

Feng Shui Fashion Makeover for Success

**A Woman's Guide to
Empowering
Your Personal Style**

By Diane Alba-Means

Sample Chapter

“Feng Shui Your Closet for Personal Success”

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Feng Shui Fashion Makeover for Success
A Woman's Guide to Empowering Your Personal Style

By Diane Alba-Means

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☆ Sample Chapter

Part Four :
“Feng Shui Your Closet for Personal Success”

Contents

Acknowledgments

A Personal Introduction From the Author

How to Use This Book

PART ONE

Welcome to Feng Shui	19
Yin and Yang—The Balance of Life	23
The Concept of the Five Elements	27
The Five Elements Map	31
The Colors, Shapes and Characteristics of the Five Elements	33

PART TWO

Success Makeover Method One, Balance Your Energy with all Five Elements	55
Success Makeover Method Two, The Kua Number—Eight Mansions Formula.	59
The Kua Number Tables	62
The Kua Number Formula, East Group and West Group	66
Color of Kua numbers, Self-element and Primary Direction	70
How to Use a Compass for Personalizing Your Feng Shui	75
Compass Reference Guide	78

Empower Your Life with Your Lucky Directions	79
Success Makeover Method Three, Enhancing Aspirations of Life	87
Before and After Photos	92

PART THREE

Magic of Color	99
Discovering Your Perfect Color Palette . . .	105
Cool and Warm Color Palettes of the Five Elements	116

PART FOUR

Feng Shui Fabrics	131
☆ Feng Shui Your Closet for Personal Success	135
Wardrobe Enhancing Questionnaire	136
Wardrobe Inventory Charts	142
Dressing for All Aspects of Your Life	147
Now the Fun Begins	151
Glossary of Terms	155
Index	159
References	163
Resources	165
Photo Credits	166
Order Form	167



Feng Shui Your Closet for Personal Success

One of the basic principles of Feng Shui is to express and organize yourself. A good place to start is with your closet. Before you begin this important aspect of your ***Feng Shui Fashion Makeover for Success***, answer the Wardrobe Enhancing Questionnaire on page 136 and 137. Read each question carefully and then answer YES or NO. Don't feel alone, if you find you have answered yes to many of the questions. The questionnaire is meant to be used as a tool to give you some valuable insight into looking at your closet with a new perspective.

Wardrobe Enhancing Questionnaire

1. Do you often stare into your clothes closet and wonder why you do not have anything to wear?
2. Are there items of clothing in your closet that you never wear or have never worn?
3. Does your wardrobe make you feel your personal best?
4. Are you certain about which colors, styles and designs look the best on you?
5. Does your current wardrobe provide you with the appropriate credibility in the business world?
6. Do you need help with accessorizing the wardrobe you currently have?
7. Are you dressing for the job you currently have or for the job you want?

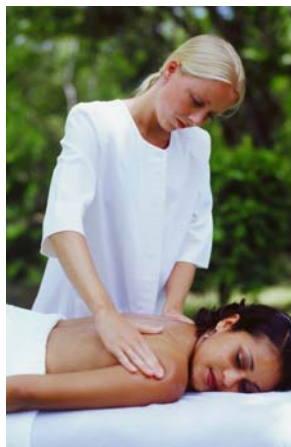


8. Are there items in your closet that could be improved by professional alterations or tailoring?
9. Do you like to go shopping for clothes?
10. Do you buy items to mix and match with your current wardrobe and then discover they do not work when you get home from shopping?
11. Do you buy whatever is the latest trend in fashion, even though it may not be the best color or style for you?
12. Do you feel compelled to buy a garment when it is on sale?

It is important to set up a positive environment to support you in this organizational process.

Here are some suggestions to make this an enjoyable experience:

- Put on your favorite music.
- Have your favorite beverage and snacks on hand to keep you physically charged.
- Create identifying labels on the boxes, baskets, or trash bags to make your sorting process easier.
- Have a keep-sake box in which to keep those special items with sentimental value.
- Plan a reward for yourself when you are done.



Have a massage, take a relaxing bath, or go out to a movie. It is important to know that your well-being is being taken care of, so that you may achieve success in all areas of your life.

Now you are ready to begin the organizational process by separating your clothes into different categories:

- Anything you haven't worn for one year or is not your current size. (These items should be permanently be removed.)
- Items that need mending, alterations or cleaned.
- Remove anything that might be better stored in another part of your home or garage.

If you notice that you have a resistance to parting with a particular item, try leaving it in your closet for another six months or set up a "transition" closet that you will re-evaluate at the end of six months or your predetermined time period.

After you have discarded the items that do not belong in your new empowering wardrobe, you will be ready to organize the items you have remaining. Set up a time to go through your wardrobe thoroughly. That includes your

shoes, belts, scarves, and other accessories. Use the Wardrobe Inventory list on pages 142 through 144, so you will know exactly what you have in your closet. Know that even a small change in the energy can make a big difference in your life.

A tip in using your Wardrobe Inventory list:

Write in the color of each item, one garment per box. Make copies of the inventory chart, if you need additional space.

When you are finished with your inventory, look to see if you have a balance of items to make complete outfits. (You may find you have three pairs of slacks, and ten tops.) Start a shopping wish list of items, such as a skirt or blouse that you need in a specific color family, to create an empowering and balanced wardrobe.

With your inventory complete, organize your wardrobe by grouping your items together: pants, shirts, dresses, accessories, etc. It is beneficial to then arrange each group by

color. This will simplify finding the right top to go with the bottom you are planning to wear that day. Organizing your clothes in this way will also help you to know what colors and types of clothing you would like to add to complete your wardrobe. Once you are familiar with your best colors you will be able to spot them quickly when you are shopping.



If your closet organizing project seems too overwhelming, invite a friend help you.

About the Author

DIANE ALBA-MEANS is passionate about combining the principles of Feng Shui with her background in fashion and design to show people a fun and exciting way to empower their lives. Her approach is grounded in over 20 successful years as a color consultant, decorator, teacher, writer, and Feng Shui expert. She is the founder and owner of Hawaii Feng Shui on Maui, where she lives with her husband and son.

Diane is a graduate of Lillian Too's Institute of Feng Shui, The Western School of Feng Shui, and Bauder College of Fashion and Interior Design. She is a member of the Association of Image Consultants International (AICI), International Feng Shui Guild (IFSG), and Business and Professional Women (BPW).

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