

# Art

## Kintsugi Art

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Kintsugi is an extension of the Japanese philosophy of *wabi-sabi*, which sees beauty in the incomplete and value in simplicity. Through Kintsugi, a broken item is repaired and then viewed as even more stunning than the original. The piece is revitalized with a new look and is given a second life as it is both restored and adorned with powdered gold. The value of Kintsugi art is far beyond a pure aesthetic level.

I was first introduced to Kintsugi in an anthropology course. The profound meaning behind this traditional artistic technique inspired me to continue to explore the topic on my own and have my own hands-on workshop.

After learning about Kintsugi, I began to rethink my previous attempts to hide or disguise my own personal traumas. I'm now learning to live in peace with them, move on determinedly despite them, embrace them, and—finally—become even more brilliant owing to them.

Kintsugi is a reminder for us to celebrate the flaws and missteps in life when everything seems to be falling apart or going astray. Ultimately, I'm the product of both the disassembly and the reassembly of my heart.

The pictures above show a piece of Kintsugi art that I made myself and then gifted to a close friend who means a lot to me.

“There is a crack in everything; that’s how the light gets in.”

—Leonard Cohen  $\Omega$