

1/7/22: SHARE-ing Perspectives



Kintsugi Reflections

“Therapist for pottery”

Relationship with objects - okay to throw away?

Battle scars – resilience, feels worth repairing and restoring.

The process: visceral and conceptual, making it into something else.

Embodied process, patience, effort

Evolved purpose

Tree sap

Finding value in the shattered pieces (in life). Spend more time on ourselves. We were never perfect to begin with.

Important to let go. Let be.

Relationships

Not hiding imperfections

Japanese ancient art of repairing broken ceramics with gold resin (vs. hiding trauma). Highlights beauty/evolved purpose.



<https://youtu.be/r9LMKGte0UU> (BBC Reel, 2020)

10-minute Studio Space

Describe a meaningful symbol
in nature that represents your
current intentions for 2022?

e.g., landscape, animal, plant,
weather condition

Why is it meaningful to you?

What are some words that
embody this part of nature?



