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## An Energized Wardrobe Matters

Do you ever look at your closet and think “what am I going to wear?” Or have you ever said “I have nothing to wear” even though your closet is so stuffed it is gasping for air?” You may have asked yourself any one of a dozen similar questions when searching through your closet to find the perfect garment for a given day or occasion.

Whether male, female, adult or child, we have all faced the “nothing to wear” dilemma more than once or twice in our lives. For most of us the problem isn’t that we really don’t have something to wear. The real problem is that we don’t have something to wear to supports our energy needs for that day or occasion.

### **Clothes provide you energy**

The concept of clothing providing you something other than privacy and warmth is probably a bit new. But in the world of Feng Shui, it is simply another piece of your personal environment that surrounds you on a daily basis. The things you surround yourself with whether home furnishings, office equipment, automobiles or clothing all provide you either positive supportive energy or negative draining energy.

Think about how you feel and look when you dress to go out for the evening on a first date, to a holiday party or to a really special restaurant. Or consider how you dress, look and feel when you go on a job interview. In each case you take great care in determining what you should wear and how it will impact those in your presence. But, do you ever consider how your clothes impact you and your personal energy? The colors, textures and design of clothing can make you feel confident and in control or weak and unimportant.

For example, if you go to a social gathering wearing khakis and muted earth tone colors you are likely to feel low energy and possibly go unnoticed. Those colors are very neutral energy and allow you melt into the woodwork. The same happens if you wear soft pastels. However if the pastel is really low energy such as soft pink you will not only melt into the woodwork but you will also lose any feeling of being in charge of the events surrounding you at that moment. On the other hand, bright hot pink in a shirt, blouse or necktie will boost your energy and your confidence.

### **What You Wear Matters**

Try following a few basic Feng Shui guidelines on how to energize you by surrounding yourself with the right clothes for the day ahead or the event you are attending:

- Wear neutral colors on days you want to accomplish a lot with minimum interruptions
- Wear bright colors on days you need to be very productive, upbeat and on the go all day
- Wear fitted clothes in darker colors on those days when you need to be in total self control
- Wear loose fitting light colored clothes on days when you wish to relax
- Wear black when you want to absorb the energy of the moment

- Wear red when you want to be noticed

Color provides great positive energy if it is in alignment with your needs for the day. For example, you would not want to wear a drab brown suit with a light tan shirt and a light colored neutral tie for a job interview unless you did not want the job and did want to melt into the woodwork. You could however wear that same brown suit with a cream colored shirt and a medium bright orange tie to give it just that energy spark to make you rather distinctive and give you that much needed energy and confidence boost.

People who get up in the morning and grab the first thing they see in their closet do not realize that they are planning to have a similar day; unplanned, low energy and unfocused. Or, if their clothing was put together quickly because they were late and in a hurry, they may find themselves behind and unorganized throughout the entire day. Glitches, setbacks and obstacles often happen right in your closet before the day begins.

Red - Energetic

Pink - Calm

Orange - Uplifting

Yellow - Optimism

Green - Fresh and soothing

Blue – Calm to cold

Indigo - Knowledgeable

Purple - Inspiring

Black – All encompassing energy

White – Purity

Start noticing how you feel when you are wearing certain colors and designs. Pay attention to how your day went while wearing them. Do you feel drained at the end of the day or do you still have enough energy left to enjoy your evening with your family or friends? Everything you say, think and do matters including what you wear. If you work in an office and want a promotion or want clients to follow your lead then dress the part of a leader. Evaluate the clothes in your closet to see if they are providing you the energy you need. Perhaps that great pair of khakis needs to be energized a bit the next time you wear it with a brighter shirt or add a smashing colorful scarf or necktie to a rather neutral outfit.

Energy is in everything and everywhere including the clothes on your back. It really is quite simple to make sure you have the best energy possible surrounding you as you leave home in the morning for your busy day ahead. The next time you go to your closet and reach for something to wear, give thought to what you want to accomplish that day and then look for the colors and designs that will give you the best supportive energy.

Try it, it really works.

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