

## Script Rampe? Reicht! Episode 4, Season 1

SR: ramp?

tier: enough!

SR: 20 minutes of podcast about ..

tier: today we're going to talk about housing again and life at home.

SR: I am SchwarzRund and currently I am writing my new novel and painting my balcony.

tier: I am simo tier and I'm currently baking a lot and trying out a lot of new delicacies in the kitchen

SR: mm, nice, nice, nice ... yes, there we are already mentioning two things that fit what we're talking about today: in the last episode I talked a little bit about the subject of housing and the housing market, mental illnesses and housing shortages, homelessness, and we want to move a little bit from big to small and dedicate an episode to that today. but that topic is definitely not completed, so before you get angry, no fear, we will surely be talking more about it next season.

tier: oh yes! today we're talking about one of our favorite topics, we we are both very happy to record this episode because it's a topic which we like to talk about a lot with each other and which is very dear to our hearts I'd say.

SR: yes, yes, yes! exactly, we have so many different ideas about how we can address the issue but today we already named the episode of the podcast and that title that has to do with a person and her name is Marie Kondo!

tier: yeeeee! We thought I would start with asking you first about how you found out about Marie Kondo, because you started with the book right? and I got to know Marie Kondo through you. so how did it happen that you discovered Marie Kondo, and what effect did she and her method have in your life?

SR: I have to say very briefly how my upbringing was: I grew up with my mother and she was a messie and that was pretty difficult for me as a child, so I grew up with that clearing stuff out, tidying up, cleaning, taking care of the household, and grocery shopping weren't somehow neutral or even positive. it was always a topic of suffering and a lot of dirt, a lack of hygiene is what I just grew up in. and then I moved out when I was eighteen and in the first three years in Berlin I lived in a shared apartment and unfortunately had flatmates who didn't have a good connection to the subject either. and then I wanted to move in with my partner at the time and after two years I noticed that I'm not getting anywhere! So no matter how often I changed the environment, the topic remains, I suffer all the time. so actually I suffer all the time when I am at home with the state of my home and when I'm out I also suffer from it. it is always a topic of suffering, it has nothing beautiful or guilt-free or routine, nothing to keep you grounded. and on a very shitty day I stranded on Hermannplatz and hid in the Hugendubel downstears at Karstadt and just saw this book by Marie Kondo and thought: I will read that because I wanted to just be angry! at that time nobody talked about her, so it was not a topic in Germany in any case. I also have the first edition of the German version of the book actually!

tier: ooooo

SR: oooo (laughs) and I thought I'll read the book until a person I was waiting for would come to Hermannplatz, in order to be upset about it, because I had read all magazines about this topic, all "this is how you do it, you just have to give every object a place, seven parts a day, don't have more than five t-shirts" bla- things, nothing helped! they were always nice little nic-nacs that don't bring you anything if you have no system and I was sure that I would find the book terrible and outdated and purposeless and stuff like that. and I couldn't stop reading it! that was then .. at night I immediately bought the e-book because I couldn't wait to obtain the printed copy. and yes, that was my starting point. and then I spent I think five months with throwing things away and applying everything she teaches you to family relationships and friendships. and that was the first book what explained to me: your gut feeling, your well-being, having the things in life that are good for you or at least don't harm you somehow has a much higher value when you're allowed and supposed to use

that as the main criteria!

tier: yes! that was I think a very good summary of the core of the Marie Kondo method. it's anti-capitalist, anti-materialistic, exactly and it's about your feelings! the feelings are in the center, that's the important thing: how are you, and how you answered: you were unhappy and dissatisfied with your home and your surroundings and yes .. and how is it now, after several years of Marie Kondo?

SR: it's simply dis-connected, my worth is no longer measured by how my apartment looks. of course I'm managing a lot better, I am very very excited to finding solutions, which means I like to have basic solutions for how things stay neat. I'm not someone who likes to tidying up and I also dare I think now to say that it actually bothers me when people are at my place, it annoys me having to clear stuff away twenty times, either you look for a place for it or you leave. because I just understand how, how, how do you say that? what a head start a lot of other people have, other people are just 24 years ahead on the subject and I will never be able to catch up, but that means I have to do a lot more and pay attention, but not in the sense of because i'm a bad person or because I can't do it or something, but just think I have less exercise and that's why I have to do things more precisely. so it's a a bit like if you already dance choreographically for years, then you can look at choreo and re-create it to some extent and better next time and then it just looks good. when you start you have to really pay attention to every step the instructor gives you and it's very technical and exact, so I am sort of a little bit on the first step, slowly it becomes a fluid dance, but it is still very hmm, I just need a system, but I have no more things in my life that are trash

tier: yes

SR: I have no more interest in it and I am just very ok with when concerning physical things, about making decisions. and I actually don't know how I would have managed to deal with my mother's estate without knowing the Marie Kondo method!

tier: oh yes!

SR: because we both know what her apartment looked like, you were there back then and there was nothing left to save. so we could only get the photos out, or yes, we got out the photos ourselves but a few things the clearing company saved for me. but I couldn't, so I could not look at individual things and think about what I want, it was a completely destroyed apartment. I was able to pull a few things out and then had to say "disposed of everything". and it wasn't actually difficult for me! I find that totally absurd that in everything that happened, it wasn't difficult for me, because of this muscle I had totally trained! In my first Marie Kondo cycle I decided on about a seventh of my property and that's the cool thing: I just say I've kept a seventh and I appreciate it! i don't say I got rid of six sevenths.

tier: exactly!

SR: and that makes a big difference!

tier: yes! maybe right now we can tell the uninitiated about what the Marie Kondo method is in a very very very shortened version? although that's not a bad thing to make it short, it's really so incredibly easy

SR: it's so incredibly easy and at the same time I always refer back to: read the book! because many people have read Noah Sow's book "Deutschland Schwarz Weiß" (Germany black and white) and there you could also say that it's simple: it explains what racism is and it explains to you how you can avoid it everyday life and explains how everyday racism affects all of us in some forms. but if I tell it to you like that, you may have the knowledge, but you don't have the methodology!

tier: exactly, yes.

SR: yes exactly. and that's how I feel a little about Marie Kondo. there are of course the individual steps that one goes through depending on the category, not depending on the room and one looks at every thing one at a time and see if it sparks joy, but that's not everything! so people could find out about these things through the denouncements, through the television series, or or or .. what is more important to me: it she has researched for years about this. actually since her childhood. she spent all her pocket money on magazines and books on the subject of how to tidy up in the best way and then she analyzed it for years, tried it out, tested it with people and then developed this system.

tier: yes, so she is ultimate expert in this and she turned it into a business, it is practically her life's

work. and maybe at this point we could talk a bit about the criticism, or not even criticism as you said before: denouncements! which mainly go around in social media it's already like a joke, this "Marie Kondo says you should throw everything away and then you'll be better" it's actually not like that! also this "Marie Kondo says you have to throw away all your books, you are not allowed to use books, you're only allowed a few shoes (laugh)

SR: to keep "

tier: and so on and that is precisely the danger. firstly the total reduction of her method, then making fun of the "keep only what sparks joy to you"

SR: yes! I find it the saddest thing that it's seen as ridiculous "oh my god keep only what sparks joy to you, how dare you?" (irony)

tier: lol yes! (laughs)

SR: I think maybe we can do that in a few categories, what kind of forms of criticism are there?

first, there is criticism that has nothing to do with the content, as you said. she brings examples herself about how for one person the right number of shoes is 195 pairs and for the next person it's three pairs.

tier: exactly!

SR: and that's fine! it's not about her telling you what's right, but that you tell yourself what's right!

tier: exactly, there is no model like "everyone should act like this" and I think this is also the danger with other systems where it's said "you have to do the system exactly the same way" people are just different and have different interests, needs and so on and that's why it works with the Marie Kondo- method so well because she says "what is important to you? what do you want to have in your life and with what do you want surround yourself? "

SR: and I think that's the most exciting aspect with her that at the beginning of the book also says "don't start tidying up immediately, but think about what are you doing, where you want to go with that, what's the vision you have?" and then she goes through it with you and shows you how to get to a vision that really helps with this project and with it practically teaches you to listen to your gut feeling. that's what she describes so incredibly beautifully that the gut feeling is not the opposite of rational thinking, but when we decide: "do I keep this t-shirt, yes or no? does that make me happy? " I could try somehow to determine it with mathematical standards.

tier: yes

SR: but how do you know if it is having ten t-shirts that make you happy or 85?

tier: exactly!

SR: that's not what you .. there is no quotient for it. or how do you want to know what you want to wear on a rainy Sunday with incredible pleasure? based on the holes in a t-shirt? it doesn't work like that, that's not how we use things! and she says that the only way to determine all of these factors, so the general amount versus .. yes "what makes me satisfied?" and all these different versions of us all the best way to determine is with a gut feeling.

tier: yes

SR: and that's why the gut feeling is not the opposite of rational thinking but actually something like a superfast processor that calculates all of these factors and spits out the information: "yep!" or "nope".

tier: exactly and yes, other criticisms, like you meant criticism categories, would be then probably the racism aspect, because it seems to annoy a lot of people extremely that a petite pretty Japanese woman comes and says "this is how you could live a happier life "

SR: "your way of structuring this is terribly ineffective"

tier: (laughs) exactly!

SR: I think that's what she actually says, she says not only .. so the comparison for example, if the Fly Lady which is a cleaning system. and that's just what women "are allowed", women are allowed to think about how they clean every day because that is their job anyway! (sarcasm) but she doesn't do that, she's not talking about cleaning, she's talking explicitly about "how do you deal with your things, property and living space? what will you keep, what is disposed of, what has worth?" in a systematic way, that is nothing women should have to do (sarcasm)

tier: no, exactly! and she also wants the whole family, everyone in the household to join! that's not now, her method is not a gendered "you as the housewife have to do this and that", but what is discussed in the book that if you are several people in the household, every person has to do that for their own items.

SR: I really like that about it, it's not like that "and now we all do it rightt" but it's simply an extreme process you're going through, it's like "how can you get more satisfied with yourself when it comes to the things you own", but also becoming more honest! i believe this honesty totally shocked many

tier: oh yes!

SR: "but if I want to keep my four million books that firstly don't interest me, secondly don't suit me at all and thirdly I never read, then let her come and throw them away!" so first: she doesn't come and throw them away because you can't afford her! (both laugh)

SR: second: even if you can afford her, she will won't throw them away because she doesn't do that, that's not her job, her job is not to do that for you!

tier: yes! she says: "You should take your 1000 books individually out and see how you feel about them and then sort them out! so yes, that's why it's so difficult for this criticism to say so "Marie Kondo says throw everything away, Marie Kondo comes and throw your things away", because that's just not how it works! it's not like pushing a button and then it's done, it's really a longer process! especially when you have a lot of things.

SR: and that's what it is frustrating about it is because she debunks all of those things that she is accused of in the book herself!

tier: (laughs) that's right!

SR: I find that incredibly annoying! she says "I will not come over" and people are like "then she should come over"

tier: (laughs out loud)

SR: she made this joke herself!

tier: yes exactly!

SR: the worst thing is with the paper work, that's always the point where I'm really pissed off: if everyone says "yes but doing the taxes doesn't spark joy!" SHUTUP! the first person to make this joke was Marie Kondo!! and about her own system! that's why there is an extra system for this in her book! that's so frustrating!

tier: it is as if she hadn't thought about all these things! then she wrote.. so there is a second book because later she dealt with the fact that European and American kitchens work differently than Japanese kitchens and that's why she developed another system, so to speak. so this, the whole knowledge that she's dealing with and then trying to respond to all needs is this way completely negated by this inane criticism from people who haven't looked at anything she's actually produced!

SR: that's SO annoying! and I think we're now arriving at the criticism that I find actually the most exhausting, because it comes mostly out of our circles. and that's the criticism "Marie Kondo is classist and only a solution for class-privileged people" because you don't just have to believe us, I'm now recommending the first thing: there is a youtube channel that's called Hoarder's Heart, so the heart of a hoarder, i don't know how to say that in German. and the person is diagnosed as a messie and is a mother of I believe two children. she only shows herself anonymized in the videos and she uses the Marie Kondo- method to to deal with her illness. the whole cellar, shed, what all they have .. they just have so many rooms, it doesn't stop .. and she uses the Marie Kondo method! and I used Marie Kondo at the time when I had the least money in my life! SR (another recording): this topic lasts obviously longer than one episode, that's why we decided to make two out of them. it'll continue in two weeks with the living inside, Marie Kondo two, housing # 3!