



TAKESHITA DEMONS

TAKESHITA DEMONS: PAPIER-MACHE DARUMA

About Daruma dolls

- Daruma dolls are based on Daruma, the Japanese name for the Indian monk who started Zen Buddhism.
- The doll has no legs, because the monk once meditated for so long that his legs fell off.



Symbolism of Daruma dolls

- Daruma dolls are heavier on the bottom than on top, which means they bounce back when struck down. This makes them a symbol of optimism, determination and good luck.
- For this reason, the dolls are often associated with a famous Japanese proverb: *Nana korobi, ya oki* (七転八起)
“Fall down seven times, get up eight.”
- Daruma dolls are very hairy, symbolising long life. His hairy eyebrows are shaped like cranes, birds said to live for 1000 years.

Daruma dolls and goal-setting

- Daruma dolls are usually painted red, the colour of the monk's robes, but their eyeballs are left unpainted.
- When you decide to pursue a new goal, you paint one of the Daruma's eyeballs. When you have achieved your goal, you paint the other eyeball to match.

As you make your Daruma, think about what you would like your goal to be.



Remember: goals work best when they are SMART

- S = specific
- M = measurable
- A = attainable
- R = reasonable
- T = time-bound



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Instructions for making a papier-mache Daruma

You will need:

- PVA glue
- Water
- Icecream container
- A balloon
- Newspaper (torn into 3cm strips)
- White paper (torn into 3cm strips)
- Masking tape
- An unwanted plastic bowl or dish (to form the Daruma's weighted base)
- Paint

What to do:

- 1) Mix PVA glue and a little water in an empty icecream container
- 2) Tear the newspaper into strips about 3cm wide
- 3) Blow up a balloon to the size you would like your Daruma to be. Remember: Daruma dolls don't have arms or legs, and their face is slightly sunken into their bodies.
- 4) Dip the newspaper strips into the glue mixture and cover the balloon in six layers of paper strips. Let the layers dry overnight.
- 5) Use masking tape to stick the bowl to the bottom of the Daruma.
- 6) Cover the balloon and the bowl with more layers of newspaper, working to create the shape of a Daruma doll.
- 7) When it is time for the final layer, cover your Daruma in strips of white paper.
- 8) Paint your Daruma, leaving his eyeballs white.
- 9) Think of a goal you would like to achieve. When you have decided on your goal, paint a black pupil onto one of his eyeballs.
- 10) Put your finished Daruma on display. Every time you see him, you will remember to work towards your goal.
- 11) When you have achieved your goal, paint the Daruma's remaining eyeball.

CONGRATULATIONS!