

Soul Light Globe Lamps Directions



This project is lengthy and may require a few days to weeks to complete, depending on the time you can give to it. The process of creating the Soul Light Globe Lamp is described in three parts:

- I. Creating the Soul Light Globe
- II. Creating the Decorations
- III. Assembling the Lamp

Materials lists are located at the beginning of each section.

I. Creating the Soul Light Globe

This section describes how to create the yarn globes. There are many videos on the Internet for this procedure, with slightly varying instructions, listed under “yarn globes” or “twine globes”. You may wish to view a couple of these to actually see the procedure in action. The procedures given below are the ones that worked for us.

This part of the project is messy and fun! Please protect your clothes and your surfaces by covering them with disposable tablecloths and aprons.

Materials for Creating the Yarn Globe

- Disposable aprons
- Plastic tablecloth
- Black Sharpie® pen
- 1 ball per person, approximately 10 to 12 inches in diameter
 - o With 1 circle drawn with the Sharpie pen, approximately 1” diameter - drawn at ball valve
 - o With 1 circle drawn in Sharpie, approximately 4 inches diameter - drawn opposite ball valve (measure the circumference, then divide by 2, and use that as the center point of your 4” circle.)
- 5 small balls of yarn, approximately 0.6 oz. each
- Glue, approximately 8 oz. per ball (1 cup) (May need up to 12 oz. of glue per globe depending on how much gluing mixture the yarn absorbs)
- Cornstarch, (1 cup) (May need up to 1 ½ cups of cornstarch per globe depending on how much gluing mixture the yarn absorbs)
- Water, 8 oz. per ball (1 cup) (May need up to 12 oz of water per globe depending on how much gluing mixture the yarn absorbs)
- 1-quart yogurt container, with a hole punched through the center of the lid. The hole can be made with a large upholstery needle, or other sharp instrument. The hole should be big enough that when the glue-saturated yarn passes through it, the glue is not squeezed off.



- Smaller cup to rest ball on to dry
- Drip tray for drying - can be a short yogurt container on top of a pie pan (see picture below in section 3)
- Dull pencil or thin crochet hook for pushing yarn through hole in yogurt lid
- Ball needle valve for deflating the ball (available at sporting goods stores)



1. Preparing the yarn and glue

- Prepare the gluing mixture by mixing equal parts of white glue, cornstarch and warm (not hot) water, in 1-quart yogurt container. You can start by mixing 1 cup each of glue, cornstarch and water together. You may need more, depending on how much mixture your yarn absorbs.
- Choose the order of your yarn colors. The first yarn you lay on the ball will be the innermost color, and you will see the least of it.
- Immerse the first yarn ball into the glue mixture, squeezing the ball in the mixture so that the glue is absorbed into the center of the ball.
- Take the end of the yarn and thread through the yogurt lid top, using the dull pencil or small crochet hook to poke the yarn through. Close the yogurt container.



2. Wrapping the ball

In this next part, it is useful to work with two people on one ball. Adults and older teens can do it by themselves, but it is more fun doing it together! One person will wrap the ball while the other person is pulling the string from the container. You can switch turns as you work.

- Begin by tightly wrapping the yarn several times around the circumference of the ball, midway between the two circles. This helps to anchor the initial yarn and creates a friction surface so future yarn does not slip off the ball.
- Continue tightly wrapping the yarn around the ball, crisscrossing against the previous wraps. More crisscrosses will add strength in your globe, as opposed to laying the yarn parallel to itself, which creates a weaker globe.
- Leave the top and bottom circles clear of any yarn. Create an edge for these two circles by wrapping the yarn tangentially to the circle. They do not have to end up as perfect circles, but do need to be about 1" and 4" in diameter.
- When you have finished wrapping the first yarn, tuck the yarn end under another yarn. If you leave the yarn sticking out it will create a sharp point when the gluing mixture dries.
- Wrap the remaining 4 colors of yarn, crisscross around the globe and tangentially to the two circles, tucking the ends under another piece of yarn.



3. Setting the ball up to dry

- a. Place cup upside down into the catch basin. We actually used a two-tiered catch basin, with a yogurt container inside a paper tray. A pie plate can be used as well.
- b. Rest the rubber surface exposed by the 4" circle on the cup. Be sure that no yarn is contacting the cup!
- c. You may pour the remaining glue onto the ball, being careful that it won't overflow your catch basin.
- d. Allow your ball to dry for several days at least. In winter, we moved the ball near the heater to decrease the drying time. Do let it dry for at least three or four days, if not more. All of the yarn should be hard.

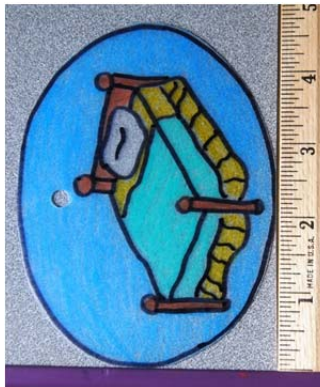
4. Deflating the ball

- a. Place the ball needle valve into the small inflation hole at the center of the 1" circle.
- b. Press on the rubber ball at the 4" circle to encourage the air to come out. Be careful as the now dry glue can have sharp edges and can give you light scratches. You may want to wear long sleeves for this.
- c. When enough of the air is out, carefully remove the ball through the large hole. You can re-inflate the ball, clean it and play with it!



II. Creating the Decorations

We created plastic artwork made out of Shrinky Dink® Ruff N' Ready film, which we cooked in the oven to shrink the images down and thicken up the film. When the light from the globe strikes these Shrinky Dinks, they glow!



On the decorations we depicted ways that we care for the Coverings of the Soul. First, we brainstormed ideas, and then either used images from the Internet or drew our own. All of the images are drawn inside an oval, which creates a smooth cutting edge. Some images are available on this web site. A blank oval is included so that you may draw your own image.

Here is the process we used to make the Shrinky Dink decorations.

Materials

- Shrinky Dink[®] Frosted Ruff N' Ready pages, cut in 2, about 4 half-pages per person
- Black Sharpie[®] pen
- Colored pencils – Crayola[®] works well; some cheaper brands do not
- Scissors
- Tape
- Designs drawn in oval outline
- Brown paper bags cut into large rectangle, 1 for each cookie sheet
- Single hole punch
- Cookie sheets
- Timer for cooking
- Plastic bags with name on it, written in Sharpie
- Oven mitt
- Flattening device such as a pad of paper
- Two forks for un-sticking curled Shrinky Dinks
- Oven light or flashlight

1. Choose Images

- Brainstorm ideas for caring for, or experiencing, each covering of the soul: body, energy, mind (includes thoughts, dreams, emotions), inner wisdom, and inner joy. For example, with the body you might eat healthy fruits and vegetables, and draw an apple; or drink water, drawing a glass of water; or exercise, drawing a yoga pose. For energy you might think of sleeping or breathing, and draw a bed or a picture of someone being aware of their breath. For mind, you might draw a math problem, a book, a puzzle or an image of a creative pursuit like art or music. For wisdom, you might draw a meditator or a question mark representing asking our inner wisdom a question. For inner joy, you might draw a heart or a smile. We used dolphins leaping in the air to represent inner joy.
- Decide on which images to create for each covering. Six to nine Shrinky Dinks can fit comfortably around the 4" diameter opening. Some images are located on this web site. Others are available on the Internet, and can be sized to fit inside the oval.
- Print out images. If you are creating your own, print a blank oval and draw the image inside the oval.



2. Tracing and Coloring Images onto Shrinky Dink film

- Place Shrinky Dink film over an image, frosted side down, shiny side up. Two oval images can fit on one half sheet.
- Tape plastic sheet in place, with small pieces of tape on two edges of the film.

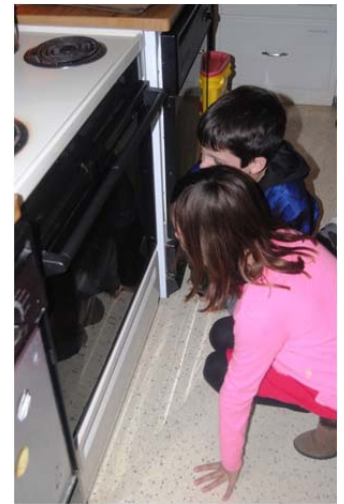


- c. With the black Sharpie pen, trace all lines, including the oval. Wait a few seconds until it dries.
- d. Turn sheet over.
- e. **Lightly color** frosted side with colored pencils. The color will intensify greatly during baking. **Do not color darkly.**
- f. Cut carefully out around the outside of the oval, leaving no pointed or sharp edges. Pointed edges will sharpen when baked, and can scratch or cut you.
- g. Punch hole in top of ornament.



3. Baking Shrinky Dink films

- a. Put brown paper bag on top of cookie sheet.
- b. Lay Shrinky Dinks on brown paper, frosted side down, shiny side up.
- c. Preheat oven to 325 degrees Fahrenheit.
- d. Double check that all ornaments have a whole punched, and are frosted side down.
- e. Place in preheated oven. Let cook for 30 seconds after Shrinky Dinks have completed shrinking, and have flattened out: this will be about 1½ to 3 minutes. Note – Shrinky Dinks will curl up while baking. Most of the time they uncurl on their own. Occasionally you will need to pry apart a Shrinky Dink with forks. You can then briefly put the Shrinky Dink back into the oven and let them flatten out.
- f. Take Shrinky Dinks out of oven and place pad of paper on top. You may press down on this to create a flatter Shrinky Dink.
- g. Let cool and put in a bag until ready for assembly.



III. Assembling the Lamp

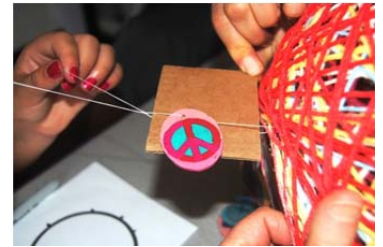
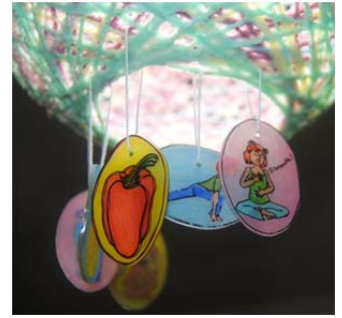
Materials

- Yarn Globe
- Shrinky Dink decorations with holes punched in them, already shrunk
- Button and Craft thread or thick thread including embroidery floss
- Electric fixture with cord for paper lanterns. We used 15' long electrical fixtures and purchased them on-line.
- 13-Watt Fluorescent light bulb (equivalent to 60 watt incandescent bulb) **Safety - Only use Fluorescent bulbs as these do not heat up!**
- 2" Plastic collar cut out from HDPE plastic – milk bottles are made of this plastic. See step 2 below.
- Hole punch for creating a hole in the plastic collar
- Scissors
- Cardboard piece – about 2 inches wide by 3 inches long



“Sew” Shrinky Dink decorations onto Globe

- a. Lay Shrinky Dinks upside down, with frosted side up, on the table.
- b. Cut thread into approximately 1-foot sections, 1 thread per Shrinky Dink.
- c. Put a piece of tape at one end of each thread.
- d. Thread through the Shrinky Dink, from the **frosted side to the shiny side**. It is important to thread in the direction given. In this way, the good side of your Shrinky Dinks should always face outward.
- e. **Spacing your Shrinky Dinks**
 - i. Print out the 4” diameter circle located on this website.
 - ii. Knowing the number of Shrinky Dinks you plan to hang, calculate even spacing on your circle, and mark it on the circle. You will use this as a guide.
- f. Sew the first Shrinky Dink in place by threading it from the outside of the globe to the inside. **Direction is again important!** Go through at least 6 or 7 pieces of yarn on the globe. This will prevent the Shrinky Dinks from twisting, and will always keep the front facing outward. All the Shrinky Dinks in this photo are properly spaced, except the runners pose, which is only threaded through 1 yarn on the globe, and is too close to the other Shrinky Dinks.
- g. Using the cardboard as a spacer, tie a secure knot in the thread: a double or triple square knot works well.
- h. Trim thread ends and move knot to behind the Shrinky Dink.
- i. Repeat for all Shrinky Dinks.



2. Preparing the Plastic Collar

- a. Cut a 2” diameter disk from HDPE plastic sheet. Many milk jugs are made of this and can be used.
- b. Mark the center of the disk.
- c. Punch a hole in the center of the disk equal to the diameter of the interior screw at the top of the lamp fixture. Ours was approximately ½” in diameter.
- d. Cut a line to the center.

3. Installing Electrical Fixture

- a. Take the electrical fixture and thread the plug-end through the 4” hole, and then through the 1” hole. Pull the fixture all the way through until the fixture rests at the top-inside of the globe.
- b. Unscrew the cap at the top of the fixture.
- c. Take plastic collar and slip it over the wire, settling it against the globe.
- d. Screw cap back onto fixture until tight. The fixture should now stay in place.
- e. Screw in fluorescent light bulb.



4. Hang the Soul Light Globe lamp, plug in and enjoy!