



International Feng Shui Guild

presents

Connections

A FREE monthly publication full of articles and tips for today's lifestyle!

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Fashion

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Welcome!



In our Ezine this month our articles are on the connection between fashion and Feng Shui. What connection you ask?

Feng Shui is about creating supportive living and working environments. Fashion is about taking that connection with the environment around you to a more personal place, and that place is your physical environment, your body. What better way to begin to understand the power of Feng Shui than by incorporating its principles into our way of dressing. Truly an up close and personal experience!

Each of the articles below is filled with fabulous suggestions and recommendations. I encourage each of you to consider a change this spring. Wear only those clothes that you truly feel your best in, and release those clothing items that either don't look right, don't feel right or simply aren't comfortable. By wearing only those items that you love, you will embrace the power of Feng Shui is a powerfully personal way!

I have to go clean my closets now, to make sure that everything I wear not only looks good, but feels good as well.

Happy reading!

[Laurie Bornstein](#)

CEO/President International Feng Shui Guild

THE POWER OF DRESSING WITH INTENTION

By Evana Maggiore



The Law of Attraction states that like [energy](#) attracts like energy; whatever we transmit, we receive. Thus, we are constantly affirming our intentions to the Universe through the vibrations of everything we think, say and do - even by how we dress.

In ancient times, clothes were both a means of identifying status (as in the yellow silk robes that were reserved for Chinese Emperors) and communicating with the Gods (through the colorful, elaborate embroideries that adorned them.) Every garment was chosen with mindfulness and intention because clothes were considered vibrational vehicles of communication as well as magical tools for transformation.

Today, some think that glamour, or fashion, is frivolous. I believe it to be an essential component of living a mindful life, returning sacredness to the mundane act of getting dressed and restoring it to the revered ritual it once was. Creating Fashion Feng Shui® nine years ago, allowed me to formulate a holistic personal design system that applies [Feng Shui](#) principles to personal appearance. Dressing who you would like to be (Your Ideal Self) is just as important as dressing who you are (Your Authentic Self). Dress with purpose and your clothes are fortifying and functional, visually affirming your desires through your choice of color, pattern, fabric and silhouette and energetically aligning with the people that surround you. A fundamental principle of Fashion Feng Shui® is that, "You already are what you think you can be." Identify your Ideal Self and visually affirm it in your appearance in order to co-create it in your life.

Each Fashion Feng Shui® Elemental Archetypes correlates with a particular intention. By dressing with design elements that align with your hopes and dreams you naturally magnetize your appearance and attract these desires into your life.

Intention Group 1 [WATER](#) The PHILOSOPHER

The Philosopher supports you in artistic, intellectual, and spiritual endeavors. Water Element intentions require you to go deep inside yourself. These are goals, dreams, or desires

that demand inner work in order for you to manifest them in your life. Nothing is required of you but to Be.

Affirm & attract Water energy by wearing:

- Dark colors
- Abstract patterns
- Velvety textures
- Flowing silhouettes

Intention Group 2 WOOD The PIONEER

The Pioneer supports you in new, health and growth-oriented endeavors. Wood Element intentions call for you to spring into action. These are goals, dreams or desires that require physical and mental agility in order for you to manifest them in your life. Be prepared to Do.

Affirm & attract Wood energy by wearing:

- Blues & greens
- Stripes & florals
- Ribbed textures
- Columnar silhouettes

Intention Group 3 FIRE The PLEASURE SEEKER

The Pleasure Seeker supports you in social, intimate and communication-related endeavors. Fire Element intentions call for you to step into the limelight. These are goals, dreams or desires that require enthusiasm and passion in order for you to manifest them in your life. Get ready to attract attention!

Affirm & attract Fire energy by wearing:

- Reds & purples
- Animal prints
- Shiny textures
- Body conscious silhouettes

Intention Group 4 EARTH The PEACEMAKER

The Peacemaker supports you in family, community and relationship-oriented endeavors. Earth Element intentions call for you to secure, stabilize or support a situation. These are goals, dreams or desires that require commitment and responsibility in order for you to manifest them in your life. Allow yourself to give *and* receive.

Affirm & attract Earth energy by wearing:

- Earhtones
- Plaids & checks
- Tweedy textures
- Boxy silhouettes

Intention Group 5 **METAL** The PERFECTIONIST

The Perfectionist supports you in cultural, system and aesthetic-oriented endeavors. Metal Element intentions call for you to raise your standards. These are goals, dreams or desires that require organization or excellence in order to manifest them in your life. Focus on quality over quantity.

Affirm & attract Metal energy by wearing:

- White & pastels
- Dots & scrolls
- Polished textures
- Curvy silhouettes

You are the sole conductor of your life so dress the part you desire to play in it!

NINE CLOSET CHAOS CURES

1. If you haven't worn it in the last year or absolutely do not love it; send it on its way.
2. Never keep anything for just in case.
3. When new comes in, old goes out to avoid belonging's buildup.
4. Get in the now by getting rid of clothing that keeps you in the past such as those 80's parachute pants or 60's hippies bell bottoms.
5. Discard expired garments whose energy has waned by donating them to someone who can better align with that energy. Stale clothes create stale lives.
6. Just say NO, thank you by returning or exchanging undesirable or un-wearable gifts of clothing or accessories.
7. When you think you can't afford NOT to buy something, DON'T!
8. Don't buy just to buy. Investing in focused, quality goods will attract focused, quality energy into your life.
9. Change of mind, body or spirit calls for change of clothes. As the circumstances of your life evolve, so should your personal style. Allow your appearance to go with the flow.

[Find out more about Evana & Fashion Feng Shui!](#)