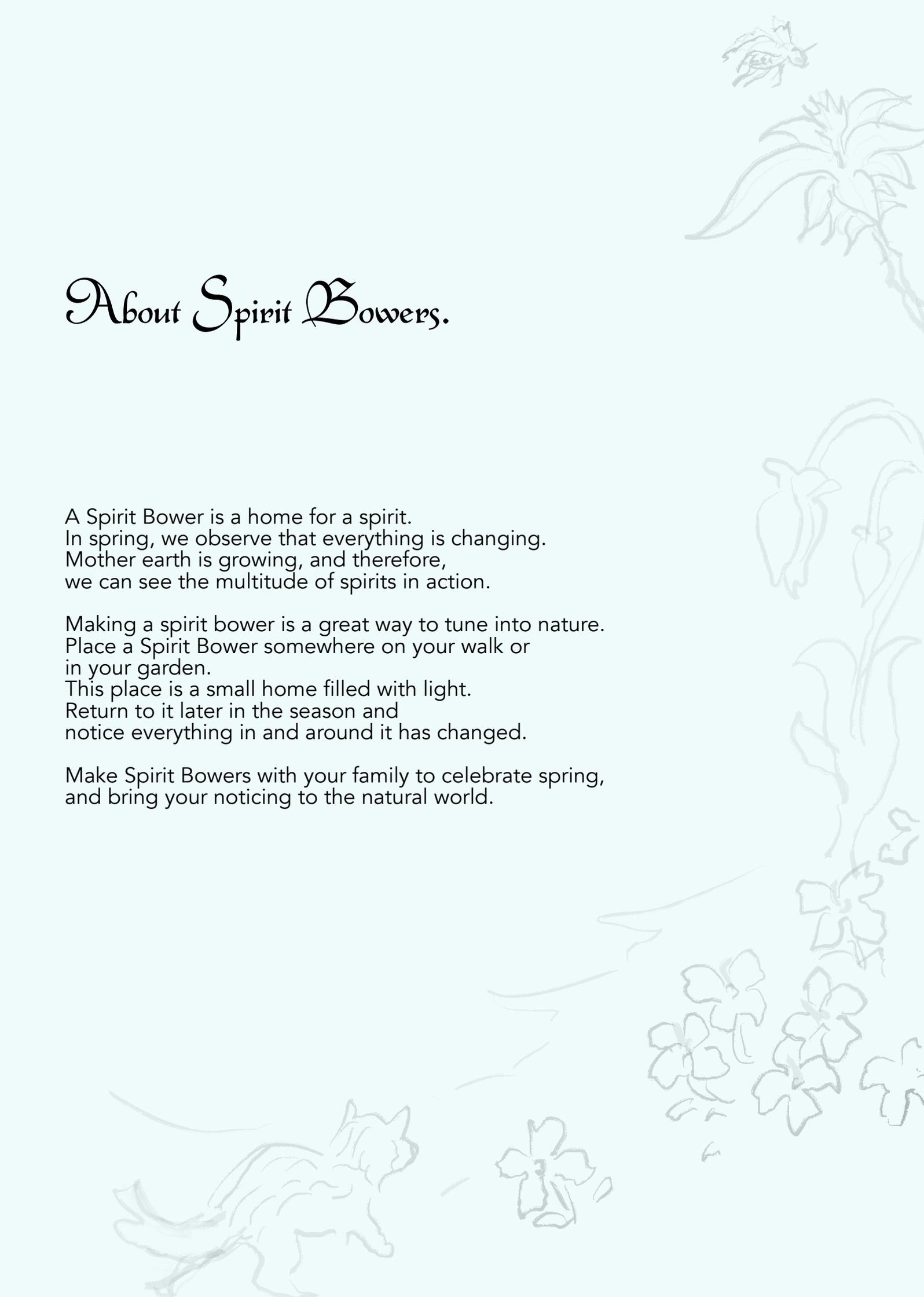




Spirit Bowers
A Celebration of Spring



About Spirit Bowers.

A Spirit Bower is a home for a spirit.
In spring, we observe that everything is changing.
Mother earth is growing, and therefore,
we can see the multitude of spirits in action.

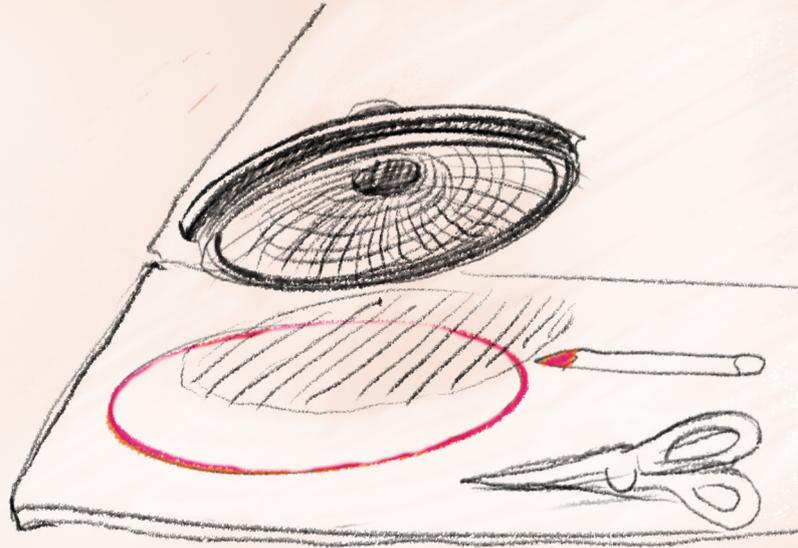
Making a spirit bower is a great way to tune into nature.
Place a Spirit Bower somewhere on your walk or
in your garden.
This place is a small home filled with light.
Return to it later in the season and
notice everything in and around it has changed.

Make Spirit Bowers with your family to celebrate spring,
and bring your noticing to the natural world.

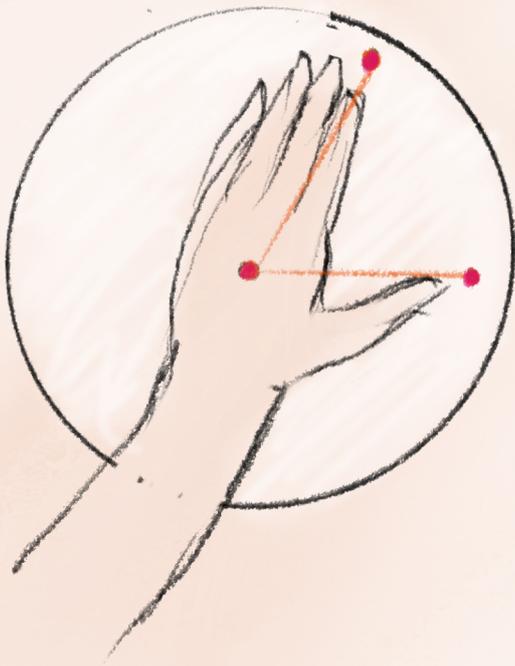
How to Make a Spirit Bower

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Soak two pieces of round reed in a large pot (I used #3 round reed which is 2-1/4mm width). The pieces are about 8 feet long, but the second piece does not need to be very long.

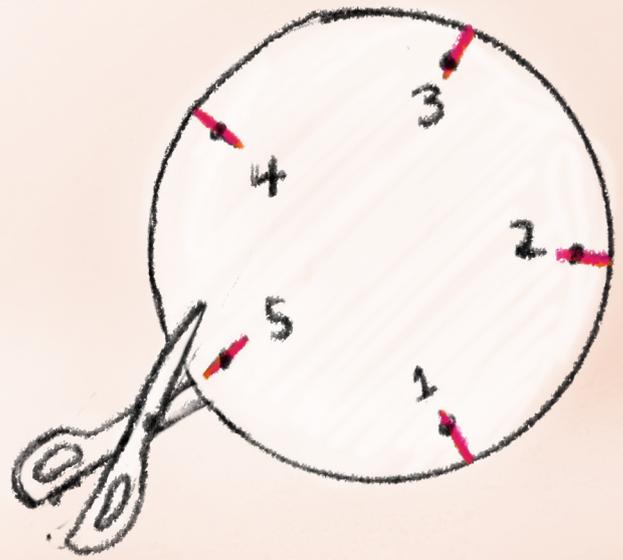


While the reed is soaking trace a 9-inch diameter circle on a discarded cardboard box (you do not have to be exact). The size is about the size of a medium pot lid in your house.



Mark five points on the cardboard to create points of a pentagon. To do so you might find it helpful to use your hand. The center of your palm is the center of the circle. Mark above your index finger, and above your thumb to get roughly a 72-degree angle. Rotate and repeat.

Cut about a 1-inch slot into cardboard on all five points. Label them counter-clockwise, 1 through 5.



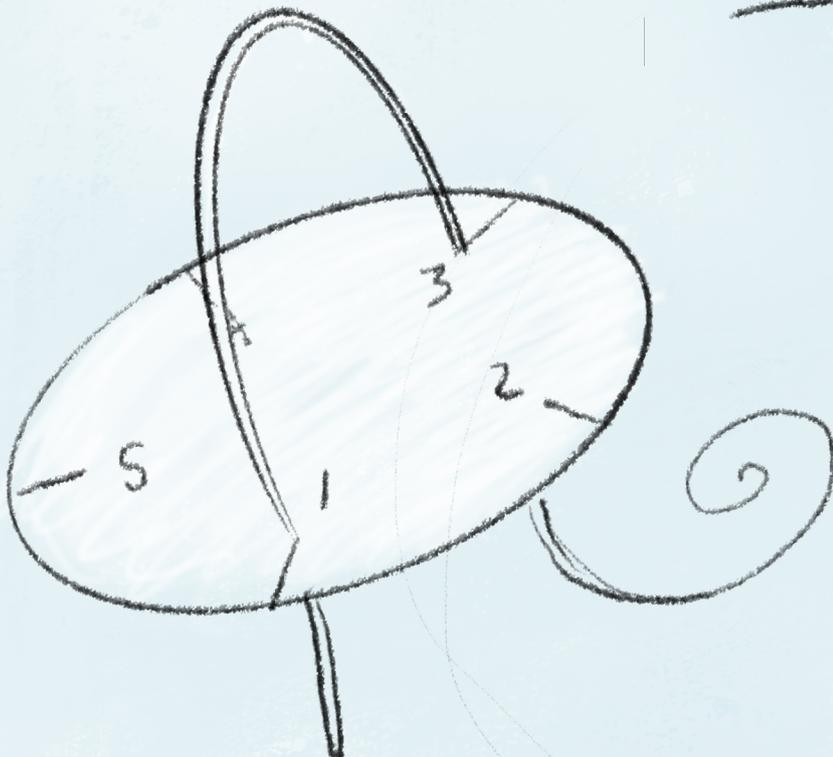
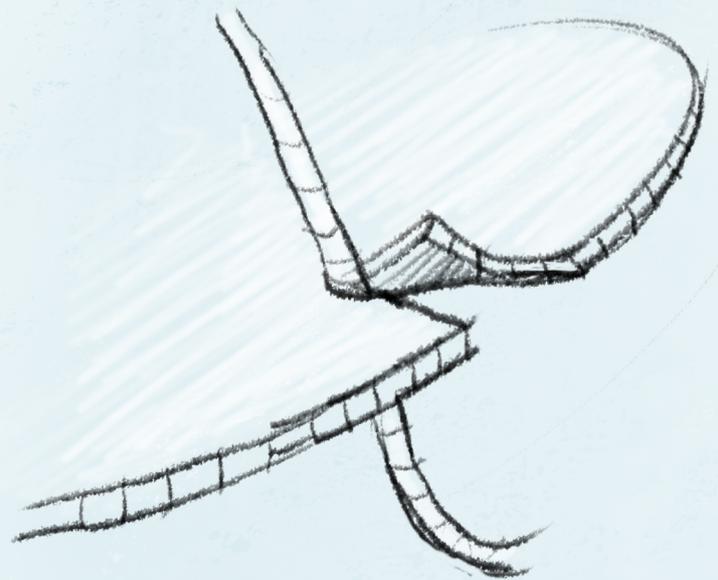
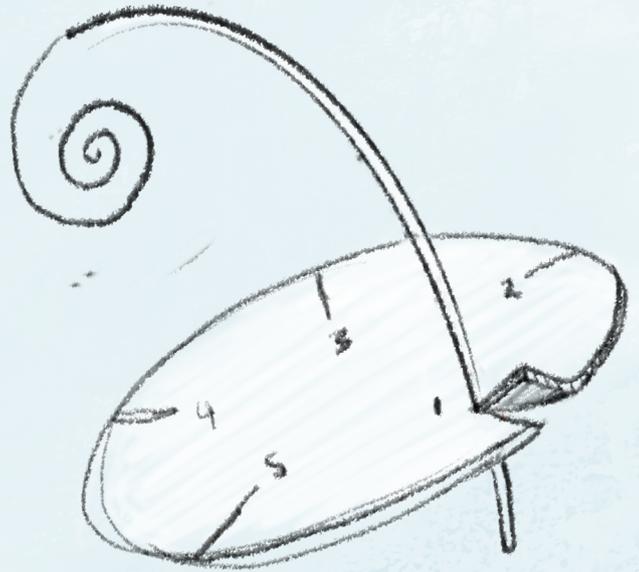
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Remove one piece of the round reed after it has soaked for about five minutes.

Bend flap on cardboard in the "first position" and insert the end of the round reed through the cardboard slot.

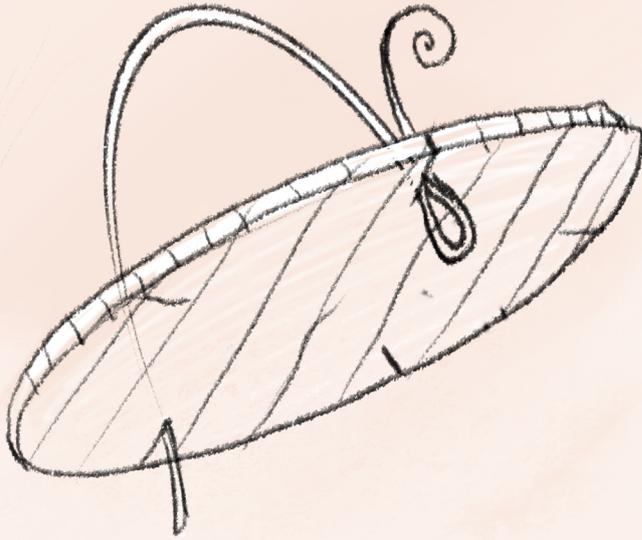
Make the desired height of the first arch between "first" and "third position".

Push or bend flap to insert into the "third position".

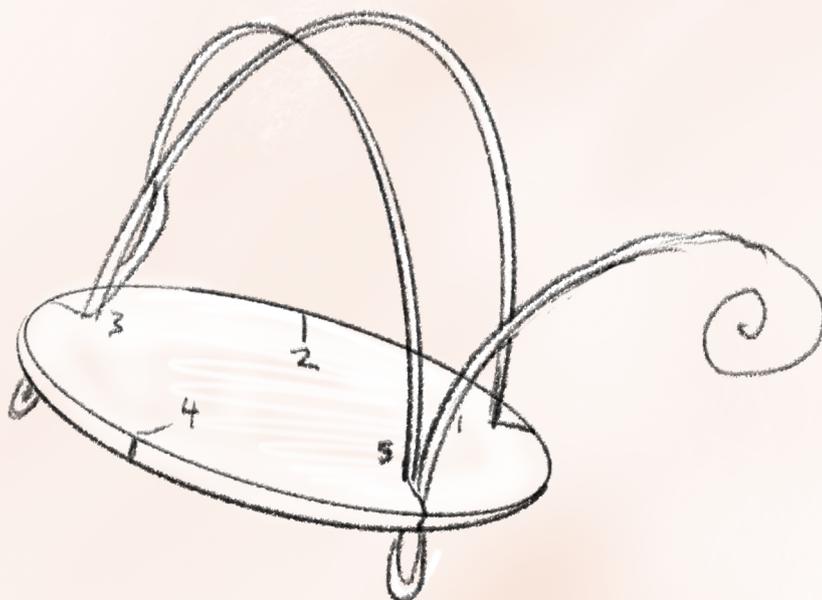
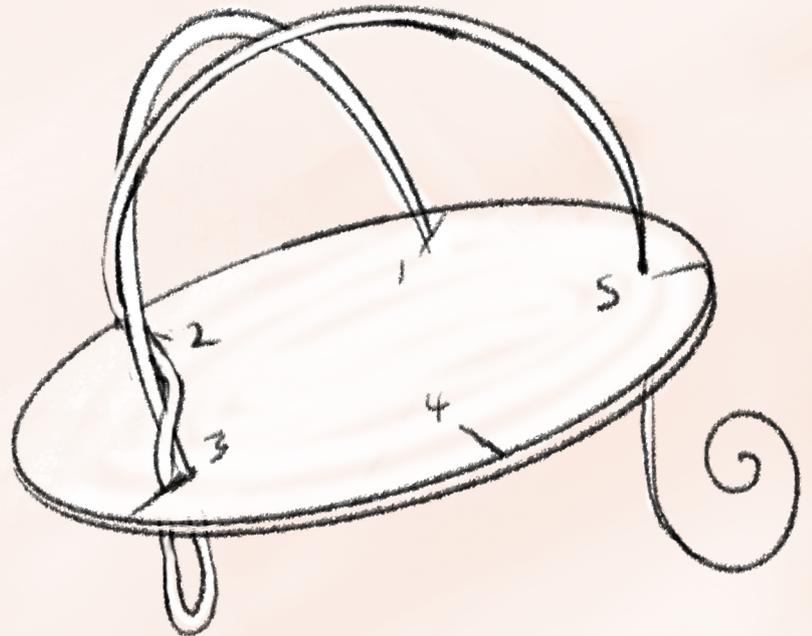


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Head back through the same slot leaving a large loop underneath (like the eye of a needle).

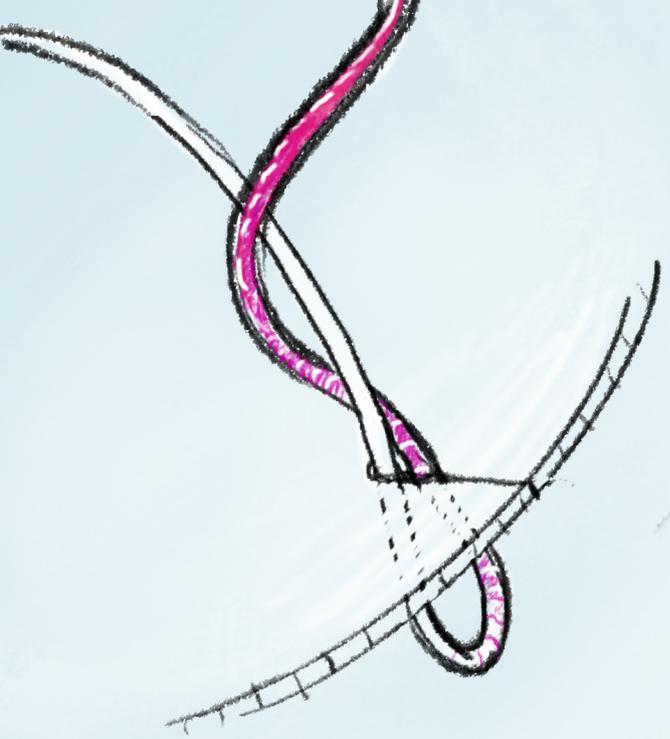


After coming back to the surface, twist around the pillar once counter-clockwise and then back to the right to make your second arch which will be inserted into the "fifth position".



Insert and Loop as you did before while trying to make all your loops consistent sizes.

Insert back up to the top face of the cardboard.

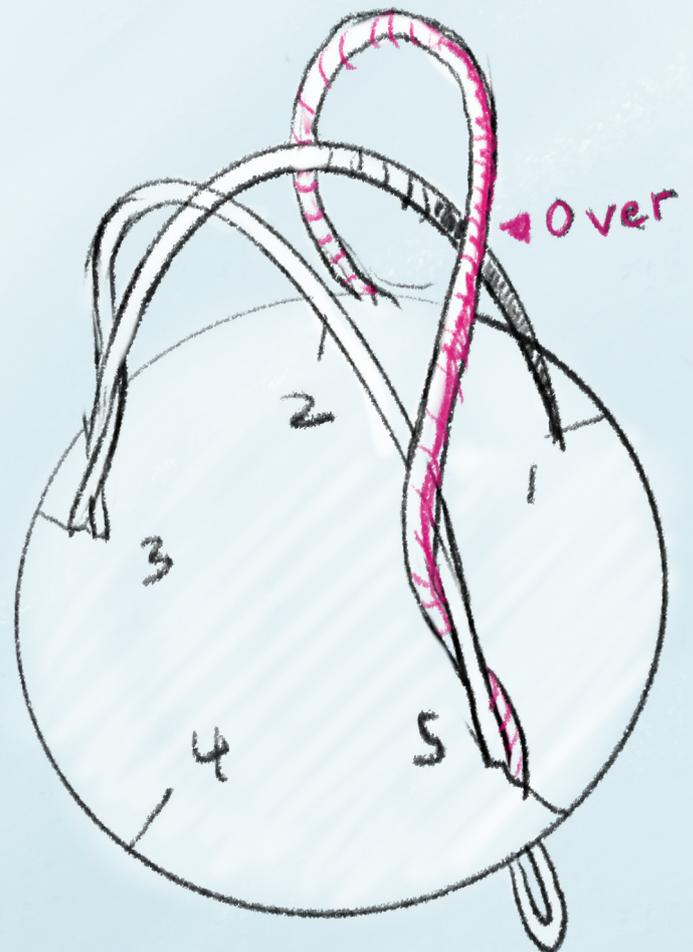


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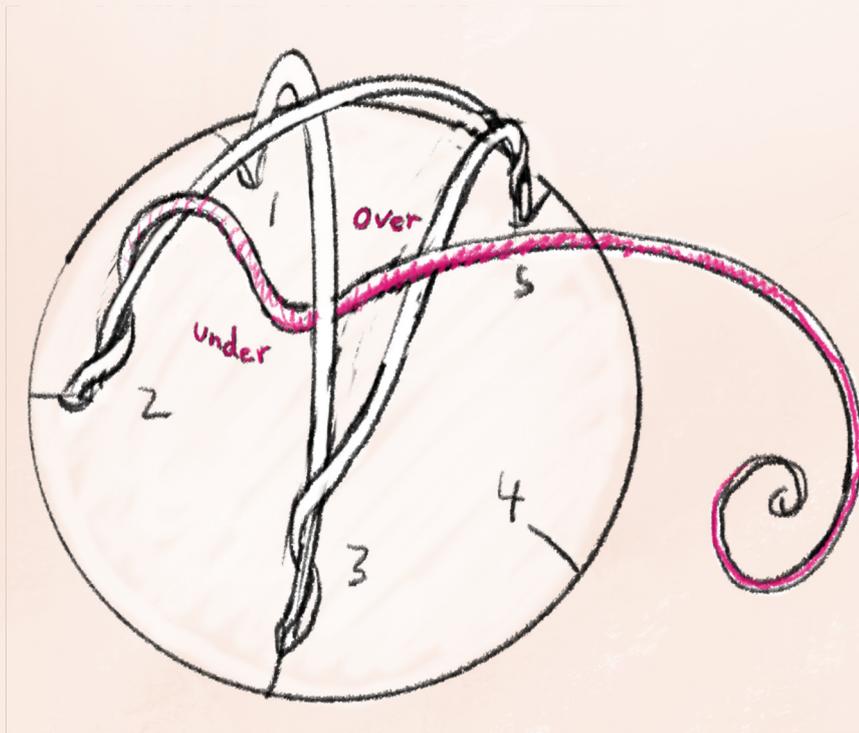
Again, circle behind the pillar counter-clockwise, crossing back to the right to begin making your third arch.

As you cross over the top of the first arch, note, this time you will go over the arch, whereas the following arches will go under one, then over another.

Insert into the "second position" and loop back to the top (again, trying to make your loops the same size).

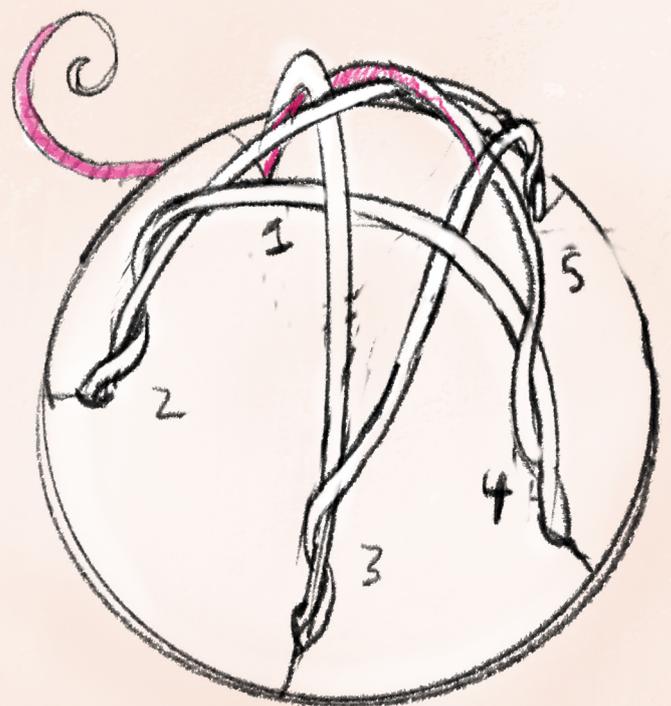


Once again, circle behind the pillar counter-clockwise and over to the right, to the "fourth position". This time when you make your arch you will weave under the first arch and then over the second arch.



Insert into the "fourth positions", loop and then come back to the top. Again, circle around the pillar and then go to the right.

Repeat this step, back to the "first position". Insert your reed into the "first position".



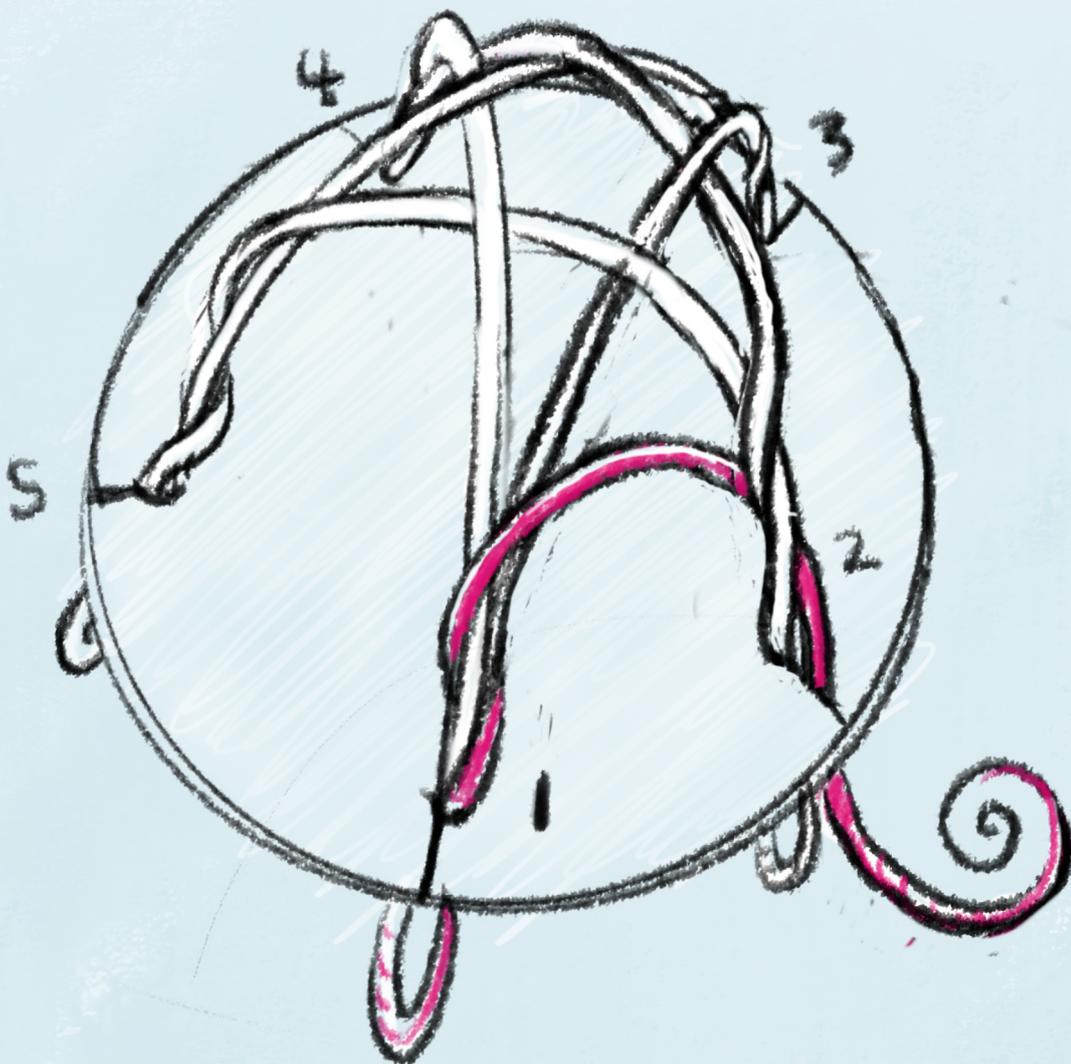
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Create a loop and insert it back up to the top.

Again circle the pillar before heading to the right.

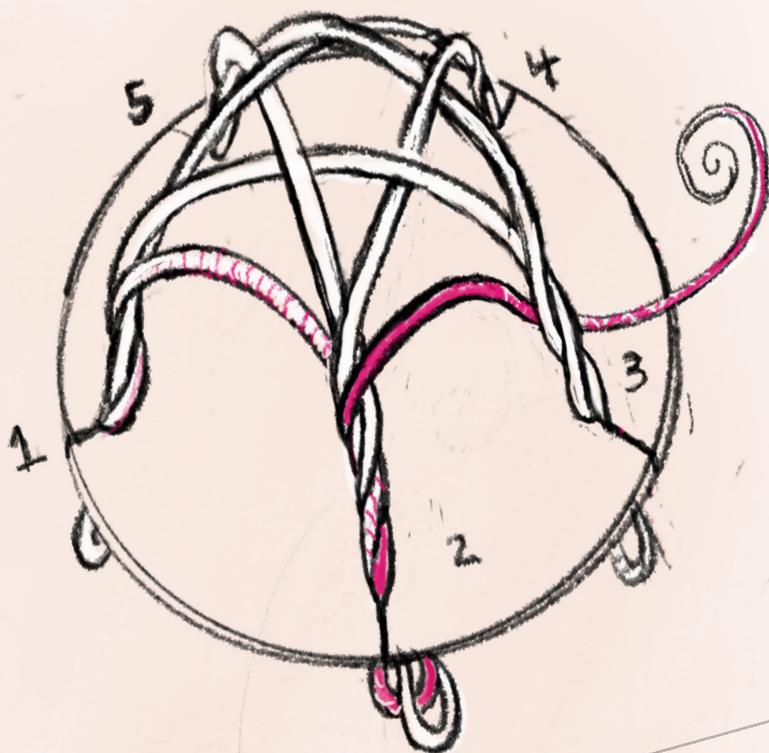
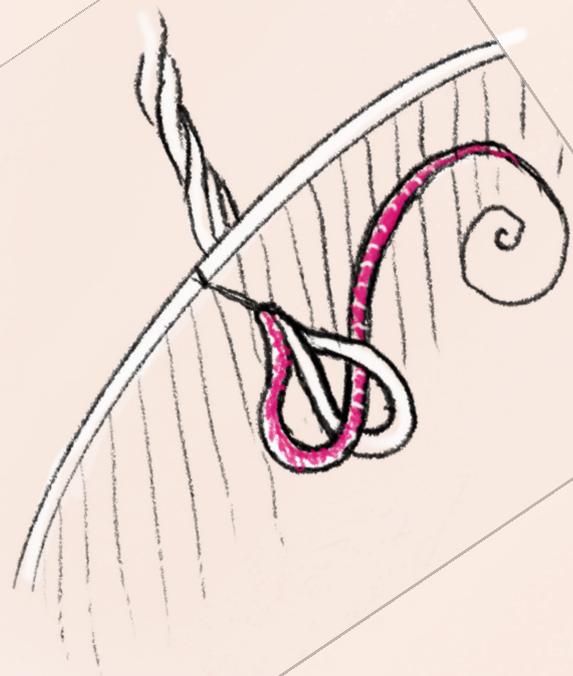
This time we will create a smaller arch to the adjacent pillar in the "second position".

Before inserting into the "second position" we go behind the pillar. So we are crossing behind and turning clockwise now, inserting the reed in front of the existing loop.



Thread the reed through the existing loop (like threading needle, but try not to kink the reed.) If it breaks slightly that's ok because it is strong enough to hold, but practice maneuvering gently.

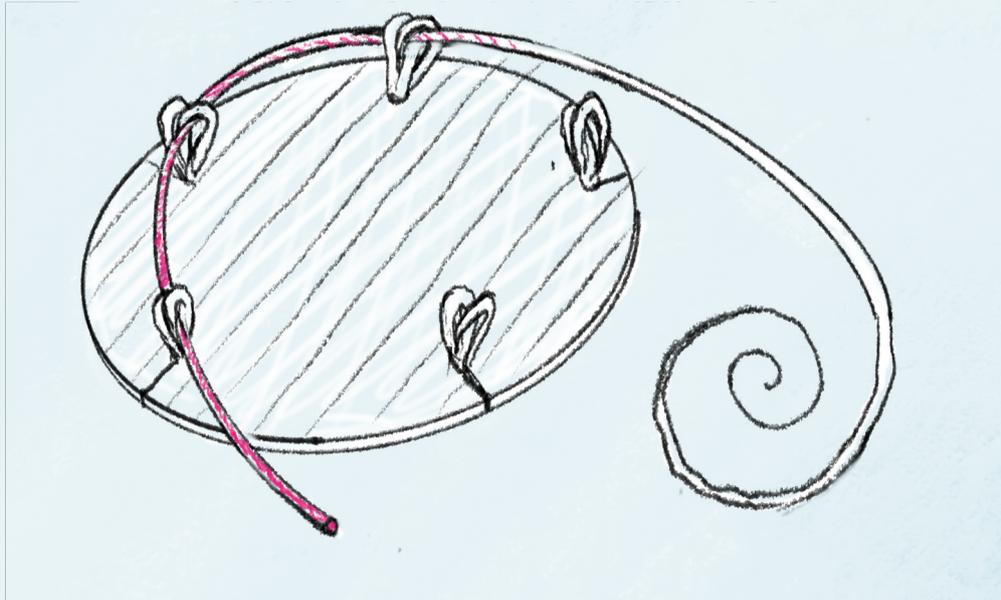
Insert back to the top and again circle behind pillar counter-clockwise like before and then to the right, making another small arch.



Create all the smaller arches by repeating these steps until you get back to the "first position".

When back to the "first position", again circle behind and insert in front like you have been doing. Thread the loop for the last time and insert it back to the top, but now you can cut the reed and "tuck it".

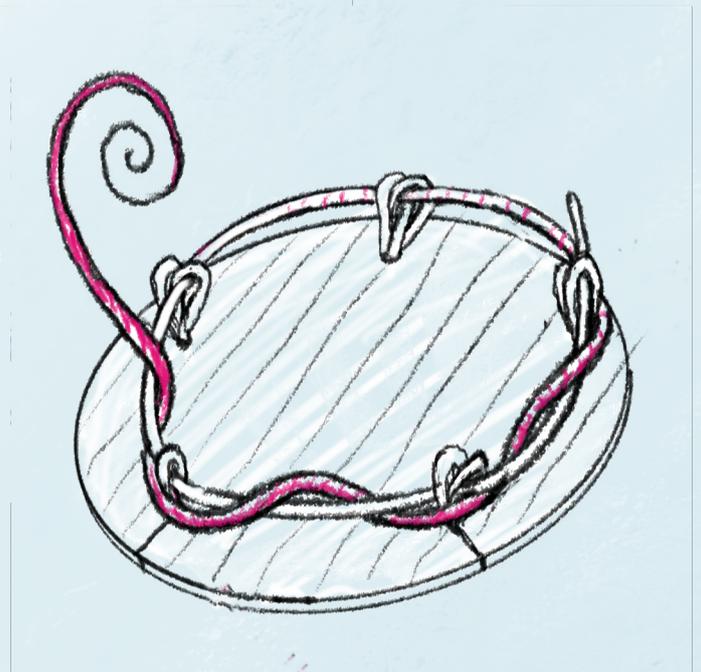
Turn the bower upside down and weave the second piece of round reed through all loops making a circle.



When returning to the first loop start twisting the reed around itself to make a braided hoop.

Twist once for every loop you pass during the first go around and once or twice during the second go around.

Cut and tuck and you are almost done!



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Now we just need to remove the cardboard. It is just an effort of bending the cardboard as shown here(one pillar at a time). Once the cardboard can be bent in half it can be removed easily.







