

Do you have a power place?



By Eve Menezes Cunningham



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I adore Marie Kondo. Her *Life-changing magic of tidying* was a book I bought myself thinking it would be helpful for some of my clients (I used to help people declutter their homes). Instead, even though I hadn't considered my home in need of decluttering, I became a woman possessed and donated dozens of bags to charity, binning some others. I followed her KonMari system and adopted her 'sparking joy' criteria for things and started applying it to my whole life. I even included a tip about it in my book.

I've lost count of the number of people I've recommended it to. When I teach yoga nidras at the end of my yoga and meditation classes, I encourage students to really sense that embodiment of joy – where do they feel it most strongly? – so they can get better at using what sparks joy as a guidance system for their daily lives when making decisions.

Having donated additional books (200+ when I thought I was moving this summer) and having become equally ruthless about other items, I'm reading Marie's latest book, *Spark joy*, not because I want to do more tidying or decluttering but because I love her style.

I may be strange (Pinterest recently sent me an email promoting additional

fridge-freezer organisation ideas and while I was mildly embarrassed, I was delighted to check them out), but I find reading about storage ideas – especially with so much chaos in the world politically – incredibly soothing.

When I got to her section on power places, I couldn't wait to share it. In NLP, we're familiar with the idea of getting our environments on side by working with logical levels. What, in our office/car/home etc, might be getting in the way of our working towards our goal? How can we tweak things to make these spaces more supportive and congruent with our aims? We work with spatial anchors to assist us, too.

But a power place? What might that be? Similar to power positions in feng shui? No, Marie Kondo means it as a small part of our home – often the inside of a closet or drawer or somewhere that no one else even sees – which ignites that joyful feeling in us each time we see it. I've never been into shoes but just thought of fictional Carrie Bradshaw and her walk-in closet in *Sex and the City*. I know men and women who simply adore their sheds.

Marie's point is that it doesn't have to be a large space to pack a powerful punch. In her tidying system, a power place is a way to make space for the things that spark joy but which don't have a natural home in the larger home.

She gives the example of a client of hers who simply adored mushrooms. This woman had mushroom figurines, mushroom fabrics, the works. Her work with Marie meant that she created space in her wardrobe for all of these images and fabrics and each time she looked at it or thought about it, her heart sang.

I might be vegan but I still pick mushrooms out of my food. Even so, reading this delighted me as I remembered my love for cows (I so admire their grounded serenity). I currently have just a few little reminders, dotted tastefully (as far as I'm concerned) around my home.

Back in college, I had an *allor y gwartheg* (Welsh for 'shrine to the cattle'). It was home to some cow wrapping paper I'd pinned to the wall, pictures from my cow calendar and various cow cards that friends had sent me. This corner of my room in a practically condemned student house next to a squat made me beam each time I looked at it. Over 20 years later, it's making me grin writing about it.

I'd not thought of it as a power place but it absolutely sparked joy and made my heart sing. What do YOU love? How might you make space for it (even in a closet or somewhere very small) so that you can reconnect with it on a regular basis? ●