

Liked, or Yours

A THOUGHT FROM TODAY. YOUR TODAY, WHEREVER YOU MAY BE.

Most homes are full of things their owner likes. Very few contain things that are actually hers.

The gap between those two is enormous, and almost nobody has language for it, so it goes unnoticed for years while the house quietly fills with approved objects.

■ WHY IT WORKS

Not a question you answer in your mind. Your mind will build a case for anything. This one is answered in the body, and the answer arrives before the reasoning does.

There is a rug in my dining room. I like it. Neutral, with a point of view, thoughtfully chosen. It is staying behind. It does not make my heart sing, and carrying it forward would be a continuation of nothing.

Then there is a large piece of stretched Marimekko fabric I bought in Seattle, while I was leaving. Five years in a room that did not fit. One big empty wall. The logical part of me said do not buy art, you are on your way out. The other part said you love it, so buy it.

It has come with me from Seattle to Atlanta to Chicago and now to Europe. When I look at it I want to put my arms around it. It feels dear. It feels true.

Liking is an opinion. Yours is a recognition.

THE TELL

Do you carry it, or
does it carry you?

Feelings are not decoration on top of a decision. They are the decision.

■ THIS WEEK

1

Find the one thing you have carried with you. Answer honestly whether it was chosen, or whether it is simply still there.

2

Find the one your body recoils from. Bought recently and already resented, or walked past for years.

3

Act on the second one. Move it, shift it, donate it, let it go.

Your things have been carrying you or costing you this entire time. Nobody ever told you that you were allowed to notice which.