

BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

KINTSUGI

During the 15th century Japan, there was a shogun by the name of Ashigaka Yoshimasa who was fond of collecting art and surrounded himself with artists and poets in his temple palace Ginkaku-ji.

Yoshimasa loved tea ceremonies, which in their culture was a sacred event; the tea ceremony gave the participant the opportunity to become enlightened (an experience of awakening into truth and wisdom).



During these tea ceremonies, Yoshimasa always used his most precious tea bowl, but unfortunately, one day an accident happened - the bowl fell and broke into pieces.

The broken tea bowl was immediately sent back to the skillful Chinese ceramist in China where it came from.

The Chinese ceramist repaired it with their standard process of fixing the broken parts with iron staples. Yoshimasa was extremely disappointed with the results of the aesthetic look - he found the mending of the bowl with metal staples unsightly.

For this reason the bowl was then given to the Japanese craftsmen to find a better and more beautiful solution, and this motivated them to find an alternative, aesthetically pleasing method of repair.



The cracked pieces are sealed together with gold. Namely, the practice is related to the Japanese philosophy of wabi-sabi, which emphasizes the thought of finding beauty in every aspect of imperfection in nature and embraces the "imperfect, impermanent and incomplete."



Thus kintsugi calls for seeing beauty in broken things.

Yoshimasa not only praised the uniquely mended bowl but also loved to see how it has been given a new life with its imperfections that are now full of beauty.

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).

- What resonated with you about this story?
- Where are you in this story? Which part of the story is about you?
- What experiences in your journey felt like you cracked or noticed you had a crack? What actions helped mend or heal?

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

WHAT PART OF THE STORY IS ABOUT YOU?

BROKEN BOWL

What moments (now or in the past) felt like you were broken?



REPAIR

What tools were used (or tools now that you need) in order for you to be mended & healed?



BEAUTY IN IMPERFECTION

In what areas in your brokenness do you see growth, hope, and new life?



SEAM Self-care basics:

Stitch up the Broken Seam of Grief

(Phyllis Kosminsky, Ph.D)

INSTRUCTION: Out of the 4-letter acronym, name one that you can commit to while you are in the hospital.

S- Self-regulate:



As intense feelings arise, take slow deep breaths. Do not

ignore or distract - be mindful with your body, feelings & emotions. Be gentle with yourself.

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

E- Eat:

Put nutrition in your body.



A- Action:

Move your body, do something positive: create art, go outside - breathe in fresh air & feel the sun, play in the gym.



M- Monitor Self-Talk:

Notice thought patterns. Utilize different tools to process:

• JOURNALING



• COUNSELING



• SUPPORT GROUP



• READ A BOOK



CREATE YOUR SPIRITUAL CARE PLAN

What actions do you need to integrate to mend: so you can intentionally walk on a path towards healing?

1

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

2

Spiritual Treatment Plan

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

3

Threefold Path: In/Out/Up

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)

4



Name actions. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

5

Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life that you might likely embody if you consistently follow through with your Care Plan above. **Circle these words.**

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support"

“In many indigenous societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions. When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence? Where we have stopped dancing, singing, being enchanted by stories, or finding comfort in silence is where we have experienced the loss of soul. Dancing, singing, storytelling, and silence are the four universal healing salves.”

- Angeles Arrien, *The Four-Fold Way: Walking the Paths of the Warrior, Healer, Teacher and Visionary*

Name a favorite song or music that inspires you, and makes you dance.



List a few below:

Name a favorite story that is life giving to you.



List a few below:

The “**I Love Myself Because**” worksheet is a therapeutic tool to help individuals develop self-esteem, self-compassion, and a positive self-image. This activity encourages participants to reflect on and celebrate their positive qualities, achievements, and self-worth through creative expression.

DIRECTIONS: Finish the sentence in each heart.

Something that is important to me is:

I am happiest when:

Something I like about myself is:

A talent I have is:

I am good at:

I am loved by:

Something that makes me unique is:

I am proud of myself for:

I am a good friend because: