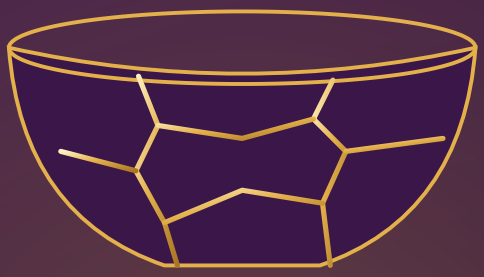
SASSY & SACRED · KINTSUGI WOMAN



# She Who Glows

## Shattered, Sacred, Shining

*A sacred workbook for Kintsugi Women ready to Rise in Their Fire.*

*Step in, step up, GLOW FORWARD!*

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Kalina Bains · Kintsugi Woman

SiSTARS Publication

She Who Glows: Shattered, Sacred, Shining. A sacred workbook for Kintsugi Women ready to Rise in Their Fire.

A free gift for the readers of siSTARS Publication, with love from Kalina.

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Disclaimer: Kintsugi Woman's affirmations, guided meditations, and prayers are kintsugi-infused empowerment, imagination, and inspiration. They are not a substitute for professional advice or therapy. If you need support, seek guidance from a qualified practitioner.

First edition, 2026.

*Sassy. Sacred. Seen.*

***SiSTARS Rising Together Across Every Consciousness, Continent & Culture.***
***We Rise in Community, Collaboration & Change.***

# Welcome, Sistar

Hey sistar... come sit with me a minute.

If you are holding this workbook, I'm guessing life has broken you open somewhere along the way. Maybe more than once. Me too. I started out as a farm girl with a very conservative background, and my life since has been a journey of chrysalis rebirth and many, many do-overs. I've come through divorce and loss, and I've started over more times than I can count.

For a long time I thought my cracks were something to hide. Then I found kintsugi, the Japanese art of mending broken pottery with gold. The potter doesn't hide the break. She fills it with gold, and the bowl becomes more beautiful, and more valuable, because it was broken.

That changed everything for me. Kintsugi is my superpower. I don't pretend I've never fallen apart. I celebrate that I've put myself back together, with intention, with spirit, and with love.

This workbook is the journey I wish someone had handed me. Seven stages. Seven steps of the golden repair. One hundred prompts, my prayers, my meditations, and pages for you to draw, colour, cry, laugh and shine.

Go slowly. Be gentle. There is no wrong way to do this.

We are not broken, we are REBORN. We rise together. We heal together. We grow together.

*With gratitude and grace,*
*Kalina*
*Kintsugi Woman*

# The ShineFactor

Every woman has a ShineFactor, the light that is hers alone. So does this workbook. Here is what makes She Who Glows glow:

1. **Written by a grandmother, for women who have lived:** Most journals are written for women just starting out. This one is for women with decades of breaks, do-overs and wisdom, the grandmothers, aunties, boomers and sistars ready to rise in their fire.
2. **A sacred seven-stage path:** My XOXOME stages are woven with the real steps of kintsugi: the Pieces, the Cracks, the Lacquer, the Chrysalis, the Seams, the Gold and the Vessel. You walk from broken to beautifully mended, one stage at a time.
3. **Prayers and meditations from my own golden seams:** Every prayer and meditation in these pages was born from my own life, my breaks and my mending.
4. **A kitchen-table voice:** This workbook talks to you the way a sistar would: warm, honest and full of love.
5. **Real gold in your hands:** Gold ink, golden candles, colouring golden seams, and making your own kintsugi bowl. You won't just write about healing; you'll practise it.
6. **Healing together:** Do it with a sistar, in a circle, or alongside a global network of grandmothers. Even your certificate is witnessed by a sistar.

*The only kintsugi workbook written by a grandmother for women who have lived.*

And in Stage 1, you'll discover your own ShineFactor.

# The Art of Kintsugi

Kintsugi (金継ぎ) means "golden joinery." For centuries, Japanese artisans have mended broken pottery with lacquer dusted in powdered gold. Instead of hiding the damage, they honour it. The cracks become rivers of gold, and the mended bowl tells its whole story.

Here is how it is done, as I share in my online guide, Embracing Gold: A Kintsugi Woman's Guide:

1. **Gather Materials:** broken pottery pieces, a special lacquer (often made from tree sap), and powdered gold or gold-coloured dust.
2. **Prepare the Pieces:** clean the broken pieces thoroughly so they are free of dust and debris.
3. **Apply the Lacquer:** use the lacquer to join the broken pieces together, applying it carefully along the cracks.
4. **Dust with Gold:** while the lacquer is still wet, dust it with powdered gold. This creates the signature golden seams.
5. **Let it Dry:** allow the piece to dry completely. The lacquer hardens, securing the pieces together with beautiful golden lines.

A Kintsugi Woman lives this art. She gathers her pieces, honours her cracks, mends with patience, rests while it sets, joins with others, lets her gold shine, and is not afraid to be seen.

*We are not defined by our breaks but by how we put ourselves back together.*

# How to Use This Workbook

1. Go in order. The seven stages build on each other, like the steps of a golden repair.
2. Take your time. Many women spend one week on each stage, so the whole journey takes seven weeks. Some take a season. Your pace is the right pace.
3. Get a gold pen. Writing your affirmations in gold ink is a little ritual that amplifies their energy.
4. Write freely. No one is grading you. Spelling doesn't matter. Crossing out is allowed. Tears on the page are welcome.
5. Skip what isn't ready. If a prompt feels too heavy today, mark it with a star and come back when you are ready.
6. Bring a sistar. This workbook is beautiful to do with a friend or in a circle. Share what you choose and keep the rest sacred.
7. Read the prayers and meditations aloud. Your voice is part of your healing.

Each chapter holds: a letter from me · a teaching · an affirmation · journaling prompts · a gold practice · a prayer · a gold-seam page · a gentle check-in.

# A Gentle Care Note

This workbook will invite you to look at old wounds. That is brave and holy work, and it can stir things up.

Please be tender with yourself. If a memory feels too big to hold alone, put the pen down, breathe, and reach out: to a trusted friend, a counsellor, a faith leader, or a healing professional. Asking for help is not weakness. It is part of the golden repair.

If you are ever in crisis or thinking of harming yourself, please call or text 988 (the Suicide Crisis Helpline in Canada and the United States), or call 911 or your local emergency number right away.

Kintsugi Woman's affirmations, guided meditations, and prayers are kintsugi-infused empowerment, imagination, and inspiration. They are not a substitute for professional advice or therapy.

# My Kintsugi Intention

*Before you begin, set your intention. Come back to this page whenever you need to remember why you started.*

MY NAME

THE DATE I BEGIN

WHAT I HOPE TO MEND

WHAT I AM READY TO RELEASE

WHAT I WANT TO FEEL WHEN I FINISH

THE SISTAR I WILL SHARE THIS JOURNEY WITH

*I am a Kintsugi Woman. I begin.*

# Continue the Journey


✦ Welcome ✦ The ShineFactor ✦ The Art of Kintsugi ✦ How to Use This Workbook ✦ A Gentle Care Note ✦ My Kintsugi Intention

1 **Discovery** ✦ *The Pieces*, gathering what broke

2 **Acceptance** ✦ *The Cracks*, honouring the breaks

3 **Healing** ✦ *The Lacquer*, the slow, patient mending

4 **Transformation** ✦ *The Chrysalis*, holding still while it sets

5 **Connection** ✦ *The Seams*, where the pieces join

6 **Awakening** ✦ *The Gold*, what shines in the cracks

7 **Legacy** ✦ *The Vessel*, whole, and on display

✦ Fractured We Flourished ✦ Mended with Gold ✦ About Kalina


Each stage holds: a letter from Kalina ✦ a teaching ✦ an affirmation ✦ journaling prompts ✦ a gold practice ✦ a meditation ✦ a prayer ✦ a gold-seam page ✦ a gentle check-in ✦ a colouring meditation.

STAGE 1 · DISCOVERY

# The Pieces

*Gathering what broke*

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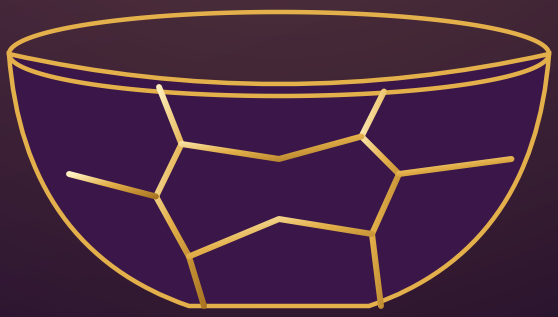


A LETTER FROM KALINA

# Hey sistar,

Before a kintsugi artist can mend anything, she has to gather the pieces. All of them. Even the tiny shards that rolled under the table and the ones she'd rather not look at.

That's where we begin. Not with fixing, just with finding. Who are you under all the roles you've carried? Under daughter, wife, mother, grandmother, worker, caregiver, the one who holds everything together?

For years I knew everybody else's favourite colour, favourite meal, favourite song. Ask me mine and I had to stop and think. Maybe you know that feeling too.

So this week, be curious about yourself. Pick up each piece and turn it over in the light. Some will make you smile. Some might sting. All of them are yours, and every one of them belongs in your story.

You don't have to know where the pieces fit yet. You only have to gather them.

XOXO, Kalina

THE TEACHING

# Transform Adversity into Art

*Life will break us all in some way, but a Kintsugi Woman gathers the pieces with grace. She repairs herself with the gold of wisdom, compassion, and resilience, turning her adversities into art, her pain into power.*

AFFIRMATION FOR THIS STAGE

*The journey within is a path of discovery, where every fragment of my past is a piece of the puzzle, fitting together to reveal the masterpiece that is me.*

Write it in gold. Say it out loud. Believe it a little more each day.

DISCOVERY

*What have you discovered about yourself recently?*

JOURNEY

*Describe your personal journey so far.*

EXPERIENCE

*What experiences have shaped who you are today?*

### THE PIECES

*Who are you when no one needs anything from you?*

### THE ROLES

*List the roles you have carried in your life: daughter, wife, mother, worker, caregiver... Which ones did you choose, and which were handed to you?*

### AUTHENTICITY

*How can you be more authentic?*

## VALUES

*What are your core values?*

## QUALITY

*What qualities do you admire in others? Which of them already live in you?*

## INSPIRATION

*What inspires you?*

IMAGINATION

*How can you use your imagination more?*

SHINEFACTOR

*What is your unique ShineFactor, the light that is yours alone?*

KNOWLEDGE

*What new knowledge have you gained recently?*

UNDERSTANDING

*How can you deepen your understanding of yourself?*

THE GIRL YOU WERE

*Write a letter to the little girl you once were. What did she love before the world told her who to be?*

GOLD PRACTICE

# Gathering Your Pieces

Find a quiet corner, a cup of tea (or chai, my favourite), and your gold pen.

On the gold-seam page at the end of this stage you'll find a broken bowl. In each shard, write one piece of you: a season of your life, a place you've lived, a person who shaped you, a dream you set down, a talent you forgot. Don't judge them. Don't arrange them. Just gather them.

When you're finished, sit with your bowl for a moment, hand on your heart, and say: "Every piece of me belongs."

WHAT I NOTICED

MEDITATION · BY KALINA

# Be Still, Kintsugi Within

In the quiet stillness, I sit, a vessel once shattered, now whole. The golden seams of my being, a celebration of my resilience, a whisper of Kintsugi, the art of precious scars.

Each crack filled with molten gold, I am a mosaic of experiences, a Kintsugi woman, learning to embrace the prisms of imperfections of a kaleidoscope of my soul's journey.

With every breath, I pause, allowing the silence to envelop me. In this chrysalis of self, I find the courage to be still, to listen to the whispers of change.

The journey within is a path of discovery, where every fragment of my past is a piece of the puzzle, fitting together to reveal the masterpiece that is me.

Discovery is a process, a slow unveiling of the self. It is the peeling back of layers, the revelation of the golden soul beneath.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# Prayer of Self-Reflection and Love

*I offer this prayer to myself as a woman of love and self-compassion. May I be a beacon of hope in times of darkness, a reminder of the resilience that resides within me, and a symbol of the power of healing and renewal. May it be a seed planted in the prisms of my soul, growing into a majestic life of wisdom and grace.*

*With gratitude in my heart and gratitude in my spirit, I bow to the divine presence that resides within me, around me, and through me.*

*I honor the journey that has brought me to this moment, and the challenges that have woven me into the person I am today.*

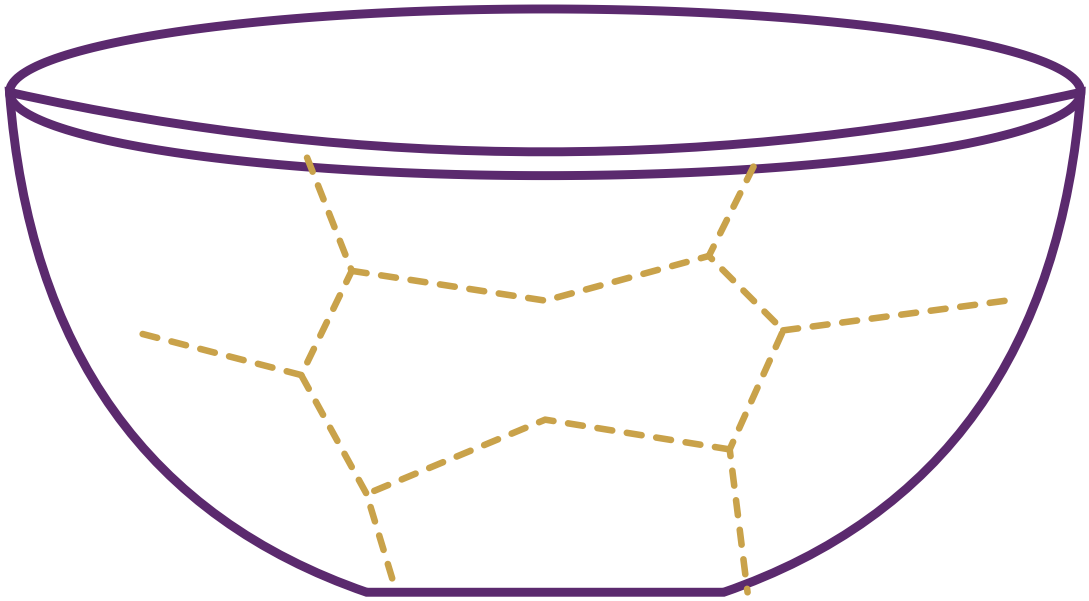
*I embrace the fullness of my being, the light and the shadow, the broken and the whole, knowing that each part is essential to the masterpiece of my life.*

*And so it is. Amen.*

GOLD-SEAM PAGE

# My Pieces

*In each shard, write one piece of your story. Then outline every shard in gold.*



BEFORE YOU MOVE ON

# A Gentle Check-In

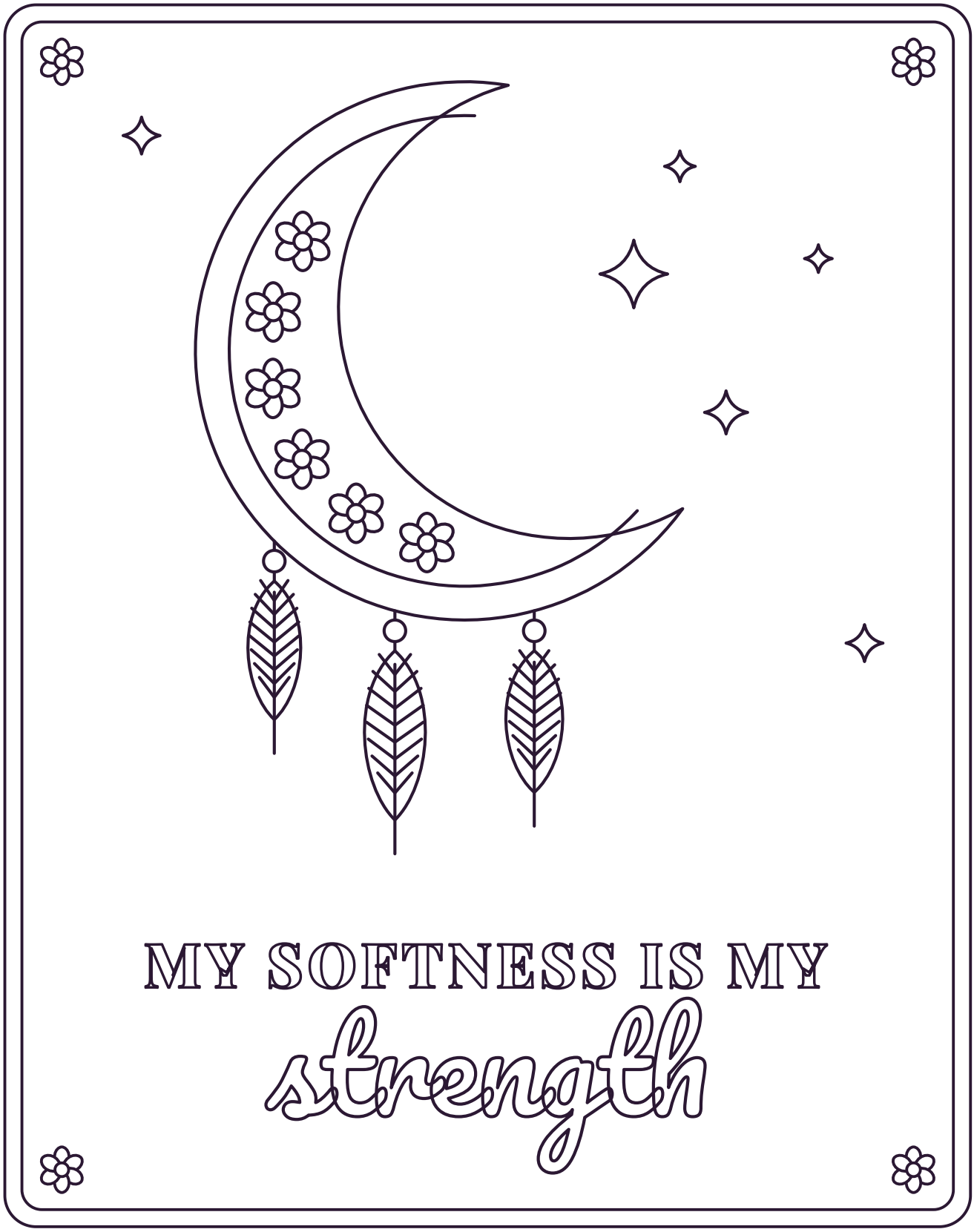
*Stage 1, Discovery · The Pieces*

- [ ] I gathered my pieces without judging them.
- [ ] I was curious about myself.
- [ ] I said my affirmation out loud.
- [ ] I was gentle with myself.

### THE GOLDEN MOMENT OF THIS STAGE

### WHAT SURPRISED ME

### WHAT I AM CARRYING INTO THE NEXT STAGE




*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 2 · ACCEPTANCE

# The Cracks

*Honouring the breaks*

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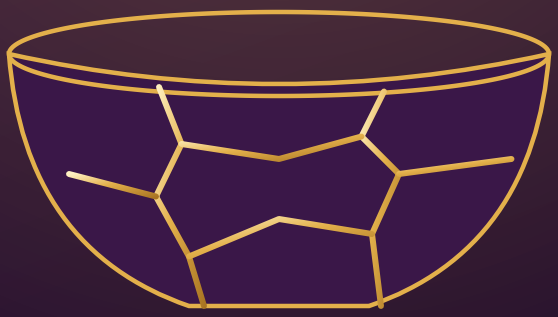


A LETTER FROM KALINA

# Hey sistar,

Now that your pieces are gathered, let's look at the cracks. I know. This is the part we usually skip.

Most of us were taught to hide our breaks. Smile for the photo. Keep the peace. Don't let anyone see you struggle. I wore those masks for decades, and they were heavy.

But here is what kintsugi taught me: the crack is not the end of the bowl's story. It is the place where the gold goes. Without the break, there is no golden seam.

Acceptance doesn't mean you liked what happened, or that it was okay. It means you stop fighting your own history. You look at the crack with soft eyes and say, "Yes. This happened. And I'm still here."

This week, practise being as gentle with yourself as you would be with a granddaughter who fell and scraped her knee. You'd never call her a failure. You'd hold her. Hold yourself like that.

You are be.YOU.tiful, cracks and all.

XOXO, Kalina

THE TEACHING

# Embrace the Golden Cracks

*In the kaleidoscope of life, every woman is a masterpiece, prisms of experiences and dreams. Like the art of Kintsugi, where broken pottery is mended with gold, a Kintsugi Woman sees her scars as stories, her cracks as character, and her flaws as features of her unique beauty.*

AFFIRMATION FOR THIS STAGE

*I emerge beautifully broken. I am restored. I am refined. I am so loved.*

Write it in gold. Say it out loud. Believe it a little more each day.

### ACCEPTANCE

*How can you practice acceptance in your daily life?*

### THE CRACK

*Name one crack you used to hide. What gold has it given you?*

### COMPASSION

*How can you show compassion to yourself?*

SELF-LOVE

*How do you practice self-love?*

THE MASK

*What mask have you worn to be accepted? What would happen if you set it down?*

KINDNESS

*How can you show more kindness to yourself?*

PATIENCE

*How can you cultivate more patience?*

PATIENCE

*When was the last time you practiced patience?*

THE INNER CRITIC

*Write down what your inner critic says to you. Now answer her the way you would answer a beloved sistar.*

**REFLECTION**

*Reflect on a recent experience that taught you something.*

**BRAVERY**

*When have you been brave?*

**RESILIENCE**

*Describe a time when you were resilient.*

**STRENGTH**

*Where do you find your strength?*

**BE.YOU.TIFUL**

*List ten things that are be.YOU.tiful about you, including one you once thought was a flaw.*

GOLD PRACTICE

# Golden Ink Mirror Ritual

In my online guide, Embracing Gold, I share this simple practice: write daily affirmations on gold-coloured paper or with gold ink. It amplifies the positive energy and intention behind your words.

Write this week's affirmation in gold on a card or sticky note. Put it on your bathroom mirror.

Every morning, look into your own eyes, place your hand on your heart, and read it out loud. Notice what you feel. Notice if you want to look away. Stay a little longer each day.

By the end of the week, add one more line of your own, in gold.

WHAT I NOTICED

# Reflection Is My Guide

Reflection is my guide, a mirror held up to the light of truth. It shows me what my experiences have taught: strength, wisdom, and the beauty of change.

To embrace is to accept, with arms wide open, the entirety of my being. It is to hold close the lessons learned and the person I have become.

Empowerment flows through my veins, a surge of golden energy. It is the power of knowing my worth, of seeing the value in my brokenness.

I shed the old.

I emerge beautifully broken.

I am restored.

I am refined.

I am so loved.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# Kintsugi Within Prayer

*Divine Universe, source of all light and love, we stand before you as women of Kintsugi, embracing our uniqueness, our intricate designs, mended with gold, stronger in the broken places.*

*We give thanks for the journey that has shaped us, for the falls that taught us to rise, for the breaks that taught us to heal, for the imperfections that taught us to embrace our true selves.*

*With every crack and every mend, we celebrate the Kintsugi within, the artful scars that map our resilience, the golden joins that speak of our courage.*

*We are grateful for the hands that held us, for the love that poured into our crevices, filling them with warmth and strength, transforming our wounds into wisdom.*

*May we walk with grace and confidence, honoring the beauty of our imperfections, seeing in ourselves the masterpiece of existence, a perfect blend of fragility and fortitude.*

*Let us radiate the light of our inner gold, illuminating the path for others, spreading hope, love, and compassion, and creating a world where every Kintsugi heart finds its reflection.*

*We affirm our commitment to self-love, nurturing the body, mind, and soul, celebrating every aspect of our being, honouring the divine within us.*

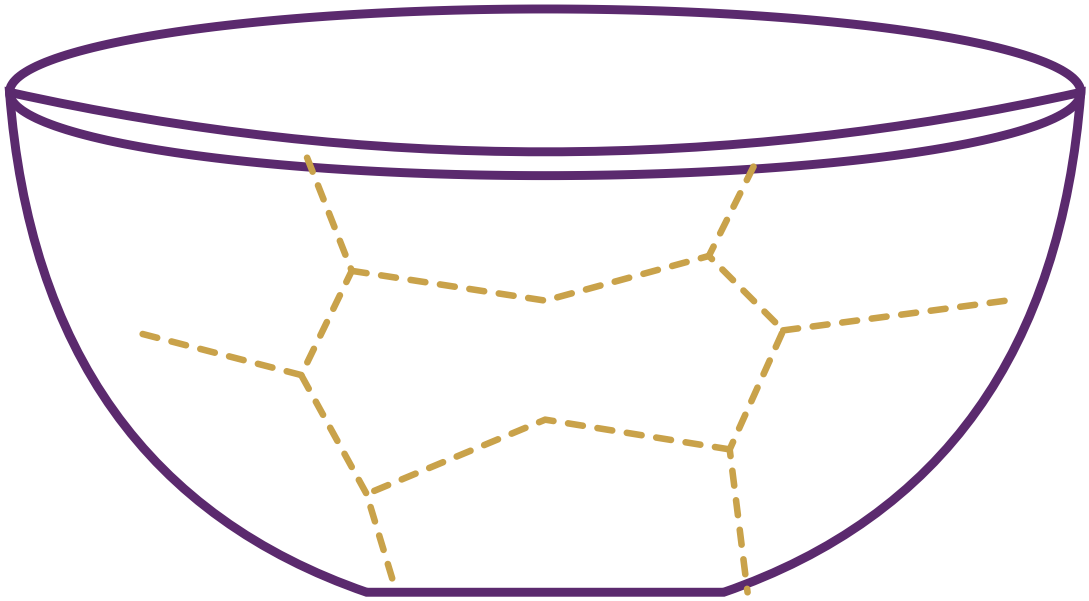
*May we continue to grow and evolve, turning every shattered piece into a story of triumph, and may our lives be a testament to the power of restoration, a sacred dance of loss, discovery, and radiant reinvention.*

*In gratitude, we offer this prayer, for ourselves, for our Kintsugi siSTARS.*

GOLD-SEAM PAGE

# My Cracks

*Trace each crack in gold. Beside it, write one word for what it taught you.*



BEFORE YOU MOVE ON

# A Gentle Check-In

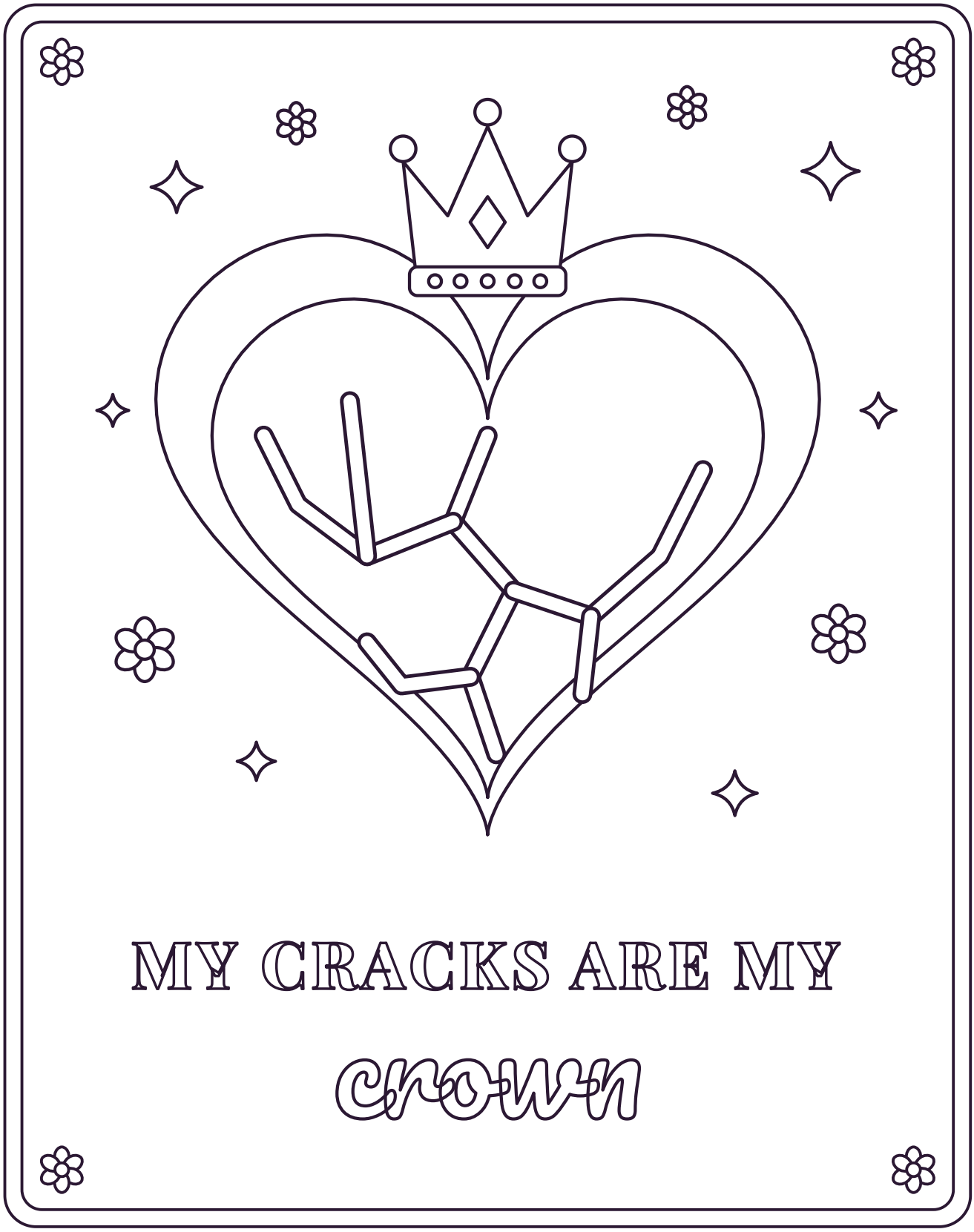
*Stage 2, Acceptance · The Cracks*

- [ ] I looked at a crack with soft eyes.
- [ ] I read my affirmation in the mirror.
- [ ] I answered my inner critic with love.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING INTO THE NEXT STAGE




*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 3 · HEALING

# The Lacquer

*The slow, patient mending*

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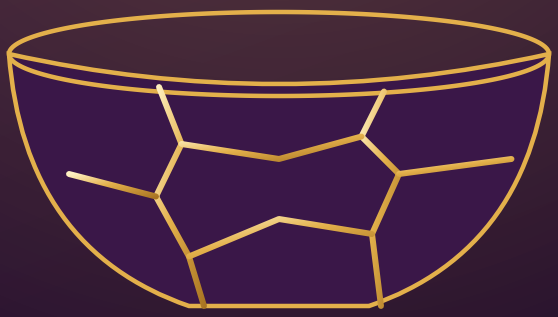


A LETTER FROM KALINA

# Hey sistar,

Here's something most people don't know about kintsugi: the lacquer is slow. Painfully slow. Each layer has to cure for days, sometimes weeks, before the next can go on. You cannot rush it. If you try, the repair won't hold.

Healing is like that too.

I used to want to be "over it" by Tuesday. I'd forgive with my mouth while my heart was still clenched. I'd push through instead of resting. And I'd crack open again in the very same place.

This stage is about the slow work: forgiveness, letting go, rest, nourishment, quiet. It's about putting down what was never yours to carry. It's about learning to say, "I am worthy of peace," and meaning it.

Some of these prompts may feel tender. Go gently. Take breaks. Light a candle. Breathe. Healing isn't a race, sistar. It's a layering of love, one coat at a time.

I'm right here beside you.

XOXO, Kalina

THE TEACHING

# Live with Wabi-Sabi Wisdom

*Inspired by the philosophy of Wabi-Sabi, a Kintsugi Woman finds beauty in the transient, the simple, and the unconventional. She lives with the wisdom that nothing is permanent, nothing is finished, and nothing is perfect, and therein lies the beauty of life.*

AFFIRMATION FOR THIS STAGE

*I am worthy of peace. I let go of all that no longer serves me.*

Write it in gold. Say it out loud. Believe it a little more each day.

## HEALING

*What does healing mean to you, and what does it look like in your life?*

## THE LACQUER

*Kintsugi lacquer takes weeks to cure. Where in your life are you rushing your healing? What would patience with yourself look like?*

## FORGIVENESS

*Who do you need to forgive, including yourself?*

THE WEIGHT

*What have you been carrying that was never yours to carry?*

YIELD

*What do you need to yield or let go of?*

PEACE

*How can you cultivate inner peace?*

QUIETUDE

*How can you find moments of quiet and quietude in your busy life?*

MINDFULNESS

*How can you practice mindfulness every day?*

SELF-CARE

*What are your favourite self-care practices?*

NOURISHMENT

*How do you nourish your body and soul?*

ENERGY

*How do you manage your energy levels?*

BALANCE

*What does balance mean to you, and how can you achieve it?*

## HARMONY

*How can you create more harmony in your life?*

## ZEN

*How can you create a zen space in your home?*

GOLD PRACTICE

# Golden Candle Release

In my online guide, Embracing Gold, I suggest using gold-coloured candles during meditation and ritual. Gold is believed to enhance spiritual growth.

Light a gold or white candle. On a small slip of paper, write one thing you are ready to release: a resentment, a fear, an old story, a "should."

Read it aloud. Then say: "I am connected to something bigger than my fear, past, and anger. I let go of all that no longer serves me."

Safely tear the paper into small pieces (or burn it in a fire-safe dish). Sit with the candle and breathe until you feel ready. Blow it out with a whispered "thank you."

WHAT I NOTICED

# Let Go, Step Past the Past

Welcome to your mantra meditation about being connected to something bigger than your fear, past, and anger. Take a deep breath in and exhale slowly. As you breathe in, imagine yourself pulling in positive energy from the universe. As you exhale, release any negative thoughts or emotions that may be holding you back.

Repeat after me:

I am connected to something bigger than my fear, past, and anger.

I let go of all that no longer serves me.

I trust in the universe to guide me towards my best self.

I receive all the good that the universe has to offer.

I accept myself for who I am and who I am becoming.

I am stronger, more confident, and empowered every day.

Take one last deep breath in and exhale slowly. Know that you are connected to something bigger than yourself and that you are capable of overcoming any obstacle that comes your way. Namaste.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# A Prayer for Our Kintsugi Journey

*God,*

*We come before you with open hearts, ready to embrace our true selves. Grant us the courage to step back from the world's noise and listen to our hearts' whispers. Help us to release the fears that numb us and the expectations that others place upon us.*

*In the silence and cocoon of self-reflection, may we find the strength to experience, explore, and evolve. Let us honour our imperfections and see the beauty in our unique paths, just as Kintsugi teaches us to cherish the cracks filled with gold.*

*Guide us to celebrate our journey, acknowledging each step as a reflection of our resilience and growth. May we support one another with love and compassion, recognizing the divine light in us.*

*May we find healing in our journey, mending our hearts and spirits with the golden seams of our experiences.*

*As we walk this path, be reminded that we are never alone. We can find our golden seams and shine brightly in our truth.*

*Bless us with peace, love, and the wisdom evolving with grace.*

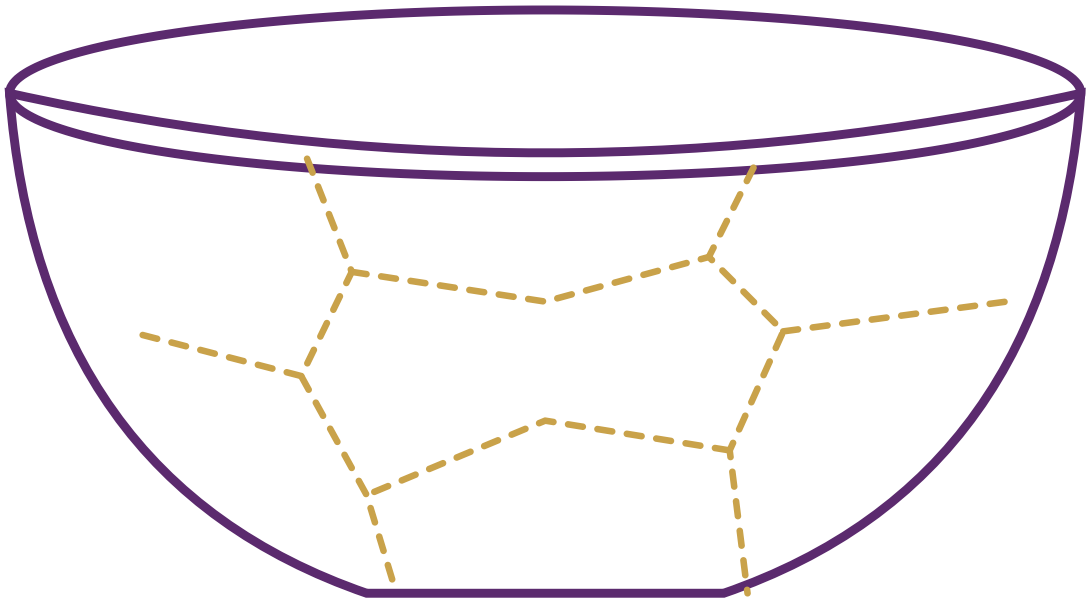
*With gratitude and love,*

*Amen.*

GOLD-SEAM PAGE

# Layers of Lacquer

*Colour the seams slowly, one layer at a time. With each layer, breathe and whisper, "I am worthy of peace."*



BEFORE YOU MOVE ON

# A Gentle Check-In

*Stage 3, Healing · The Lacquer*

- [ ] I let myself go slowly.
- [ ] I released one thing I was carrying.
- [ ] I rested without guilt.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING INTO THE NEXT STAGE

*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 4 · TRANSFORMATION

# The Chrysalis

*Holding still while it sets*

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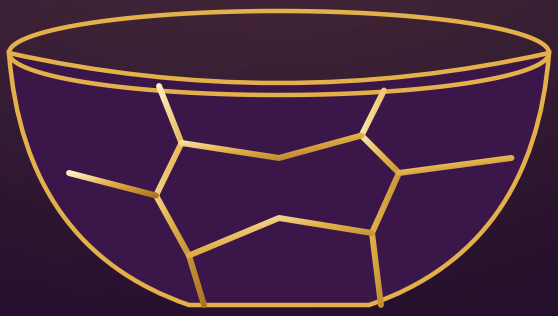


A LETTER FROM KALINA

# Hey sistar,

Did you know that inside the chrysalis, the caterpillar doesn't just grow wings? She dissolves. Completely. Everything she was becomes something soft and unformed before she becomes a butterfly.

That's why transformation can feel so uncomfortable. The old you is letting go, and the new you hasn't arrived yet. You're in the in-between.

I've spent a lot of my life in that in-between: after endings, before beginnings. I've learned to stop fighting it. The chrysalis isn't a prison. It's a sanctuary.

This stage is about honouring your becoming. About the small steps. I used to put things "on the long finger," always someday. But progress is progress, no matter how small. One small step, guided by passion and spirit, leads to big, wonderful changes.

So rest in your cocoon, sistar. Something beautiful is forming. You are becoming, and you are still becoming.

XOXO, Kalina

THE TEACHING

# Celebrate the Imperfect Journey

*A Kintsugi Woman knows that perfection is not the destination but the courage to continue that counts. She celebrates each imperfection as a testament to her strength, knowing that every repaired fracture is a golden thread in the tapestry of her life.*

AFFIRMATION FOR THIS STAGE

*I am strong, I am capable, I am evolving. I trust in myself and the journey ahead.*

Write it in gold. Say it out loud. Believe it a little more each day.

THE CHRYSALIS

*What is dissolving in you right now, and what do you sense is forming?*

TRANSFORMATION

*How are you transforming your life?*

TRANSFORMATION

*What transformations are you experiencing right now?*

## GROWTH

*How have you grown in the past year?*

## SMALL STEPS

*"Progress is progress, no matter how small." What is one small step you've been putting "on the long finger"? When will you take it?*

## DETERMINATION

*What are you determined to achieve?*

**MOTIVATION**

*What motivates you to keep going?*

**FOCUS**

*What helps you stay focused on your goals?*

**OPENNESS**

*How can you be more open to new experiences?*

**OPENNESS**

*How can you be more open to new ideas?*

**OPPORTUNITIES**

*What opportunities are you excited about?*

**MINDSET**

*How can you cultivate a positive mindset?*

## HOPE

*What gives you hope?*

## OPTIMISM

*What makes you feel optimistic?*

## DO-OVERS

*Which of your do-overs are you most proud of?*

GOLD PRACTICE

# Your Chrysalis Pause

Set aside twenty quiet minutes this week, somewhere you won't be interrupted. Wrap yourself in a soft blanket like a cocoon.

Read the meditation on the next page slowly, or record yourself reading it and play it back with your eyes closed.

Afterwards, draw a simple butterfly on the gold-seam page and, on each wing, write one thing you are leaving behind and one thing you are growing toward.

WHAT I NOTICED

MEDITATION · BY KALINA

# Kintsugi Cocoon of Self-Discovery

Close your eyes, dear Kintsugi Woman. Imagine a sun-kissed garden, a sanctuary where time dances slowly, and the air hums with whispers of transformation. You're cocooned here, wrapped in threads of possibility. Let's embark on a journey, a metamorphosis of heart, mind, and spirit.

Feel the silk cocoon around you. It's snug, like a secret whispered to the moon. You're not broken; you're in transition. Just as a caterpillar surrenders to its chrysalis, you surrender to the cocoon of self-discovery.

Breathe in. Imagine golden threads weaving through your cracks. These are your stories, the ones etched in silver and stardust. Each fracture holds wisdom, resilience, and the promise of flight.

Picture yourself within the chrysalis. It's a sacred pause, a space where old beliefs crumble, and wings sprout. You shed layers like autumn leaves. Fear? Let it flutter away. Doubt? It's compost for growth.

Feel the warmth of transformation. Your scars? They're Kintsugi seams, golden rivers of healing. You're not just patched; you're adorned with cosmic artistry.

Slowly, the cocoon loosens. You stretch your wings, tentative yet fierce. The garden awaits, a canvas for your rebirth. As you step into the light, notice the golden flecks on your skin. You're a Kintsugi woman.

Your heart? It's a mosaic of laughter, tears, and wildflowers. Your mind? A kaleidoscope of dreams. And your spirit? It soars, knowing that every scar is a love letter to resilience.

Breathe. You're whole. You're Kintsugi.

Open your eyes, and know that your secret garden is within, a sanctuary where self-love blooms, and your cracks shimmer with grace.

PRAYER · BY KALINA

# Spirit of Transformation Prayer

*Divine Creator,*

*Grant this Kintsugi woman the strength to embrace her brokenness as a canvas for your golden grace. May her passion be the compass guiding her through the darkest night of the soul, illuminating her path with the fire of purpose.*

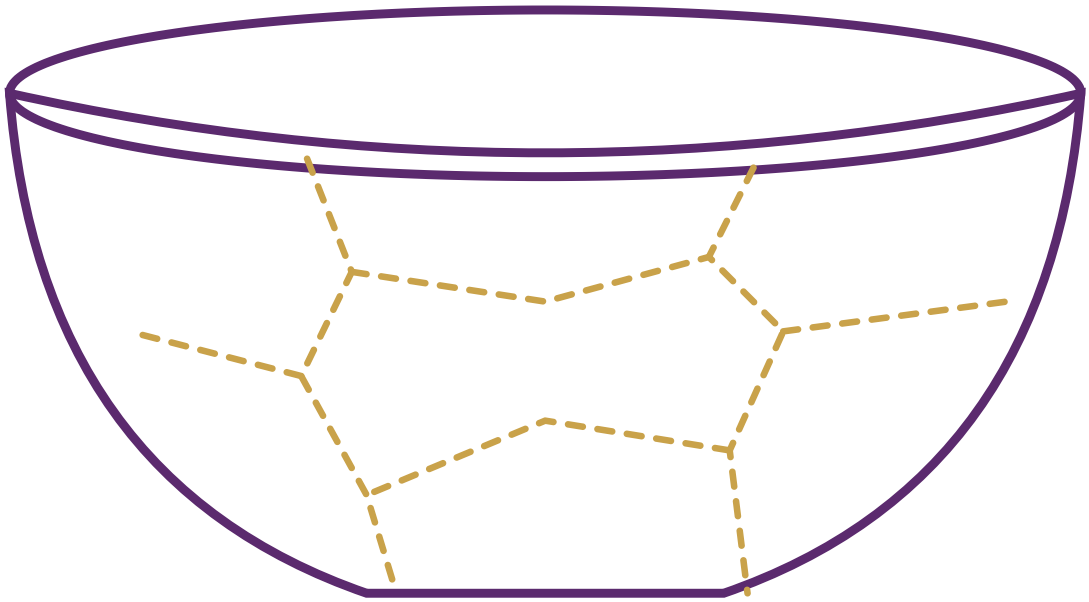
*Spirit of transformation, wrap her in your cocoon of healing, on her Chrysalis journey so she may emerge renewed and radiant.*

*Bless her journey with resilience, wisdom, and an unwavering faith in the metamorphosis of her radiant reinvention. Amen.*

GOLD-SEAM PAGE

# My Becoming

*Draw a butterfly over the golden seams. On one wing, write what you are leaving behind. On the other, what you are growing toward.*



BEFORE YOU MOVE ON

# A Gentle Check-In

*Stage 4, Transformation · The Chrysalis*

- [ ] I honoured the in-between.
- [ ] I took one small step.
- [ ] I trusted the process.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING INTO THE NEXT STAGE

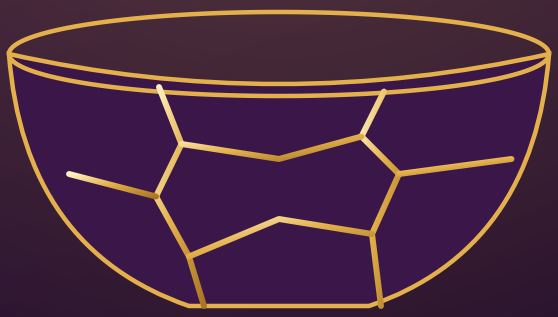
*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 5 · CONNECTION

# The Seams

*Where the pieces join*

SISTARSPUBLICATION.CA



A LETTER FROM KALINA

# Hey sistar,

Look closely at a kintsugi bowl and you'll see that the gold lives in the seams, right where one piece meets another. The joining is the most beautiful part.

We were never meant to mend alone. Elephants are led by a grandmother and raised by the whole village. So are we.

For years I thought being strong meant needing no one. Then I found my siSTARS: the circles, the Zoom squares, the grandmothers around the world who saw me and let me see them. They held my pieces while I mended. They are part of my gold.

Connection also means good seams: clear edges. A seam that holds is one with boundaries. Learning to say no was one of the most loving things I ever did for myself, and for the people I love.

This week, reach out. Call the friend you miss. Say yes to the invitation. And say no where you need to. Your seams are sacred.

We rise in community, in circles, and in connection.

XOXO, Kalina

THE TEACHING

# Connect with Authenticity

*Just as Kintsugi pottery is bonded with gold, a Kintsugi Woman connects with others through authenticity. She builds relationships not by concealing her fractures but by sharing the beauty of her repairs, inspiring a community of women who support and uplift each other.*

AFFIRMATION FOR THIS STAGE

*Together we shine brighter, together we are stronger.*

Write it in gold. Say it out loud. Believe it a little more each day.

### CONNECTION

*How can you deepen your connections with others?*

### KINDRED SPIRITS

*Who are your kindred spirits?*

### THE SEAMS

*Who held the pieces while you mended? Write them a thank-you, whether or not you ever send it.*

NURTURE

*How can you nurture your relationships?*

TRUST

*How can you build more trust in your relationships?*

EMPATHY

*How can you show more empathy towards others?*

### UNDERSTANDING

*How can you better understand others?*

### BOUNDARIES

*How can you set healthy boundaries?*

### SAYING NO

*Where do you need to say no, so you can say yes to yourself?*

**UNITY**

*How can you promote unity in your community?*

**XENIAL**

*How can you be more hospitable and welcoming?*

**LOVE**

*How do you express love to those around you?*

KINDNESS

*How can you spread kindness today?*

LAUGHTER

*What makes you laugh?*

GOLD PRACTICE

# A Sistar Circle

Invite one sistar, or a few, for tea, a walk, or a Zoom call. Each bring one golden thing to share: a story of a crack that became gold, a prayer, a poem, a photo.

Take turns. Listen without fixing. When each woman finishes, the others say, "I see your gold."

If you can, bring a sprig of lavender (or any flower) for each woman, and pass it to the sistar on your right as a gesture of sisterhood, connection and belonging.

WHAT I NOTICED

# Shine Brighter

Today take a moment for yourself. Meditate in a mist of love, and feel the warm sunlight surround you.

Imagine walking under a mist of sunlight and feeling the love of the Universe showering down on you. The mist and rays surrounding you feel so safe, blessed, and confident you shine brighter.

Walking down your path you see a member of your family and they come to you and you sense they are not having the best of days, you get closer to them and feel your light shining on them and see a smile on their face.

The two of you soon join more of your friends and family and more of you are under the Umbrella of love, the mist of love, the Universe is shining on you and the happiness and love felt surrounds you.

As each of you leave you take a part of the mist that shines around you with you and know you are safe, blessed, and confident.

Together we shine brighter, together we are stronger, together with all our differences, we are sending our energy collectively into the Universe for all.

Together we manifest unity, inclusion, acceptance, confidence, and connection and empower one another to share, give, and know they are enough, more than enough.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# Ethereal Threads that Bind Prayer

*Divine Weaver of the Universe,*

*Bless the brokenness within us,*

*As golden seams in cherished Kintsugi.*

*With threads of wisdom and power,*

*Mend our fractures into a mosaic of strength.*

*In every crack, let resilience bloom,*

*In every gap, let understanding grow.*

*Guide our hands to weave connections,*

*With strands of compassion and grace.*

*May the ethereal threads that bind us,*

*Glisten with the wisdom of the ages,*

*And pulse with the power of our spirits.*

*Let them be the ties that unite,*

*And the paths that lead us to enlightenment.*

*As we piece together our shattered selves,*

*Let us see the beauty in our imperfections,*

*And the lessons in our trials.*

*It is through our brokenness,*

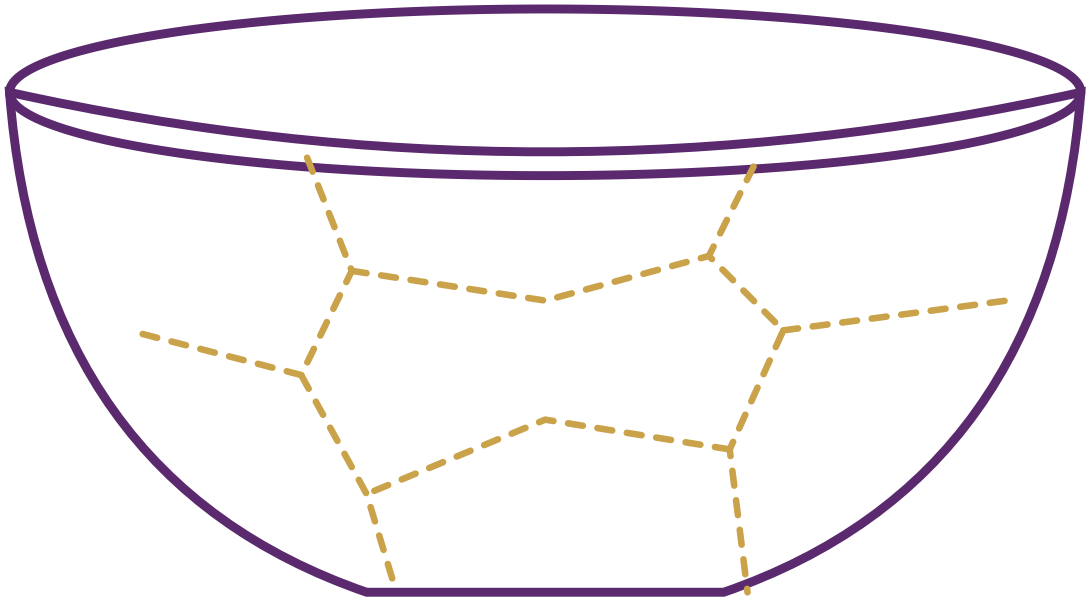
*That we discover our true wholeness.*

*Amen.*

GOLD-SEAM PAGE

# My Golden Seams

*Along each seam, write the name of someone who helped you mend.*



BEFORE YOU MOVE ON

# A Gentle Check-In

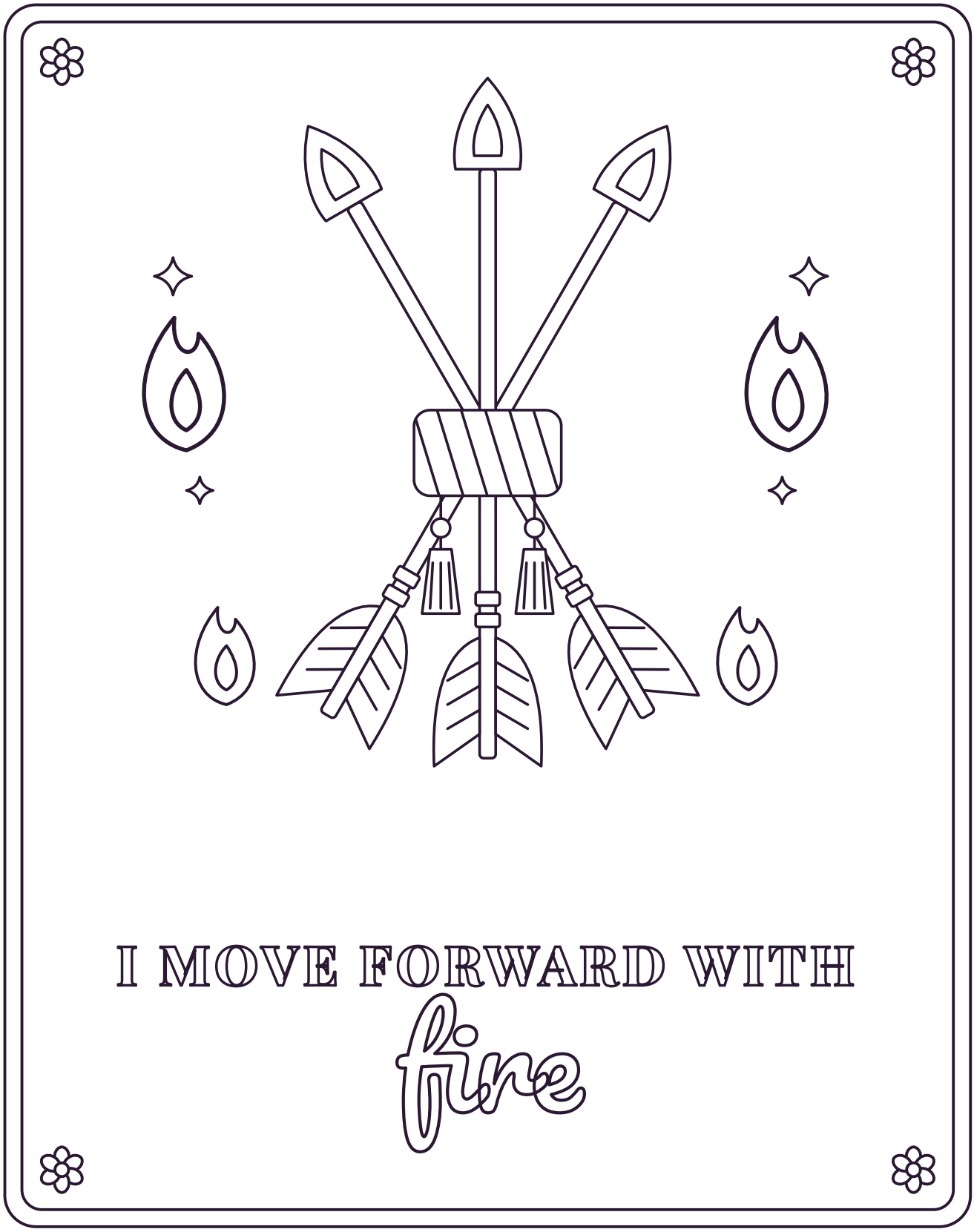
*Stage 5, Connection · The Seams*

- [ ] I reached out to a sistar.
- [ ] I said a loving no.
- [ ] I let someone see my gold.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING INTO THE NEXT STAGE




*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 6 · AWAKENING

# The Gold

*What shines in the cracks*

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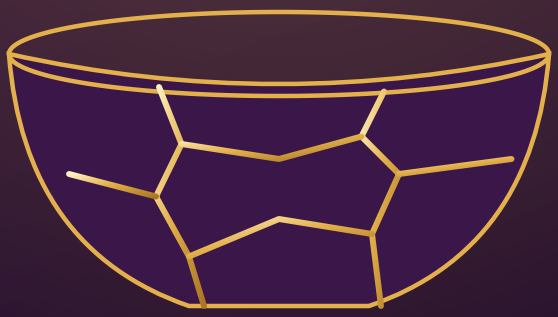


A LETTER FROM KALINA

# Hey sistar,

This is my favourite stage. This is where the gold goes in.

You've gathered your pieces, honoured your cracks, done the slow work of healing, rested in your chrysalis, and found your siSTARS. Now it's time to let yourself shine.

For so long, many of us put ourselves last. We gave and gave and broke a little more each time. The XOXOME Method is built on a simple truth: it's not about being selfish, it's about being self-full. When we care for ourselves, we're better able to care for others and live our best lives.

Awakening is joy. Intuition. Wonder. Gratitude. Your inner voice, your Woman's GPS, getting louder. Dreams you set down years ago, picked up again.

Wear the gold earrings. Take the long bath. Dance in the kitchen. Say yes to what lights you up.

You are not too old, too late, or too broken. You are right on time, sistar. Let your gold show.

XOXO, Kalina

THE TEACHING

# Self-Full, Not Selfish

*From the XOXOME Method: You know how we've always discussed the importance of putting ourselves first? This program is built on that idea. It's not about being selfish; it's about being self-full. When we care for ourselves, we're better equipped to care for others and live our best lives.*

*Self-care is non-negotiable for me. Whether it's taking a long bath, meditating, or just having my cup of chai, I've found what nourishes me and made it a regular part of my routine.*

AFFIRMATION FOR THIS STAGE

*I receive all the good that the universe has to offer.*

Write it in gold. Say it out loud. Believe it a little more each day.

INTUITION

*How can you trust your intuition more?*

YOUR WOMAN'S GPS

*When has your inner voice been right, even when others disagreed?*

FREEDOM

*What does freedom mean to you?*

**WONDER**

*What fills you with wonder?*

**NATURE**

*How does spending time in nature affect you, and how does it inspire you?*

**JOY**

*What brings you joy in your daily life?*

JOYFUL MOMENTS

*Describe a recent joyful moment.*

GRATITUDE

*List three things you are grateful for today.*

GRATITUDE

*What are you most grateful for in this moment?*

## ABUNDANCE

*How can you create a mindset of abundance?*

## AFFIRMATIONS

*Write three positive affirmations for yourself, in gold.*

## CREATIVITY

*How can you express your creativity?*

ZEAL

*What are you passionate about?*

YEARNING

*What do you yearn for in life?*

DREAMS

*What are your dreams and aspirations?*

GOLD PRACTICE

# Wear Your Gold

From my online guide, Embracing Gold, choose one or more ways to bring gold into your daily life this week:

1. **Wear golden yellow:** golden clothing can boost your confidence and remind you of your power and achievements.
2. **Wear gold jewellery:** a reminder of your power and confidence, your inner strength and resilience.
3. **Carry a talisman:** a small gold-coloured object, such as a gold coin or golden crystal.
4. **Add gold accents to your home:** a cushion, a picture frame, a candle.
5. **Set a goal with a golden reward:** a spa day, a special piece of jewellery, a golden experience.

Each time you notice your gold, pause and whisper: "I let my gold shine."

WHAT I NOTICED

MEDITATION · BY KALINA

# Receive, Believe

Focus on the image of a tree reaching to spirit (mine is a birch tree). We are receiving guidance, love energy, hope, and healing. Just like a tree, you too have roots that run deep.

Your roots represent your passion, your inner fire, and your drive to create transformation within yourself. As you sit in stillness, imagine yourself as a tree, rooted firmly into the earth.

Take a deep breath in, pause, and listen.

Passion is the fire that ignites my spirit, a flame that burns with intense purpose. It is the drive that propels me forward, that fuels my desire to heal and to grow.

Guided by passion, I pursue my dreams, undeterred by the cracks and the breaks. It is the light that leads me through the darkness, that shows me the way to wholeness.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# Empower Your Essence Prayer

SiSTARS,

*In the sacred embrace of our shared moments, I weave a prayer of love, radiant with the golden threads of kintsugi, celebrating not just our unity but the beauty of your individuality. May these words be a torch to the strength in your vulnerabilities, the light in your fractures, turning every scar into a star that guides you on your path.*

*Empower your essence, with the courage of a warrior and the gentle touch of a healer. Like the diverse prisms that fracture light into a spectrum of colors, may your life fracture any darkness, turning obstacles into opportunities to shine.*

*Your free, feminine, ethereal energy is a force, a whirlwind of potential, dancing to the rhythm of your deepest desires and dreams. Let it be unleashed, wild and uncontained, to explore the vastness of your being and the world around you.*

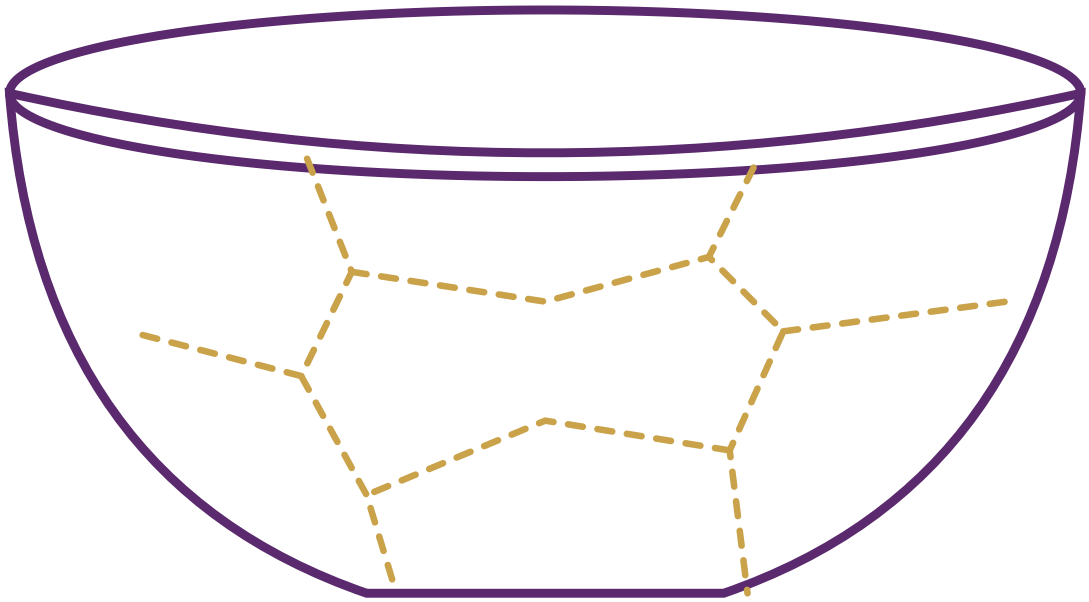
*Guided by passion and spirit, may you always remember that you are a beacon of light in a world that heals with your glow.*

*Illuminated to Illuminate.*

GOLD-SEAM PAGE

# Let It Shine

*Fill every seam with gold: pen, paint, glitter, foil. Around the bowl, write the words that make you shine.*



BEFORE YOU MOVE ON

# A Gentle Check-In

*Stage 6, Awakening · The Gold*

- [ ] I chose myself without guilt.
- [ ] I listened to my inner voice.
- [ ] I let my gold show.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING INTO THE NEXT STAGE

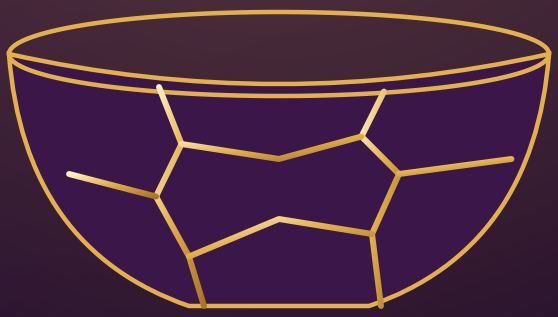
*Breathe in. Colour slowly. Whisper the words with every stroke.*

STAGE 7 · LEGACY

# The Vessel

*Whole, and on display*

SISTARSPUBLICATION.CA



A LETTER FROM KALINA

# Hey sistar,

A mended kintsugi bowl isn't put back in the cupboard. It's placed where the light can find it, where people can see it and ask, "What happened here?" And the bowl gets to tell its story.

That's what legacy is. Not perfection. Not a life without breaks. A life where the breaks are filled with gold and placed in the light, so the women coming after us know it's possible.

When I think of my grandchildren, I don't want them to remember a grandma who never fell. I want them to remember one who got back up, again and again, and who showed them how to fill the cracks with gold.

This final stage is about purpose, vision and wisdom. About the golden footprints you leave behind. About the torch the Kintsugi women before us passed into our hands.

You have done beautiful, brave work in these pages. Your vessel is whole. Now let it be seen.

You became, and you are still becoming.

With gratitude and grace,

*Kalina*

THE TEACHING

# Reclaim Your Life

*A Kintsugi Woman does not hide her past; she highlights it. She reclaims her life, understanding that her brokenness is not a sign of defeat but a celebration of her ability to heal and thrive.*

AFFIRMATION FOR THIS STAGE

*We are Kintsugi women, warriors of light, leaving golden footprints for those who will walk this path after us.*

Write it in gold. Say it out loud. Believe it a little more each day.

## LEGACY

*What legacy do you want to leave behind?*

## GOLDEN FOOTPRINTS

*What golden footprints do you want to leave for the women who come after you?*

## PURPOSE

*What is your life's purpose?*

THE VESSEL

*Your vessel is mended and on display. What story do you want people to read in its golden seams?*

VISION

*What is your vision for the future?*

VISION

*What is your vision for your future self?*

VISION

*What is your vision for the next year?*

WISDOM

*What wisdom have you gained from your challenges and past experiences?*

EMPOWERMENT

*How can you empower yourself and others?*

**ZENITH**

*What does reaching your zenith look like?*

**LOVE**

*How do you express love to yourself and others?*

**CELEBRATION**

*Name three golden victories, big or small, from this journey.*

### A LETTER TO A GRANDDAUGHTER

*Write a letter to a granddaughter (yours, or the world's) about what your cracks taught you.*

### STILL BECOMING

*You are still becoming. Who is the woman you are becoming next?*

GOLD PRACTICE

# Make Your Own Kintsugi

Honour your journey with a real golden repair. You can buy a beginner's kintsugi kit, or make a simple version with a chipped mug or broken plate, a two-part epoxy, and gold mica powder or a gold paint pen. (Pieces mended with craft glue or paint are for display, not for food.)

Follow the five steps from the beginning of this workbook: gather, prepare, apply, dust with gold, let it dry.

As you work, think of each crack as one of the stages you have walked. When it is finished, place your vessel somewhere the light can find it.

WHAT I NOTICED

MEDITATION · BY KALINA

# Golden Footprints

Visualize yourself walking barefoot in the garden, the soft earth beneath your feet. Notice the golden footprints you leave behind, a trail of light for others to follow. These are the marks of your resilience, the evidence of a spirit that empowers and uplifts.

Imagine the Kintsugi within you, the golden veins that run through your being, binding the broken pieces with beauty and strength. Forgive yourself for the past, embrace the present, and look forward to the future with hope and courage.

Now, sit by the well, surrounded by the circle of women who have walked this path before you. Feel their strength, their wisdom, their love. They are with you, guiding you, supporting you as you find the Kintsugi within.

You are a Kintsugi woman, beautiful in your imperfection, powerful in your healing, and radiant in your being. Leave golden footprints for others to follow, and know that in the garden of life, you are never alone.

AFTER THIS MEDITATION, I FEEL

PRAYER · BY KALINA

# Pathway of Empowerment Prayer

*God, our spirits intertwined with the legacy of the kintsugi women who walked before us. They embraced their brokenness, transforming scars into golden seams, and have passed us a torch, a beacon of unbreakable resilience and beauty born from healing. We stand humbly on this path of their journey, ready to carry this luminous flame.*

*Give us the strength and wisdom to continue with purpose on this pathway of empowerment leading us with their golden footsteps, mindful of the weight of this legacy. May we walk with grace and courage, understanding that the cracks and crevices of our being are not signs of imperfection but of our enduring spirit and capacity to mend with gold.*

*Bless us with the passion to carry the values of the kintsugi woman: resilience, transformation, and the celebration of life's imperfections. May we, in our journey, strengthen the tapestry of the women behind us, weaving our feminine ethereal threads of gold into its fabric, and inspire generations yet to come to carry the torch with honour.*

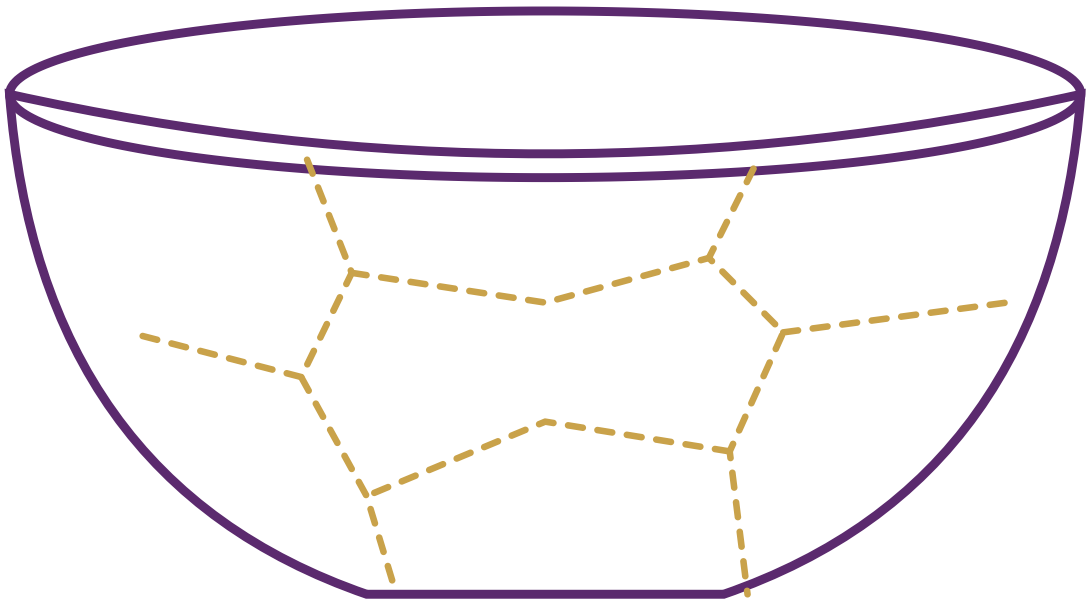
*We illuminate the world, leaving it brighter for our passage, and honour the kintsugi women who follow.*

*Amen.*

GOLD-SEAM PAGE

# My Vessel

*Your bowl is whole. Fill its seams with gold, and write your legacy in the light around it.*



BEFORE YOU MOVE ON

# A Gentle Check-In

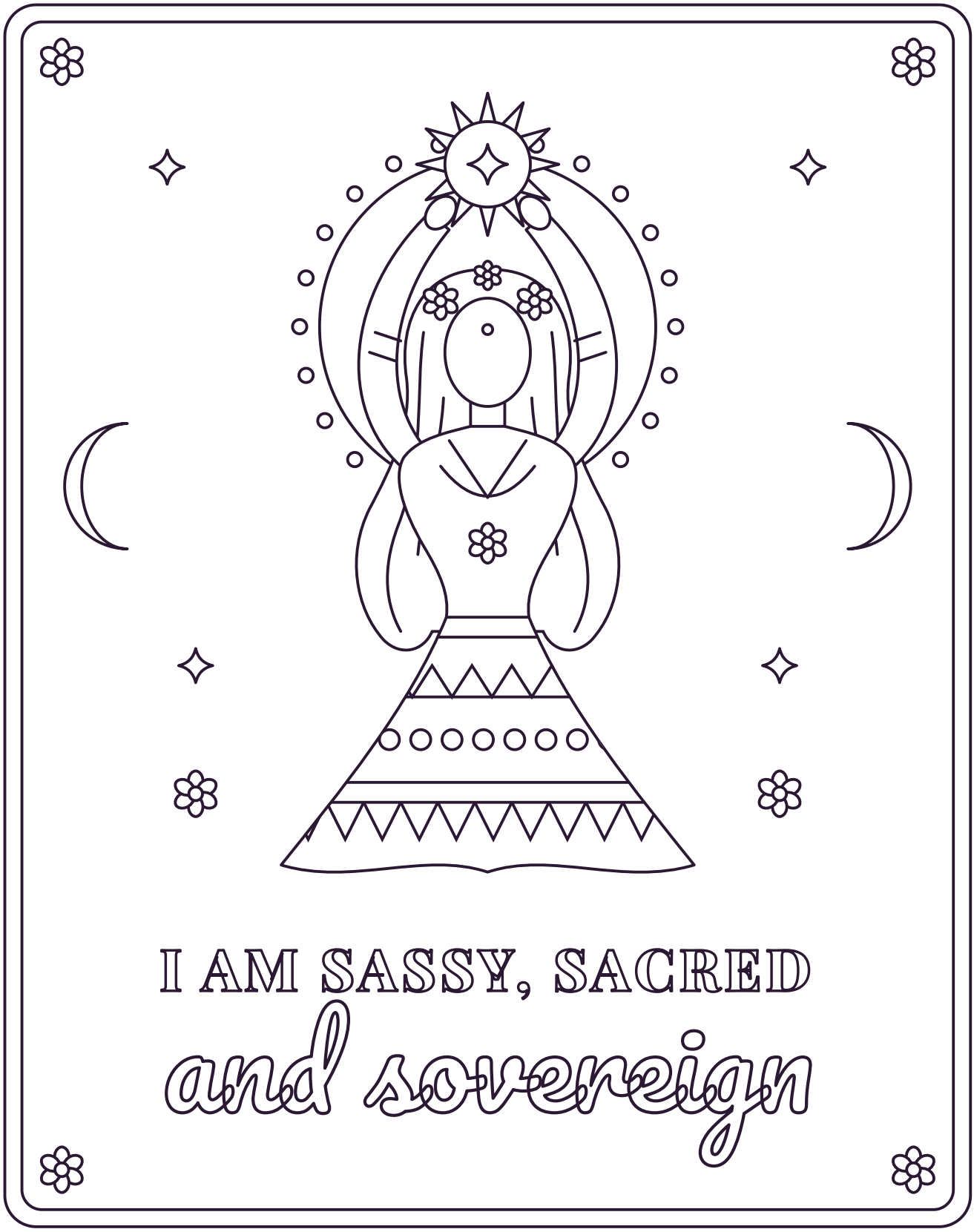
*Stage 7, Legacy · The Vessel*

- [ ] I named my legacy.
- [ ] I wrote to the women who come after me.
- [ ] I placed my vessel in the light.
- [ ] I was gentle with myself.

## THE GOLDEN MOMENT OF THIS STAGE

## WHAT SURPRISED ME

## WHAT I AM CARRYING FORWARD INTO MY LIFE




*Breathe in. Colour slowly. Whisper the words with every stroke.*

CLOSING POEM

# Fractured We Flourished

Together, we create a tapestry of healing.

Together, we mend the broken pieces.

Together, we rise stronger.

Together, we mend the past and build the future.

Grandmas in my life I know you, I have been you.

YOU dreamed, you BELIEVED

NOW is your time to SHINE

YOU have found your VOICE

YOU have learned to say NO

YOU know you are ENOUGH

YOU started listening to your heart, the innate whispers of self that loved you and believed in you.

YOU began trusting yourself, and didn't care what others thought.

YOU became the woman you needed and wanted to be!

YOU BECAME AND ARE STILL BECOMING

Broken we are beautiful

Fragmented we have flourished

We are Kintsugi Woman

We are BE.YOU.TIFUL

We are not broken, we are REBORN

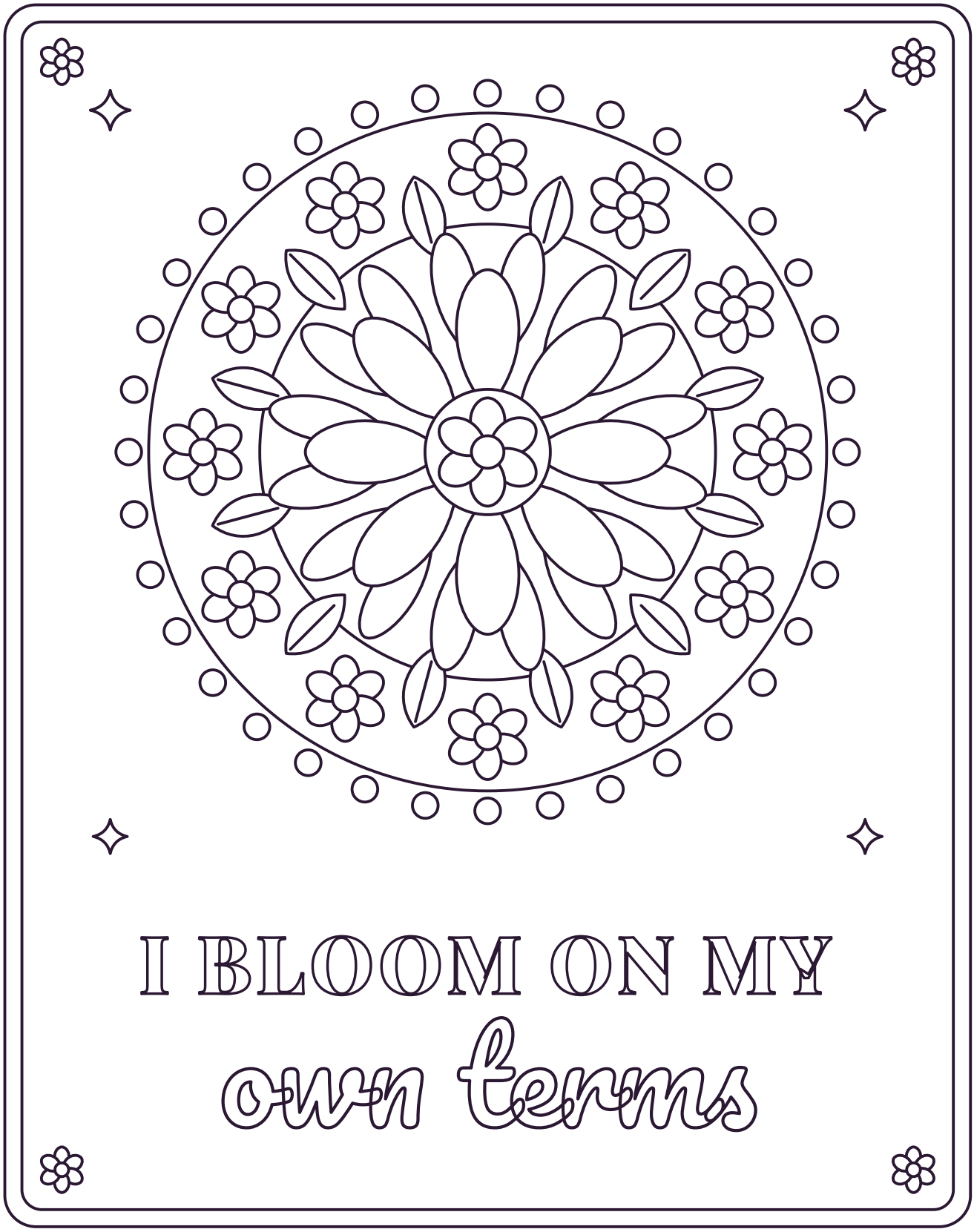
We are HEALED

We are ENOUGH

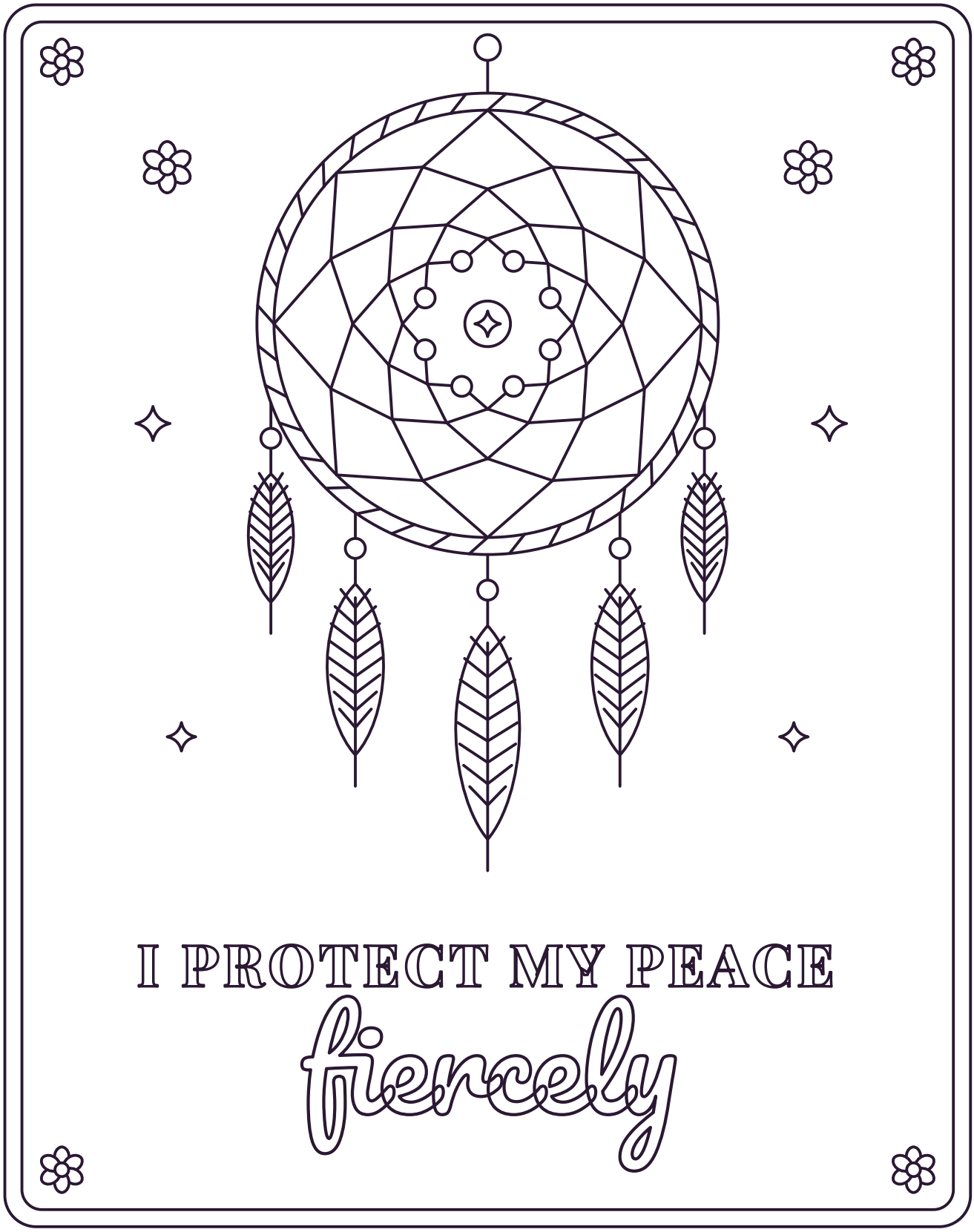
We are POWERFUL

BELIEVE in yourself, TRUST YOURSELF.

~ Kalina, from "Fractured we Flourished"




*Breathe in. Colour slowly. Whisper the words with every stroke.*

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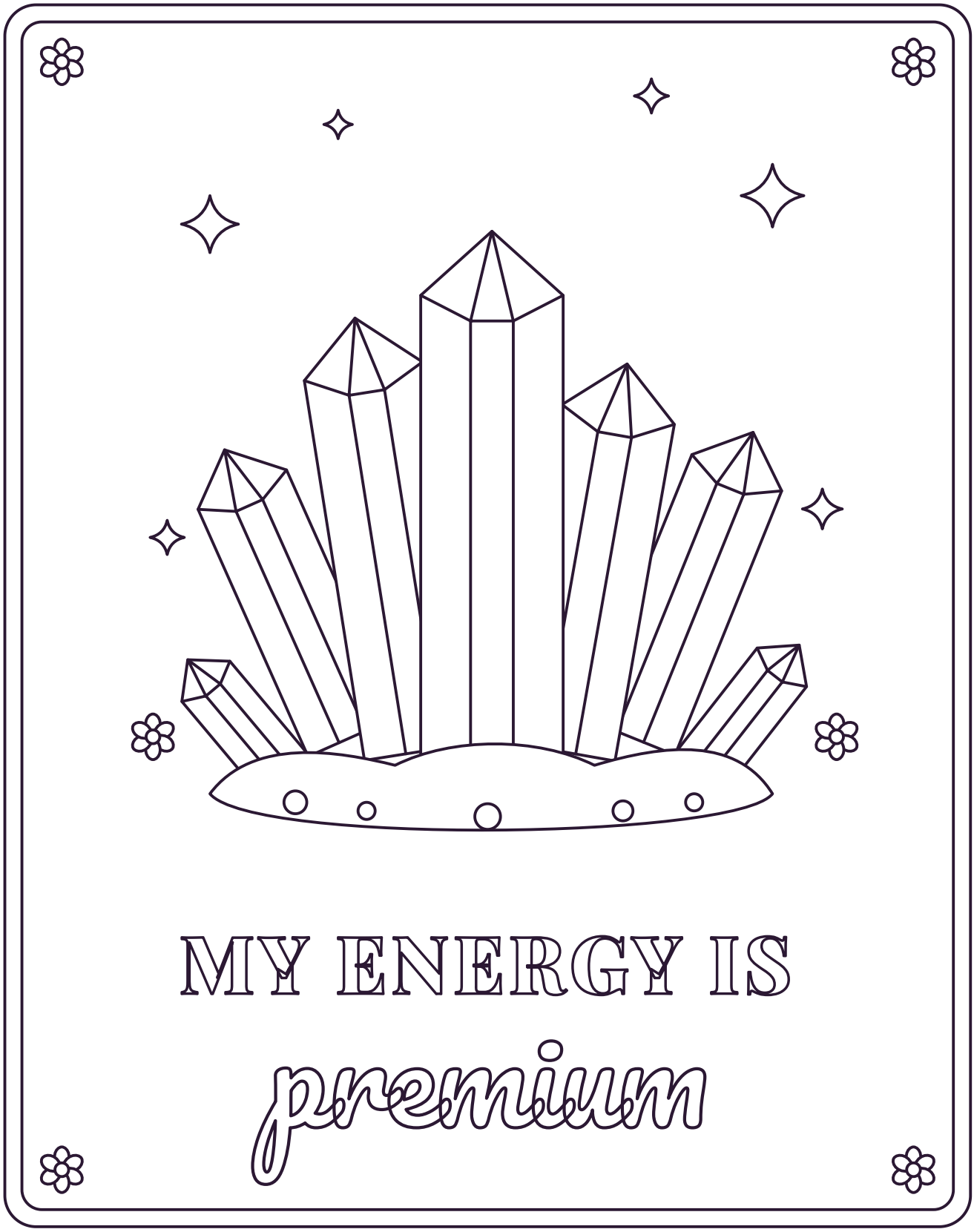
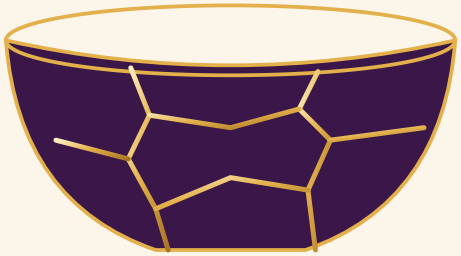



*Breathe in. Colour slowly. Whisper the words with every stroke.*

KINTSUGI WOMAN

# Mended with Gold



This celebrates that

_____

has walked the seven stages of the golden repair: Discovery, Acceptance, Healing, Transformation, Connection, Awakening and Legacy, and is a

## Kintsugi Woman

beautiful in her imperfection, powerful in her healing, and radiant in her being.

| Date | Witnessed by a sistar |
| --- | --- |

ABOUT THE AUTHOR

# Kalina Bains

Kalina Bains, the Kintsugi Woman, is a writer, editor, healer and publisher who believes that "our cracks and breaks are not something to hide but to highlight, as they make us unique and beautiful."

She began as "a farm girl with a very conservative background," and her life since has been, as she puts it, "a journey of chrysalis rebirth and many do-overs." Through it all, she learned the art of kintsugi and made it a way of life.

Kalina is the founder of the Kintsugi Woman community and creator of the XOXOME Method. Through her business, SiSTARS Publication, she creates GGCN Magazine as Co-Founder and Editor for the Global Grandmothers' Council Network, and publishes Sassy & Sacred magazine. A mother of two and grandmother of four, she believes, with her whole heart, that the best is yet to come.

CONTINUE THE JOURNEY

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*We Rise in Community, Collaboration & Change.*