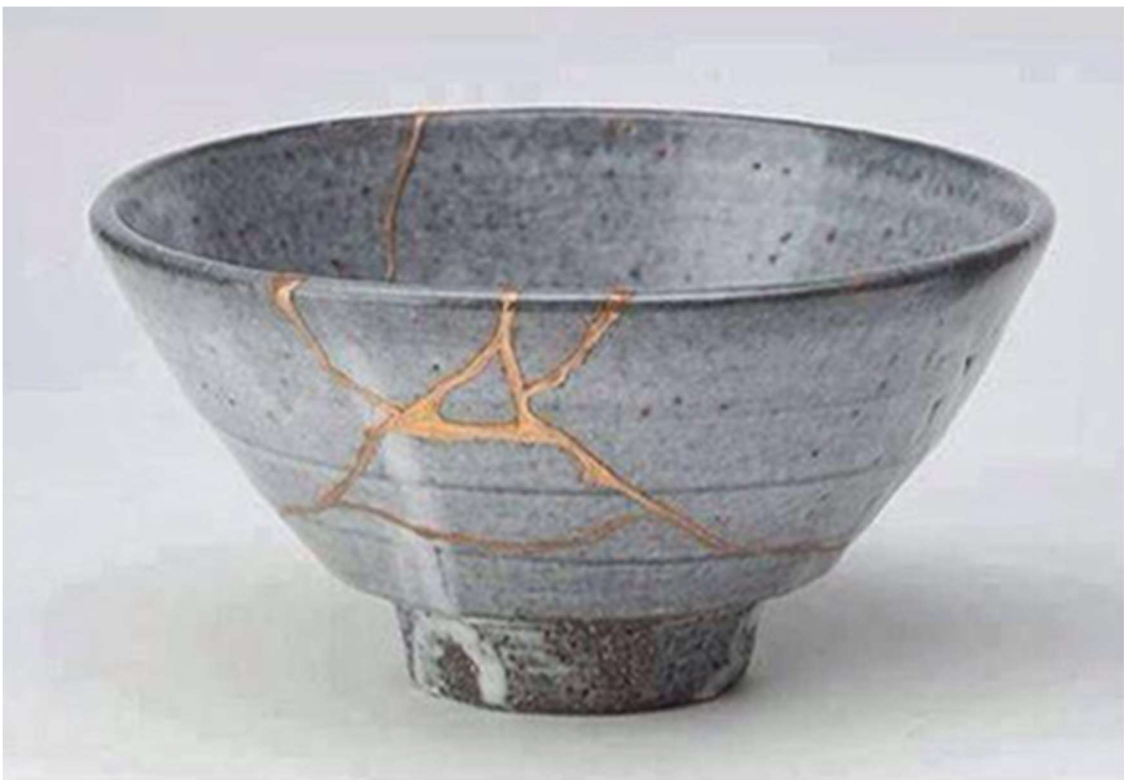


Are you feeling broken?

Sometimes life experiences can leave us feeling broken, damaged and worthless to a greater or lesser extent. We may try and minimise the hurt, to keep it secret or deny its existence, but it remains with us.

Broken pottery can be repaired using metal staples – efficient, but ugly, glued and the breaks disguised, pretending to be how it was before as if nothing had happened.

Or it is possible to use the Japanese technique known as Kintsugi, or Kintsukuroi, to repair the piece to full functionality using gold or silver lacquer – accepting and acknowledging the repair openly. It becomes fully functional again, with the work done displayed as part of the history of the piece.



In the same way, we can move forward from traumatic experiences by coming to terms with what has happened to us in the past, realising that we can be whole again and that by surviving we have, as Nietzsche said, become stronger.