

## Touchstones Project Theme: Resilience

When a bowl, teapot, or precious vase falls and breaks into a thousand pieces, we throw them away. ...A Japanese practice ...called kintsugi ...uses a precious metal—liquid gold, liquid silver or lacquer dusted with powdered gold—to bring together the pieces of ...broken pottery ...and ...enhance the breaks. ...It's possible to create true and always different works of art, each with its own story and beauty, thanks to the unique cracks formed when the object breaks as if they were wounds that leave different marks on each of us. ...This is the essence of resilience. Each of us should look for a way to cope with traumatic events in a positive way, learn from negative experiences, take the best from them and convince ourselves that exactly these experiences make each person unique, precious. *Stefano Carnazzi*



The answer to why so many of us have difficulties is because our ancestors spent centuries here under unrelentingly brutal conditions. Generation after generation, our bodies stored trauma and intense survival energy, and passed these on to our children and grandchildren. Most of us also passed down resilience and love, of course. But, as we saw with my grandmother—and as we see with so many other human beings—resilience and love aren't sufficient to completely heal all trauma. Often, at least some of the trauma continues. ...All of this suggests that one of the best things each of us can do—not only for ourselves, but also for our children and grandchildren—is to metabolize our pain and heal our trauma. When we heal and make more room for growth..., we have a better chance of spreading our emotional health to our descendants.... *Resmaa Menakem*

## Join us in exploring Resilience

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