

Something to contemplate: 🙏❤️

(a topic that came up after a group meditation)

Kintsugi

THE JAPANESE ART OF REPAIRING
BROKEN POTTERY WITH GOLD. THE
MENDED PIECE IS BELIEVED TO BE
MORE **BEAUTIFUL**, MORE
VALUABLE AND **STRONGER**,
BECAUSE IT HAS BEEN
TRANSFORMED
THROUGH
SUFFERING.



Consider holding and
transforming our imperfections
and suffering in life
with the concept of the
Japanese Art of Kintsugi...



*In Japan, broken objects are repaired
with gold, making flaws a unique
part of their beauty.
Kintsugi, the art of mending with
gold or silver, embraces imperfection.
Consider this when you feel broken.*