

KEY TAKEAWAYS

Summary of day 4 session: **The Glue**



You are more beautiful **because** you are broken

Opening practice

- Rest your hand on your heart and take three deep and meaningful breaths. By placing your hand on your heart area, the love chemical (oxytocin), is released into your body.
- Breathe into your heart, and ask yourself how much can your heart hold today?
- Exhale any limiting beliefs that are holding you back.
- Breathe in and say to yourself, "I fill up my heart". Exhale and say, "I send peace and healing into the world".
- Do this a few times and when you're ready to do so, open your eyes.

Check in: Our mood meter

Let's choose a word or two to describe how we are feeling today? Remember it's important to know how we are feeling so we can evaluate which tasks we can manage and which tasks will be better suited to tackling another day. Perhaps today is a "duvet day" for you or maybe your feeling inspired and focused.

Dr. Viktor Frankl- A true inspiration in times of darkness

- Dr. Viktor Frankl was a Jewish psychologist who was imprisoned in the Nazi concentration camps for many years.
- He maintained that holding on to hope was the key to surviving the horror he experienced. He strongly believed that his wife was still alive and it was this belief and hope that kept him going.
- He found that those who had hope and meaning were the ones who survived and those who gave up, unfortunately perished.
- Dr. Frankl worked on his manuscript during his time whilst being in the camps and published his book, "Man's search for meaning" and his psychological theory "Logotherapy" soon after his release. He drew on his suffering and his brokenness and found meaning and purpose.
- We must not give up hope in this dark time, we can and will survive this.

Kintsugi- The art of putting our broken pieces back together

Kintsugi is an ancient Japanese art form that takes broken materials and transforms them into beautiful works of art that are even more valuable than in their previous form. We, as humans, are just like those previously broken art forms- now even more breathtaking because of our brokenness.

Step 1: Gathering our broken pieces

Gather your broken pieces and let's put them back together with pride and kindness. We can recreate ourselves just like we can recreate our bowls. It is true that they, like you will never be the same but just like you, they will still be beautiful despite the imperfections.

Step 2: Finding our glue

Think of a time, in the past, when you were utterly broken. Somehow you managed to pick yourself up, find the glue and put yourself back together- one piece at a time. You have done it before and you can do it again now, too.

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What were some of the things that helped you in those tough times? Perhaps you can utilise these tools from your personal toolbox to help you now?

- Music
- Exercise
- Taking refuge in faith or spiritual practices
- Undertaking therapy
- Leaning on family and friends
- Talking about it
- Asking for help

Step 3: Making it beautiful

- Now that your bowl has been glued back together, it's time to fill the cracks with gold.
- These cracks are like a map of all you've been through and the unique story of how you put yourself, like the bowl, back together.
- As we allow the golden paint to fill our cracks, we allow meaning and purpose to transform us through our suffering. Just like your bowl we are now, in fact more beautiful because we have been broken.

Do you think you would you be the same person you are today, had you not suffered this brokenness, if you had not picked yourself up and if you hadn't put yourself together in this most exquisite form?

Closing practice

- Breathing naturally, imagine that your body has been cracked and broken.
- Notice how you have pieced yourself back together, all the parts of your mind too. Think of the glue that you used to put yourself back together.
- As you breathe in a golden breath, imagine filling in those cracks as you make sense of your suffering. Filling those cracks with meaning and purpose. Know that you are more beautiful because you have been broken. Relax your mind and your heart.
- It may be difficult to find something that will put you back together but know that even though it may be unclear now, an answer will come. You are not alone. Let's take another deep breath and exhale out the mouth as you really let it all go.
- Gently open your eyes and come back to the moment.

Homework

- Spend some time gathering your broken pieces of your bowl.
- With patience, glue your bowl back together. Now paint the cracks with some golden paint. Marvel at its beauty and place this beautiful art form where you and others can see it often and appreciate its true unique beauty. You have recovered and glued yourself back together now - take a moment to acknowledge yourself for this.
- Write in your journal about a time when you were broken and try to remember the glue that you used to put yourself back together. Perhaps you can draw on these tools at this tough Let's focus on what we are grateful for and begin to harvest joy, even in the midst of despair.

