



KINTSUKUROI: *“To repair with gold;”* the art of repairing pottery with gold or silver lacquer and understanding that the piece is [*stronger and*] more beautiful for having been broken.

All beautiful things carry distinctions of imperfection. Your wounds and imperfections are your beauty. Like the broken pottery mended with gold we are all Kintsugi [*Golden Journey*].

Its philosophy and art state that breakage and mending are honest parts of a past which should not be hidden. Your wounds and healing are part of your history; a part of who you are. Every beautiful thing is damaged. You are that beauty; we all are.

- Bryant McGill - *adapted*