

Loss Kintsugi Ceremony Script: For Processing Death

The following is a step-by-step breakdown of what you may choose to include in your Loss Kintsugi Ceremony. This ceremony is designed to honor the memory of your lost loved one as well as helping those gathered process their grief. This ceremony can be performed anywhere, but is ideal at a reception after a funeral. The italic text are words you may consider reading from the page while leading the Ceremony. These are just suggestions. You know best. Stay in your heart and you can do no wrong!

PHYSICAL PREPERATIONS:

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

INTRODUCTION:

- • Ask those gathered, “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 as a way of honoring the life of (name of the deceased.) We will make a Kintsugi Keepsake in their honor, drawing on the ancient wisdom of Kintsugi to show us our way through the grief, the pain and the loss. Together, we will praise the life & the memory of (name of the deceased.)

MEDITATION:

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

Lead those gathered 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 (name of the deceased)....seeing their face....bring to mind a particular moment you shared together.....what were you doing? What were you feeling at that time? What qualities do you miss the most about (name of the deceased?) Send them love & light. Imagine wherever they are, in whatever form they are in, they can feel your love and it pleases them.

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

CIRCLE OF GOLD #1: Remembering the Qualities they Brought to the World:

Remove the Gold Powder bottle from your Kintsugi Kit. Pass it around the circle, asking each person to speak a **quality they cherished** about the deceased into the Gold Powder.

Explain that as they pass the Gold Powder around the circle, they are placing that quality into the gold powder so that **their loved one's energy and qualities** become part of the Kintsugi Keepsake they will make momentarily.

“BREAK THE MOLD” EXPLANATION:

*We are breaking a bowl as recognition that we are not the same as we once were when **(name of the deceased)** was still in a body by our side. It would be silly to carry-on as if nothing has changed. Instead, we recognize the immensity of the change together. We break the mold of what was. Not as an expression of defeat but rather as an expression of freedom...an expression of letting go.*

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 to invite another in your circle to perform.

CIRCLE OF GOLD #2: Naming Qualities of the Deceased You Carry Forward:

Now pass the Gold Powder bottle around the circle one final time, inviting each participant to name a quality of the deceased **THEY** will carry forward and act out in their lives. After each person speaks a quality, 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 reception, invite those gathered to write a message or love note to the deceased in the “Sweetening Change” journal included in your Kit. Is there anything they wish they could have shared with the deceased when they were still in a body? Invite them to write in the journal as if they were writing it directly to the deceased.

WHAT'S NEXT:

- Explain how this Kintsugi Keepsake will be a living embodiment of the qualities you have collectively spoken. It will also be an embodiment of your own changed life----broken by the loss, yes. But broken open. Let this Keepsake act as a physical representation of the love that holds relationships together, regardless of whether we are in a physical form or a spiritual form.
- Disperse the circle.
- Invite anyone who wants to join you in making your Kintsugi Bowl to gather around your craft station.

MAKING YOUR KINTSUGI KEEPSAKE MEMORY:

- 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 have ashes of your beloved deceased, you may consider adding them to your gold-glue mixture before bonding together the pieces of your bowl.

If you would like Robin to lead a Kintsugi Ceremony for Processing Loss & Death, please contact us at info@lifehoney.com to inquire. Otherwise, thank you for choosing to lead this heart-felt activity. May it result in deep bonds and great healing.