

# That Hoodoo Lady

<https://www.tiktok.com/@thathoodoolady>

<https://www.youtube.com/user/SherryShone>

<https://www.instagram.com/thathoodoolady/reels/>

## Poppets

July 12, 2026

### Poppet Safety

Be sure and take all of the precautions of a responsible poppet owner. Poppets are not toys and should be kept out of the way of those that should not use or respect them. Feel free to show them off but keep them at a distance from those that may not respect them. They are to be revered, loved, cared for and energized with your Spirit or are representative of an Ancestor or Spirit. If you are uncomfortable with using your poppet then please do not do so.

### Why poppets?

I was facilitating the other amazing workers. hoodoo magic workings, Norse tradition - looked making poppets". that? I knew it was Spirit. him to give me this gift. making a poppet was were burned by the misshapen and was too heavy for it's popsicle stick legs and body. I really giggled and tried to respect the process but that first poppet was hilarious! I then moved onto corn husk, flannel,



Magickal Path Series with several After a beautiful discussion on Jeffrey Gray, practitioner of the at me and said "you should start Seriously? What made him say The ancestors speaking through This message. My first attempt of not too successful. My hands candle wax, the head was

muslin, wax and felt dolls. I have gone through several to come to the poppet dolly you hold in your hand now.

There are so many stories of how dolls have been given energy by their owners and the fears and myths around them. My dolls are not meant to be products of a movie set. They are real, working dolls that are there for you to petition and ask for deliverance in true conjure/hoodoo tradition. I have stuffed them with intentions that we discussed prior to it's arrival. I included the proper hoodoo herbs and now all that's left for you to do is power them up.

### **Powering the doll**

After anointing yourself with your chosen essential oil, blessed oil or water then and only then touch the doll and get to know it. Speak to it. Tell it why it's there and what you need it to do. Move it's legs and arms, run your fingers across it's stitches. Ask for your ancestors to give you the deliverance that you will need and the wisdom to treat the doll in the way it needs to be treated to get that deliverance. Now follow the advice of your ancestors. They may ask you to put the doll on a high place and place a drop of oil onto it daily (this is called feeding the doll). You may be asked to keep it in a closet and check on it daily by adding oil or water to it or by putting it onto your altar. Blow your own breath over the doll and speak "Give me deliverance, do my work dolly". If you give it a name, then call it by it's name when you visit it.



Keep the doll as long as you wish. It will continue working with you and for you as you keep giving it attention and 'life'.

### **Powering down the doll**



Once the doll has completed it's work of deliverance, then it is acceptable and required to power it down. Anoint yourself with Psalms 23 or some other verse that means something to you and (using a seam ripper or scissors), gently take the doll apart. Removing the stitches and the stuffing within.

It's fine to throw the herbs and stuffing away. No need to burn. Never throw the doll into a toilet or down a sewer system as you don't want expensive plumbing/clogged plumbing bills. If you want to put the doll into a running stream or lake, that's fine but don't put it in standing water. You want the energy to go away not stay. Do not bury in your backyard unless the doll was energized with intentions you want near you.

Ideas for Psalms:

Overall protection - 23, 57:10

Protection/deliverance from enemies - 34, 54, 59

Money/Increase/Job - 23, 90:17, 94:18-19, 81

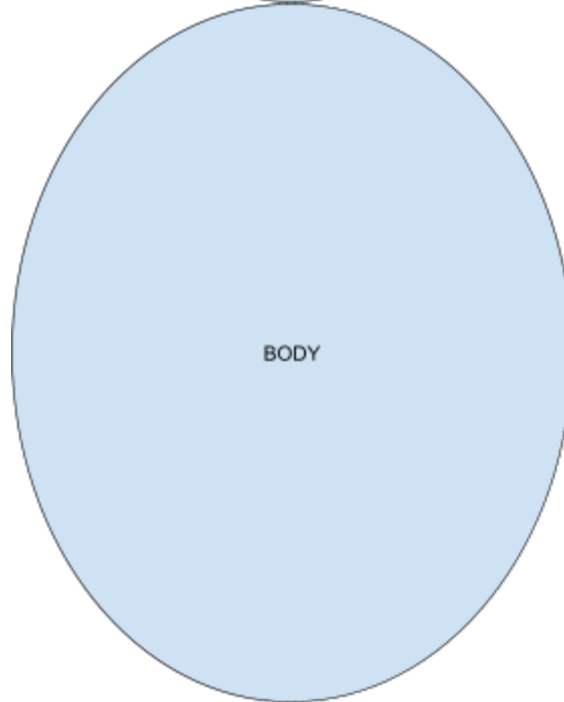
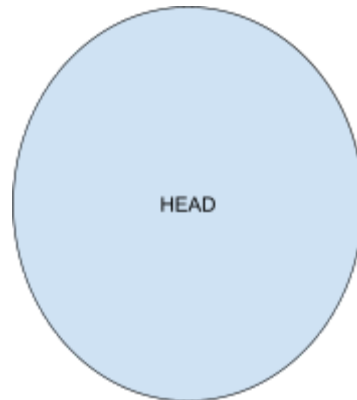
Love/Healing - 20:4, 29:11, 37:4, 119:28

Help -69, 86

Blessings on your hoodoo work and praying for your deliverance!

That Hoodoo Lady

## Poppet templates



ARMS/LEGS



