

# BREATHE

A resource created by Kaseman's Spiritual Care Department for  
**SPIRITUAL CARE WEEK 2023**

## The Cracked Jar

*(a wisdom story from Asia)*

Once upon a time, there were two water jars used by a peasant to draw water from a well to his house. One jar was perfectly new, while the other one was old and cracked. The jars hung on opposite sides of a pole that the owner put over his shoulders.

The old jar was feeling sorry for itself for being, old, worn and having a crack. So, one day, it spoke to the owner: "I'm sorry for all of your hard work you are doing each day to bring water to your family. However, I continue to be unhelpful and useless. Because of my crack, I spill the water that you carry from the well to your house."

The owner replies: "Tomorrow when you get water from the well and walk back to the house, I want you to look at your side of the path and notice what you see."

So, on the way back from the well, the jar did the usual spilling of its water on the path. But the owner reminded the jar: "See on your side of the path? It is filled with beautiful flowers. I always knew about your crack, so I threw flower seeds on your side. And because of the water you've spilled, the seeds have grown into flowering plants. I have picked these flowers, placed them in a vase in our house for my family to enjoy. So, if it were not for your crack, how could my family have benefitted from the flowers that you have provided all these months?"



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## REFLECTION

Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

### WONDERING QUESTIONS:

- Which part of the story did you find most important? What resonated with you?
- What could the crack really be?
- Which part of the story is about you? Where are you in the story?
- Notice moments when you noticed your cracks. How did that make you feel?
- In your journey, what seeds and flowers do you tend not to notice or see?
- Like the jar owner, who or what in your journey gave you guidance and wisdom?

Remember, keep on sharing your stories. Keep on listening to each other's stories.

# WHICH PART(S) OF THE STORY IS ABOUT YOU?

## THE NEW JAR

What aspects of yourself feels confident and secure?



## THE CRACKED JAR

What aspects of yourself feel cracked, vulnerable, worried & anxious? What worries do you need to let go?



## JAR OWNER

Who in your life provides unconditional love, support and validates your belovedness? What gift of affirmation do you need to receive?



## THE SEEDS/FLOWERS

What seeds and flowers in your life go unnoticed? What needs watering in your life so that you can be renewed, so you can flourish & thrive?



## THE FAMILY

In your sacred vocation (life's calling), who are you serving?

