

Kintsugi Heart – Kay Hall

gently  
I gather up  
the shards  
of my broken heart

fit them together,  
as best I can

I place a golden thread  
through the eye  
of my needle  
and begin to stitch

each stab of the needle  
strengthens me  
and slowly  
my heart begins to heal

time passes  
days, weeks, months  
but finally

my work  
is done

in wonder  
I trace my fingertips  
over the satined  
lines of gold

testaments  
to my healing

and my heart opens  
for love once more