

Wabi-sabi and kintsugi -

Wabi-sabi is a way of living and perceiving the world, with the aim of peacefully accepting the natural cycle of growth and decay inherent in life. Wabi is simplicity, whether elegant or rustic; sabi means the beauty of age and wear.

Kintsugi is a centuries-old tradition from Japan in which broken ceramics are mended with gold. These golden “scars” are a metaphor for embracing your flaws and imperfections. This Japanese art encourages us to see the potential for beauty in reconstructing the broken pieces. The Kintsugi philosophy is built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art.



Kintsugi can be a way some people reframe hardships (job loss, divorce, injury, loss of a loved one, etc.) to remind them they can emerge stronger and that there is great beauty in broken things because scars tell a story. This can demonstrate fortitude, wisdom, and resilience, earned through the passage of time.

Principles of wabi-sabi and kintsugi:

Savor the present moment: Focus on breath, body sensations or emotions. Mindfulness practice includes being present throughout the day: enjoying the first cup of coffee in the morning, contemplating the clouds and their movement with amazement, listening more deeply and connecting with others.

Embrace your personal story: Each person has a unique story with its own authentic and particular beauty. Reflecting and writing about these moments allows a person to cultivate perspective and feel a sense of accomplishment and empowerment. It's equally important to give love to the scars that have marked our lives; we must not forget that each one of them adds value to our personal story.

Find beauty in simplicity: Learn to redefine beauty, to expand the gaze and to bring into focus elements that elicit joy and appreciation. Focus on everyday objects, interactions or things in nature. Take pictures of the beauty observed each day and create a wabi-sabi album.