

Note:

Kintsugi ... is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum... As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise. (Wikipedia)

kintsugi heart

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