

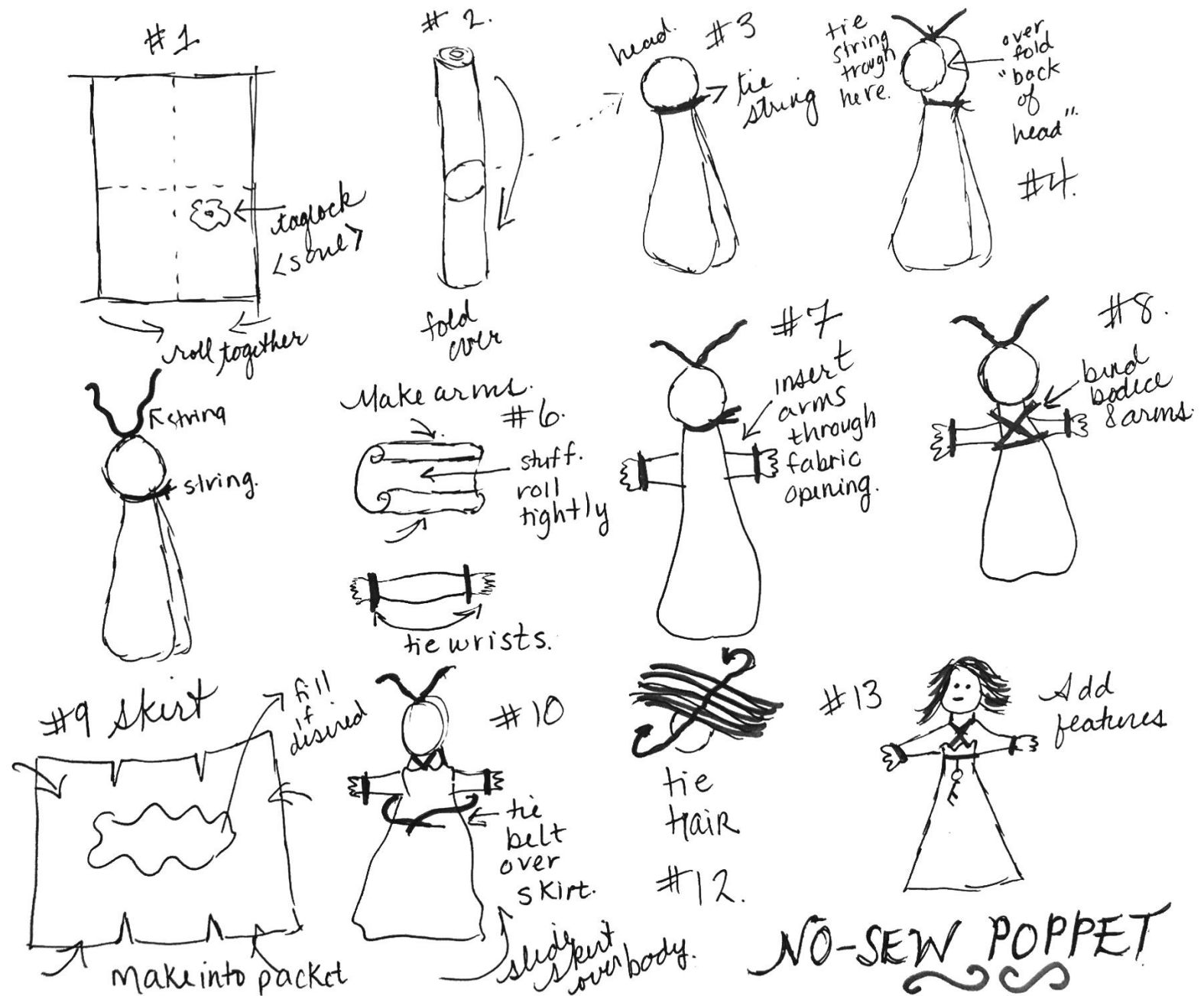


# No Sew Poppet



Pattern created by Cyndi Brannen.  
For use by students and members of The  
Covina Institute only.

I created this pattern years ago. I made a few changes to this poppet, but still followed the key parts from this method.







Botanicals for stuffing

Large eye needle

Cotton  
for stuffing

Rose, fennel, lavender

Embroidery thread:  
about 3 meters (3 yards)

Arms and  
skirt

Protective  
Blanket

Body

Charms

Taglock

Fabric:  
about 18 x  
12 (45 cm x  
30 cm) is  
plenty

\*You'll need a bit  
of glue, too.



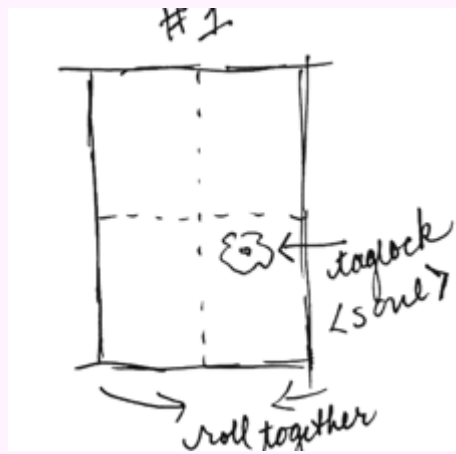
Cut three pieces  
of fabric.

I used 15 x 20  
cm.

1. Body.
2. Arms and  
skirt.
3. Protective  
blanket.



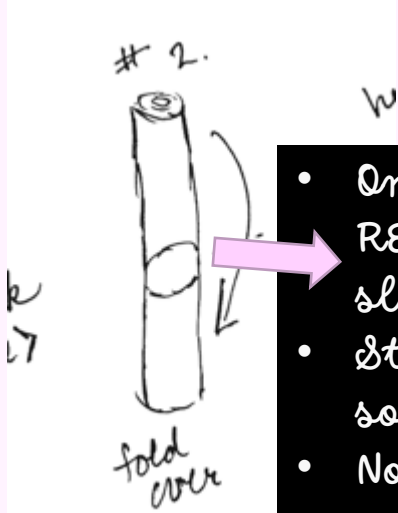




I used a 1.5 cm wood bead, wrapped in cotton for the head. The original instructions say to make the taglock as the head, so you could do that, too. A taglock is a piece of the person or object connected to the poppet. I put mine in the skirt, which I'll show later.







- Once the head is in place, roll the fabric **REALLY** tight around it, with the head slightly off center.
- Start by tucking in the ends of the fabric, so there's no rough edges, then roll it tight.
- Now fold it over, so the body is equal front and back. You can adjust the head as necessary by gently sliding it.



- Cut a 15 cm (6 ") piece of thread.
- Fuss with the head and body a bit until they look right to you.
- Pinch the neck **REALLY** tight.
- Wrap the thread around the neck.
- Tie it **REALLY** tight.
- Wrap and tie two more times. (Power of three)
- Arrange the head and body to your liking.
- Leave the tied string long for now.







I have no clue what the circle over the head is, just ignore it ;)



- Cut a 15 cm (6 ") piece of thread.
- Thread the needle with it. If you don't have such a needle, use any small pointy thing to push the thread through.
- Push the thread through wherever you want the hair part to be (middle or side; closer to forehead or more receded).
- Tie it in a tight, flat knot.
- Leave the string long.



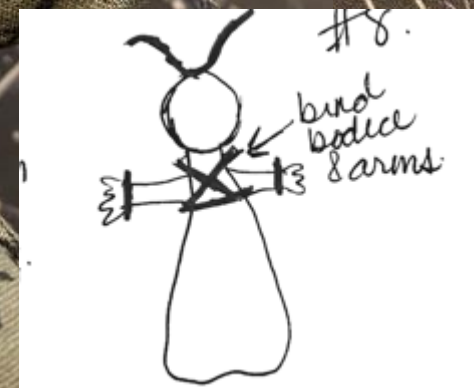
- Take one of the pieces of fabric and cut it in half, so it's two 10 x 15 pieces (about 3" x 6").
- Take one piece of fabric, laying it out in the 10 cm direction.
- Cut two 10 cm pieces of thread.
- Arrange cotton and herbs in a straight line (10 cm direction).
- The taglock can go in here if it works (e.g., you have a tiny scroll).
- Tuck in fabric edges.
- Roll super duper tight, making sure the ends stay tucked under.
- Smooth out herbs and cotton with one hand while holding it tight with the other (use index and middle finger).
- Now, still holding it with one hand, use the other to tightly tie one wrist.
- Then repeat for the other one.



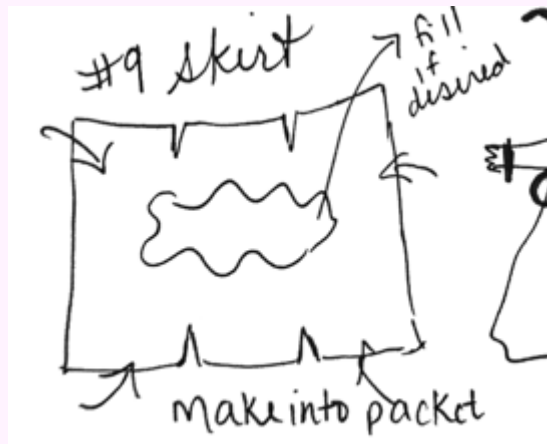




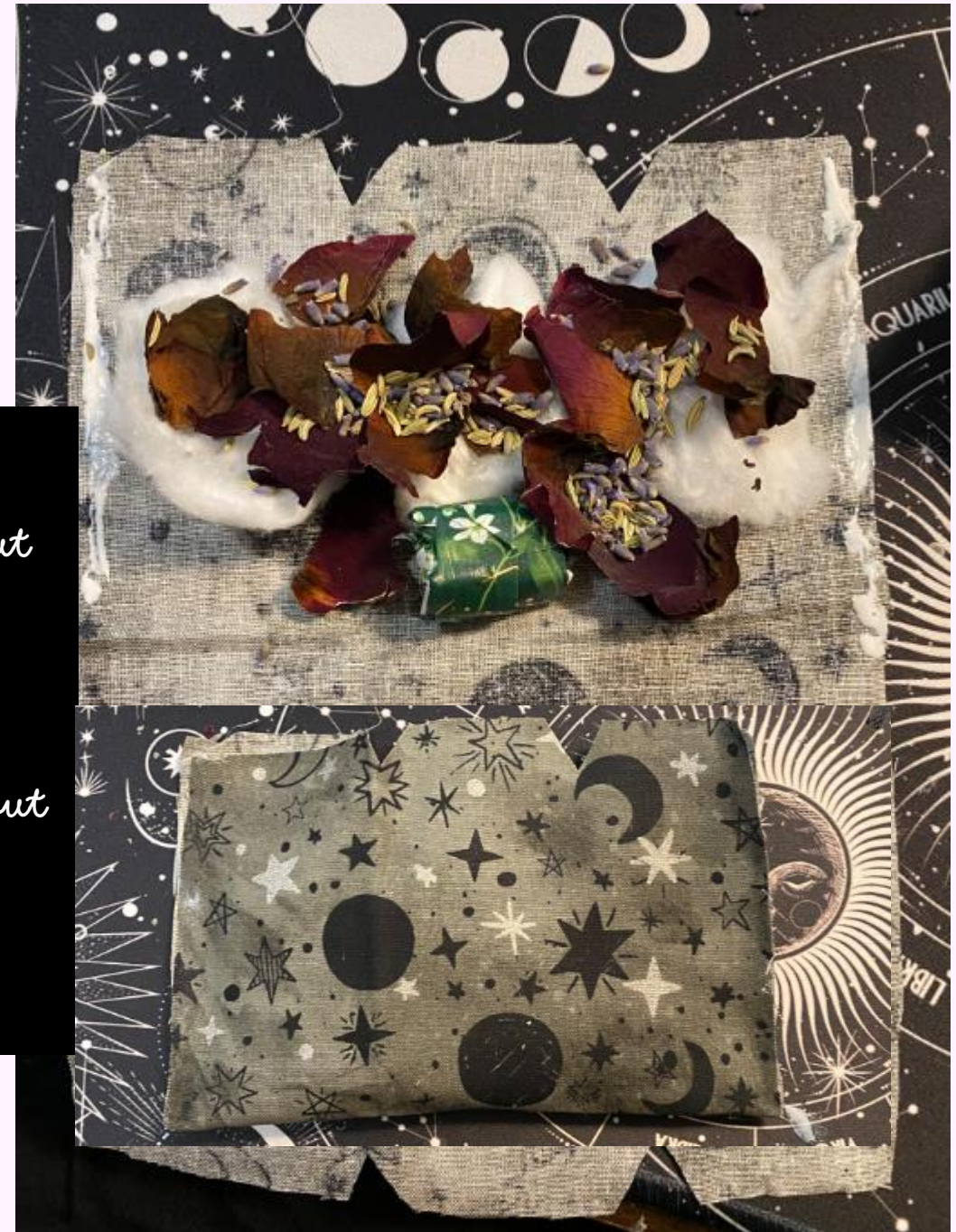
- Cut a 15 cm (6 ") piece of thread.
- Open the body from the bottom.
- Slide arms in between the two sides of the body.
- Shove them up as high as they'll go, really push them up there.
- Wrap the thread around, and (you guessed it) pull it really tight and tie a knot in the back.
- Now crisscross it around to create the bodice, making sure to keep it nice and tight.
- Tie it off in the back.
- Don't cut the thread yet.
- Arrange the poppet so it looks right to you.







- Cut a 15 cm (6 ") piece of thread.
- Take the other piece of 10 x 15 fabric.
- Fold it in half along the 15 side (so it is about 7.5 x 10) and cut darts (like triangles) into the top of both ends.
- Open the fabric.
- Place cotton, botanicals, and anything else you wish in one half. This will enable your poppet to stand on her own, so a bit of weight here is a good idea. You can even add stones. I put my taglock in here.
- Place a strip of glue on either side.
- Fold and seal the packet, which will soon be the skirt.







- This part is a bit tricky.
- Wrap the skirt around the body, bunching it up to make it look like a skirt, having the fabric pattern how you want it, and making sure the stuffing is at the bottom of the packet.
- Once you're happy with how the skirt looks, tie it tight with the thread.
- Stand her up, see how she is coming to life.





tie  
hair

#12.

- Cut several pieces of thread **DOUBLE** the length you want her hair to be.
- I used 13 20 cm pieces for mine.
- Arrange hair in the thread on top of her head, however you like it.
- Tie it off when you're happy.
- To make her wrap around crown hair: arrange hair over back of head, then twist all of it until it's good, then wrap around her head.
- Take the existing string at the back of her neck and use it to tie her hair there (like a low pony tail.)







- You can add eyes, sigils, charms, etc. to her if you like, or enjoy her as she is.
- Cut off any loose threads if you wish.
- Vivify by anointing with Oleum Spiritu and singing her to life with an incantation suitable for her purpose.
- If you like, wrap her in the final piece of fabric (blanket) if you want her to "sleep," until you are ready to call her to life. Wrap her in this fabric anytime you need her to chill out or to protect her.

