

Family Kintsugi Ceremony Script: For Family Restructuring

The following is a step-by-step breakdown of what you may choose to include in your Family Kintsugi Ceremony. This can be done anywhere and at any time when 2 or more family members are gathered. With that said, it makes for a particularly great activity at your annual Family Reunion/Gathering. The italic text are words you may consider reading from the page while leading the Ceremony. These are just suggestions. You know your family best. Stay in your heart and you can do no wrong!

PHYSICAL PREPERATIONS:

- Set up your Kintsugi Craft Station
- Invite your family to gather in a Circle, including your Kintsugi Craft Station as part of that circle.

INTRODUCTION:

- Ask your family, “Does anyone know what Kintsugi is?”
- Share the history of Kintsugi:

Since the 15th century, instead of discarding pottery that breaks, the Japanese have been joining the pieces with gold.

Kintsugi (金継ぎ pronounced keen-soo-gee) literally translates to “Golden Joinery”.

It stems from a Japanese concept called wabi-sabi in which the entire-natural cycle of birth through decay is seen as equally beautiful.

- Tell them, “*In a moment, we will be enacting a kintsugi ceremony for “Family Restructuring” where we will honor those family members who are no longer with us and welcome in new family members. We will draw on the ancient wisdom of Kintsugi to remind us of our resilience to change and to celebrate the steadfast qualities of our family that never change.*”

MEDITATION:

(The “.....” are meant to be generous pauses.)

Lead your family in a very short guided meditation:

If you would like, please close your eyes..... Notice your breath as it comes in and as it goes out..... Feel your feet on the ground,..... slowly shift your weight a little from side to side..... Notice the air around you, is it moving or is it still?..... Open your ears to the sounds happening right now....

Scanning your life, allow yourself to remember a family member who is no longer with us....- maybe through death or maybe through divorce. Seeing their face or faces....bring to mind a particular moment you shared together.....what were you doing together? What were you feeling? Now think of a new family member who has joined this family recently....maybe through a birth or maybe through a marriage....bring to mind a moment you and this new family member shared.....

Return your attention to your breath...when you are ready, open your eyes.

CIRCLE OF GOLD #1: Naming Family Members New & Old:

Remove the Gold Powder bottle from your **Kintsugi Kit**. Pass it around the circle, asking each relative to name one family member who is either no longer with the family or a new family member who has recently joined your circle of care. The same name can be repeated.

Explain that as they pass the **Gold Powder Bottle** around the circle, they are placing the “**energy signature**” of that person into the gold powder so that the energy of each person who is mentioned becomes part of the **Family Kintsugi Keepsake** that you will make momentarily.

“BREAK THE MOLD” EXPLANATION:

We are breaking a bowl as a recognition that we are not the same as we once were and it would be silly to carry-on as if we were. Instead, we recognize change together. We break the mold. And we move forward with love and the full embrace of all that has made us who we are as a family today.

BREAK YOUR BOWL:

Place your Kit’s bowl into the included black velvet bag. Find a hard surface like tile or cement. Let your arm hang down by your side and drop the bowl. This is a great action item to invite another family member to perform.

CIRCLE OF GOLD #2: Naming Steadfast Family Qualities:

Now pass the Gold Powder Bottle around your circle one final time, inviting each family member to name a quality that is steadfast in you as a family unit. A quality that never goes away, that is part of the underlying gold glue that bonds you together through time and through change. After each family member speaks a quality of your family, invite them to place their hand on the back of the person next to them. Go around the circle this way, one by one, until you are joined as a living kintsugi bowl.

INVITATION TO WRITE IN JOURNAL:

Throughout the rest of the gathering, invite members of your family to write “a message to your family” in the “Sweetening Change” journal included in your kit. You may consider inviting them to answer the following question, “How does love hold us together?”

WHAT'S NEXT:

- Explain how this Family Kintsugi Keepsake we are about to make will be brought to future family gatherings where people can write new messages to you as a family, placing them inside your Gold Bowl year in and year out.
- Disperse the circle.
- Invite anyone who wants to join you in making your Kintsugi Bowl to gather around your craft station.

MAKING YOUR FAMILY'S KINTSUGI KEEPSAKE:

- Bring extra nitrile or latex gloves for many participants.
- You may find it useful to refer to the “Join with Gold” video in your online course and/or follow the step-by-step instructions of how to make your Gold Bowl in your User Manual.

If you would like Robin to lead a Kintsugi Ceremony for your Family, please contact us at info@lifehoney.com to inquire. Otherwise, kudos to you for choosing to lead this heart-felt activity for your Family. May it result in deep bonds and joyous play!