



Smithsonian Associates

**Mind and Body Centering Through Fiber Art**      **Instructor: Lauren Kingsland**

**Syllabus**

**Centering designs**

**Week #1:** Spiral - Circular or shaped. Spirals in Nature.

Skills - Background of names or words as diary.

Fiber - Couching with found cords

Reflection spiral journal practice.

Daily round of days, quotidian daily practice.

Supplies:

A square of Linen or sturdy fabric with finished edge - about 12 x 12". (A vintage napkin works well.)

Sewing thread

Yarn pieces and embellishment threads

Embroidery thread/ perle cotton

Hand sewing and embroidery needles (John James is my favorite.)

Small sharp scissors

**Week #2:** Kolam South Indian practice -

25 point or 9 point. "Resonance" pattern.

Skills - kolam design in pen/pencil/marker.

Fiber - button sewing; Embroidery - chain, backstitch.

Mindfully name concerns and gratitudes. Mirror path of the day.

Supplies:

**Small project** - *A square of Linen or sturdy fabric with finished edge - about 12 x 12". (A vintage napkin works well.)*

9 small buttons

**OR Large project** - *2 Fat quarters of quilting fabric (18 x 22")*

*Quilt batting - (Quilters Dream request is my favorite.) same size*

*1/4 yard binding fabric*

*25 small buttons*

**CONT PG 2**

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**Both sizes -**

Sewing thread

Yarn and embellishment threads

Embroidery thread/ perle cotton

Hand sewing and embroidery needles (John James is my favorite.)

Small sharp scissors

**Week #3:** Labyrinth - History of labyrinths.

Patterns from around the world.

Skills - draw labyrinth. Figure & ground practice.

Fiber - Reverse appliqué ; finish edge of circle with bias strip.

The virtual pilgrimage

Supplies :

2 Fat quarters of quilting fabric (18 x 22")

Quilt batting - (Quilters Dream request is my favorite.) same size

1/4 yard binding fabric

Some additional fabrics

Sharp pencil for marking fabric

Straight pins

Sewing thread

Hand sewing and embroidery needles (John James is my favorite.)

**\*\*\*Small sharp scissors are essential this week!!**

**Week #4:** Mandalas & radial designs - Examples around the world

Divide the field - 1, 2, 3, 4, more

Skills - Squaring the circle

Carl Jung

**Kaleidoscope** from found fabric reflections

Fiber - Using fusible webbing

Supplies:

2 Fat quarters of quilting fabric (18 x 22")

Quilt batting - (Quilters Dream request is my favorite) same size

1/4 yard binding fabric

Additional fabrics and fancy threads, if desired

Paper-backed Fusible webbing like WonderUnder

Optional - tulle (bridal veil material) about 20 x 20

Sharp pencil for marking fabric

Straight pins

Sewing thread

**CONT PG 3**

Hand sewing and embroidery needles (John James is my favorite.)  
Small sharp scissors  
Iron, board and pressing cloth

## **Bibliography**

- Centering Prayer and Inner Awakening, by Cynthia Bourgeault
- Listening to Your Life, by Frederick Buechner
- The Prophet, by Kahlil Gibran
- The Perennial Philosophy, by Aldous Huxley
- Wherever You Go There You Are, by Jon Kabat-Zinn
- Care of the Soul, by Thomas Moore
- Living Large, by John G. Sullivan