



Golden Ruptures – Golden Connections

Buddhism and Japanese inspired Art

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Wabi Sabi – a principle of Japanese Art

- „wabi“: the spiritual path, the inner self, solitude, simplicity.
 - „sabi“: the material, outer self, temporary, transient.
 - „wabi-sabi“: to accept the natural course of things; to accept natural phenomena (and humans!) as they are: not perfect, not symmetric, with defects, irregular, beautiful and ugly, unique, rough, earthy, intuitive, irrational.
 - Nature and the universe are uncontrollable, not measurable.
 - „not measurable“ = „a-mita“ (Sanskr.): Buddha Amitayus is the „Buddha of Immeasurable Life“.
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Golden Ruptures

- A change of perspective: seen from the „Great Nature“, the Universe, we humans are ruptured.
- Ruptured humans: broken hearted, scattered, lost connection with nature and each other. But also: unique, beautiful shards, each one shining by itself.
- „Golden Ruptures“ means: a state of rupture, imperfection, roughness, irregularity is accepted as it is: come as you are!
- The Golden Ruptures are united and connected with each other by Golden Connections

(picture on the right: „Fraktale, Chaos, Mandelbrotmenge“ by ©Dr. Jampa Wurst)



Kintsugi: Golden Connections

- „kin“ = „gold“
 - „tsugi“ = to connect, add.
 - „Kintsugi“ is the Japanese art of fixing broken pieces of ceramics by laquer and gold dust.
 - A connection is as valuable as gold and can heal (broken humans, broken hearts, broken connections...).
 - Our compassion is gold dust and our love is laquer: the light of our compassion makes golden connections.
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„World in Shards*“: we need Kintsugi for humans!

**background picture: “Welt in Scherben” by ©Dr. Jampa Wurst*

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Thank you for your
attention!

Picture: „The Black Walnut Tree“ (Diptych) by ©Dr. Jampa Wurst