The "Ojo de Dios" or God's Eye is an ancient symbol that is made by both the Huichol Indians of Mexico and the Aymara Indians of Bolivia. In Mexico, the central eye section was created when a child was born. Each year until the child reached the age of five, a bit of yarn was added and the Ojo was pronounced finished. In Bolivia, "God's Eyes" were displayed on an altar so that the gods could watch over the people and protect them. A great project for our current situation!

Materials needed:
- sticks (popsicle, toothpicks, matches, skewers, etc)
- yarn, in a variety of colors (you can substitute with embroidery thread if you are working small, as with toothpicks)
- scissors

Cross your sticks at their centers and begin to bind them with the yarn. Four times around one way (between upper right and lower left quadrants), and four times in the opposite direction (around the upper left and lower right quadrants). Now begin to wrap the yarn around one stick and over the top of the next, then around that same stick and over the next. Keep going until you're at the end of your sticks. You can make these more challenging and fun by adding more sticks- or decorate with pompoms or tassels.
It's great to make these in various sizes and hang them together, either in a wall installation or dangling from a mobile. One of our patients found these so peaceful and satisfying to make that he made several on every hospital visit, in different sizes and colors and shapes (experimenting with different multiples of sticks—three sticks bound together at the center will give you a circular shape). I used the many he donated to us to decorate our staff break room.

![Multi-colored God’s Eye, photo by AIR Rebecca Kelly](image-url)