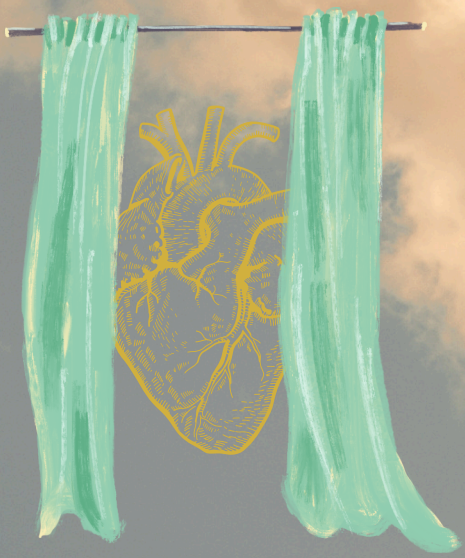
Heart Kintsugi

journey of emotional alchemy and golden integration



心の金継ぎ

by Joanna Walton

Welcome dear heart

this is a gentle journey inward.

A time to **reconnect** with what is true and tender in you. To discover the **hidden gifts** in your broken open places.

Create a nourishing space for yourself and set aside 30 minutes. Do the practices your heart is leading you to on a given day:

(1) Open the space with prayers

(2) Listen to the guided meditation

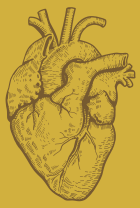
(3) Be present with upcoming emotions

(4) Use somatic practices to process emotions

(5) Invoke foregiveness

(6) Journal to deepen your enquiry

prelude.



You are not here to be **perfect**.

You are here to remember the beauty that already lives within you —especially in the places you thought were too *broken* or *unworthy* to be seen.

Kintsugi is the Japanese art of mending broken pottery with **gold**.

This very **same principle** can be applied to **your human heart:**

• **The cracks in your story** are not to be shamed **— but bridges for connection.**

• Your pain can become **gold** — through curiosity and compassion.

• Your imperfections are not flaws — they are your **uniqueness**.

You may still hear the echo of:

"It should have been different."

And that's okay.

You're not here to silence that voice — but to breathe with it.

To offer it presence.
To meet it with compassion.
To let it feel the grace of God.

To whisper back:
Even this belongs.

This is a journey of soft strength.
Of slow breathing.

Integrating the pieces of your heart back into wholeness.

prayer

Dear God,

May I be carried by your grace and wisdom on this journey of remembrance of joining the pieces of my heart together.

May your golden embrace be my stronghold.

May I remember I am never alone in the mending.

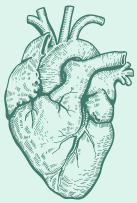
Guide my hands as I gather the pieces.

Guide my breath as I let go of “what should have been”

Wrap me in love so steady so I remember: even this belongs and it is part of my becoming.

Let the light shine through and unearth the golden gifts of my journey. For the highest good of all involved.

amen. so be it. and it is so.



foregivness prayer
Ho'oponopono

This simple practice is a balm for the heart.

It can be spoken for yourself or towards others — especially where there is pain, guilt, shame or disconnection.

Repeat slowly, let the words rise from your heart. Repeat until you feel a shift in energy. A softening.

I'm sorry

Please forgive me

Thank you

I love you

somatic practice (1)
heart coherence

To bring your heart and mind into coherence.

Step 1:

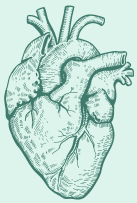
Gently breathe into your heart space. Imagine your breath flowing in and out of your chest, soft and steadily. Slowing down.

Inhale 5 seconds, exhale 5 seconds - or what feels natural. Let the breath anchor you in the present.

Step 2:

Once you feel a sense of calm or completion, gently shift into a feeling of care, appreciation, or ease. Think of someone you love.
A peaceful place. A soft memory.
Let the feeling fill your chest. Breathe with it for a few moments.

Inspired by the teachings of HeartMath Institute



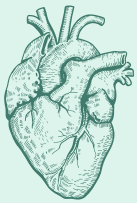
somatic practice (2)
jin shin jyutsu exercise

Your hands hold emotional pathways. By holding each finger you can soothe specific emotional states and bring your system into regulation.

- **Thumb**: worry and anxiety
- **Index finger:** fears
- **Middle finger:** rage & bitterness
- **Ring finger:** grief, melancholy and depression
- **Pinky:** boosts optimism and self-esteem

How to use the Technique:

1. Take one finger at a time, grasp it with the opposite hand and wrap all fingers around it
2. Hold each finger for 1- 2 minutes until you feel the pulse or a feeling of completion. Breath naturally and continue to the next finger.
3. Repeat with the other hand.



journaling prompts

Write slowly after doing the guided meditation. Let your heart speak.

🪶 What does your **heart** want to say right now? Is there a specific **theme** coming up?

🕊️ Write freely about all **thoughts** and **emotions** coming up around this theme, without editing or judging them

💛 Repeat the **forgiveness prayer**

🌟 What gold can you find in this experience? What **blessing, insight or strength** has emerged through the crack?

closing

You've reached the end of this Heart Kintsugi Journey — but not the end of your becoming.

If you discovered even one crack that now feels a little more beautiful, a little more accepted — that is enough. Take what has stirred here and let it ripple outward. Let the gold dry slowly. Let the insights settle.

Return to the meditation, the prayers, the journaling — whenever your heart calls you back.
There is no pressure. Only the invitation to meet yourself again, and again, and again — with tenderness.

May this journey remind you:
You are not broken.
You are becoming.

And there is gold in everything you've lived.