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Words of Wellness

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THE NEW
COLOUR
BLOCKING

THE MILLENNIALS

Janhvi Kapoor & Ishaan Khatter



SO BAZAAR

Edited by ESHA MAHAJAN

Lagon
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Calligrapher
Sudeep Gandhi
writes words of
wellness from
around the world,
specially for Bazaar

WELL WISHES

Learn to speak a new language of wellness, as artists from different disciplines re-interpret concepts from around the world, exclusively for Bazaar

“THIS PIECE REPRESENTS OUR INNER BUDDHA (THE ENLIGHTENED ONE). THE WAVES DEPICT THE NATURE OF OUR THOUGHTS AND THE FISH SYMBOLISES BALANCE. AMID THESE WAVES A LOTUS BLOOMS, RISING UP, UNAFFECTED BY ITS SURROUNDINGS. THE PROCESS OF CUTTING OUT PAPER IS SIMILAR TO UPROOTING WEEDS IN A GARDEN, AND CONSCIOUSLY MOVING AWAY FROM NEGATIVE THOUGHTS FOR CLARITY OF MIND.”

—Parth Kothekar, paper-cut artist



Gilmore Girls got one thing right in its recent revival: Its longstanding commitment to pop culture references. In the first few moments of *Gilmore Girls: A Year In The Life* (2016), we see family matriarch Emily decluttering her belongings with one simple criterion—does it spark joy? She was, of course, inspired by Marie Kondo’s bestselling novel from the same year, *The Life-Changing Magic of Tidying Up*, in which the author encourages us to thank with gratitude and then discard anything that does not “spark joy”. Since then, the KonMari Method has changed the way people live all over the world. Here, we speak to certified KonMari Method consultant Gayatri Gandhi, who, together with her partner Neetika Pahwa, launched a clutter management company called Joy Factory.

What does the method entail?

Gayatri: Decluttering is carried out based on categories—clothes, books, papers, miscellaneous, and sentimental items. And this is the order that must be followed. You place all your belongings within a specific category in one pile, hold them one by one, and decide if they spark joy. Marie Kondo calls it a decluttering festival, because it’s such an important aspect of your life. She suggests that after you have conducted the big decluttering festival, you continue to have mini ones every month or so as well. Once you have decluttered, it’s about organising and storing what’s left in a way that doesn’t lead to more clutter.

Do you ever regret discarding certain things?

Neetika: No, you’ll be surprised. We were left with about 40 percent of our wardrobe, but we never remember the pieces we had discarded. I don’t think I have ever thought about them.

THE KONMARI METHOD
A decluttering concept based on Japanese values, encouraging one to discard any belonging that no longer sparks joy

Gayatri:

We all think we will wear a piece of clothing someday, or use a product someday, but that day never comes.

How does this change your life?

Neetika: People don’t understand how clutter affects us. They often say they thrive in clutter, but that’s not true. When there is clutter, even that pile of clothing that’s lying on your chair, it gives a busy signal to the mind, and leads to lack of focus and concentration. Through the process, we felt more clarity, more direction, and as we carried on we seemed to have more time. It also changes your approach to shopping—you buy an item thinking about whether or not it really sparks joy, by touching and feeling something as opposed to clicking on a button. It’s not compulsive anymore.

Gayatri: We had a client who had kept beautiful Noritake cutlery in storage. But why not use something that gives you joy, instead of waiting for that guest to come home? You lead a life that is happy for yourself, not saving things for special occasions.

There’s often a tendency to attach sentimental value to little things—how can one distinguish between mementoes and clutter?

Neetika: Decluttering isn’t just throwing away things, it’s throwing away associations. Everything has an association, a memory, but Marie Kondo says very clearly in her book that memory will always remain. Just because you have thrown away an item doesn’t mean you have lost the memory. ►