

## **Energizing your wardrobe energizes you**

**By Pat Heydlauff**

Does your fall wardrobe need an energy lift? Do you get tired of wearing the same old thing time and again? Is your closet full of clothes yet you feel like you have nothing to wear? This is a challenge many people deal with as the seasons change and perhaps the waistline as well; and is faced by men and women alike.

Whether your profession or daytime activities require certain types of attire or you simply prefer a certain “look” or type of clothing, clothing affects your energy. What you put on in the morning sets the tone and energy level for the rest of the day. It is by no accident that you might pull out a predominantly blue outfit to wear on days that you feel really down or “blue”. On high energy days or those days that you really need to make a great impression or be “on”, you might wear a red necktie or a red dress.

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.

Decide the night before or early the next morning when you first start to wake up what type of day you want to have and then dress accordingly. It is that simple. What you surround yourself with all day (in this case clothing) will determine your energy for the day. The place to begin the clothes energizing process is to sort through your closets and drawers and get rid of everything that “does not fit, look great on you or make you feel like a million dollars when wearing it”. This is called removing the clutter. When you are done the only clothes you should have left should always give you some type of positive energy.

Next, determine what clothes give you lots of energy for a busy day and clothes that are low keyed for quiet laid back days. Take into consideration the style and color of the clothing when making this decision. Each color provides you very specific energy. The intensity of the color also matters. For example, pastel colors provide soft, even feminine energy while bold colors exude strong and vivacious energy. If you have a very hectic day in front of you, wear bold colors to give you that much needed boost of energy. If you want a laid back day with friends wear pastels. The listing below should help you determine what color might work best for your day ahead.

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

Energy comes in all types of sizes, shapes and colors when it comes to clothing. And, as you can see, colors come in a variety of energy values as well. If you have a favorite suit that is somewhat subdued and low energy but you love to wear it because you feel great in it, use accessories to give it that pizzazz and you that much needed energy boost. Have you noticed male newscast anchors recently? It's all about their bright and sometimes shocking colored neckties. They thoroughly understand the use of energy and what it takes to be noticed.

By surrounding yourself with soothing calming colors on hectic days and energetic uplifting colors on dreary days you will notice an incredible difference in your attitude and the way you feel at the end of the day. For the best Feng Shui energy, surround yourself with only those things that “fit well, look great on you or make you feel like a million dollars when wearing it”.

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