



I was recently making myself a tea and accidentally dropped and broke one of my favourite teacups. The broken teacup reminded me of the art of Kintsukuroi. There is a Japanese practice called Kintsukuroi, meaning “golden repair.” Kintsukuroi is the art of repairing broken pottery with powdered gold or platinum mixed with lacquer—taking a broken piece of pottery and making it into a beautiful and treasured piece of art that shines with all of its cracks and imperfections. Whole and beautiful. Essentially the repair reflects the history of breakage. The “repaired” object mirrors the fragility and imperfection of life—and also its beauty and strength. The object returns to wholeness, to integrity.

I invite you to watch this video of Peter Mayer’s song: “Japanese Bowl” That beautifully says it all.



(<https://www.bing.com/videos/search?q=japanese+bowls+peter+mayer&view=detail&mid=0A1DA5813C5495CFF03B0A1DA5813C5495CFF03B&FORM=VIRE0&ru=%2fsearch%3fq%3djapanese%2bbowls%2bpeter%2bmayer%26form%3dPRNWSR%26mkt%3den-ca%26httpsmsn%3d1%26msnews%3d1%26refig%3d82984d34202c45c6afa6c8fd7e1725af%26sp%3d-1%26pq%3djapanese%2bbowls%2bpeter%2bmayer%26sc%3d1-26%26qs%3dn%26sk%3d%26cvid%3d82984d34202c45c6afa6c8fd7e1725af>)

May I accept myself as I am. May I learn to accept myself as I am.

May I give myself what I need. May I begin to give myself what I need.

May I forgive myself.

May I be strong.

May I be patient.

May I live in love.

May I hold my cracks and imperfections with tenderness and love.

Warmly,

Becky and Shelley