

Golden Journey of the Heart

Healing Workshop

Description: Loss is something that affects us in profound ways. Whether we have had a shattered dream, lost a loved one due to death or divorce, or faced simple life changes with significant emotional and/or physical challenges, we sometimes find ourselves stuck with no way to process the many layers of emotional trauma that we have experienced. In this 2-hour workshop, we will use concepts and golden threads borrowed from the ideas of Kintsugi, the Japanese art of precious scars, together with words, as a catalyst for healing and helping us to see things in a new way. Though we cannot undo our individual circumstances, by tapping into our creativity, we can uncover and recognize the restorative power that lies within us.

Content: This workshop will delve into the transitions in our lives that have scarred us, leaving us feeling fragmented or left behind with a broken heart. We will explore found and rejected objects in unique pieces of art to spark personal reflection and creation. We will incorporate some writing and share stories. Our discoveries will help us reshape and reimagine a healthy heart that can encompass the entirety of our life's experiences as we move toward healing with renewed energy, a replenished spirit and a sense of positivity. For a final touch, we will add golden threads of beauty, incorporating our own version of Kintsugi, translated as 'golden journey', the ancient Japanese process used to fix broken pottery.

to find love, break its heart,
d line it in gold to reveal the



Process: In this alternative to responding with anger, resentment or regret, our focus will be on creating a new object, finding beauty in the brokenness as we add sparkling touches of gold, symbolizing a fresh look at life. As we realize that we are the culmination of all of our life's experiences, we begin to reimagine and repair the scars, transforming them into building blocks and steppingstones that will put us on a path toward places we've not yet imagined our life can take us.

Contact Sarah Routman for more information or to schedule a workshop for your group.

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