



Kintsugi

Originated 600 years ago when the Shogun of Japan broke his favourite bowl. rather than throw it away, he sent it to be repaired but did not like its appearance. He commissioned a craftsman to repair it in a more pleasing, authentic way which retained its character and so kintsugi was born.



You may notice the gold on the bowl above - it highlights and makes a decorative feature out of the cracks. The philosophy is one of celebrating imperfections. Thoughts to journal around.....

- Our cracks do not make us broken, instead they make us beautiful, resilient, unique.
- Learning to embrace the cracks takes time - be compassionate.
- You don't need to change who you are, change the way you view yourself.
- Life is meant to be enjoyable - make time to be in the present without judgement. Life is short! Make precious memories instead of worrying.
- Others are not judging ourselves as harshly as we judge ourselves.
- Mistakes are part of the process of being human and personal growth.