



FASHION FENG SHUI

Wardrobe Wisdom

Exclusively for the Fashion Feng Shui® Community

April 15, 2015

A Note from Andrea

Dear Cinzia,

As I write this, I am packing to leave for New Zealand. I am going to be a guest of our own Master Facilitator Bev Cole and her husband Julian. I am very excited to be taking such a wonderful trip, and getting to see my friends. I have traveled a fair amount and done



several trips on my own, but I do think this is furthest I have traveled, and the longest I have been away from my family. As I was thinking about what to write this month, it came to me that New Zealand was a place that Evana had wanted to visit. She traveled extensively, and I with her some of the time, to visit and train new FFS Facilitators. She will be with me on this trip as she often is, also because Bev and I will be conducting an FFS workshop while I am there.

Of course I am breaking all my own rules on packing: I am checking my bag! I always carry on, but being such a long trip I decided not to drag everything through several airports. So because I have the room, I kept adding, "just in case." Don't hold it against me. I will tell all about my trip in the next Wardrobe Wisdom. Be "seeing" you soon!

With love and blessings,

Andrea Dupont, FFSM
Fashion Feng Shui International

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P.S. Be sure to check out [The International Fashion Feng Shui® Festival](#) coming up this fall in Europe ... and [this article about FFS](#) by Carmen Okabe, one of the organizers.

P.P.S. Take a look at our brand-new intro video starring Fashion Feng Shui® Master Sue Donnelly! Click the image below to watch.



Words of Wisdom

The Healing Power of Clothes



SPRING...IS IT REALLY HERE?

If you live on the East Coast, you are more than ready for it. This is the time of year that we feel hopeful. After a bitterly cold winter, feeling isolated and ready to move, this is a time to plan and play. Having a difficult time getting energized? Do you need some healing power?

Conscious clothing choices can support healing. Try integrating all 5 elements into your outfit to receive the benefit of each.

WATER

Supports serenity & introspection. Water clothes are fluid and light weight

Supports serenity & introspection Water clothes are fluid and light-weight, perfect for maintaining the state of mind that allows healing. You can also connect with Water energy by wearing abstract patterns or asymmetrical style lines.

WOOD

Supports health & well-being Wood is the Feng Shui element associated with health. Wear blue or green colors, plant-fiber fabrics (cotton, linen, rayon, etc.), stripes, florals and vertical style lines to attract healing energy.

FIRE

Supports joy & fun Keeping your spirits up is integral to the healing process. Red and purple and shiny or animal-based fabrics (silk, wool, leather, suede and skins) and angular patterns and style lines will Fire up your wardrobe and your spirits.

EARTH

Supports security and nurturing The neutral colors of this element (brown, yellow, earth tones) are very grounding for anyone experiencing health issues. Cozy earth fabrics (such as flannel or soft, textured knits and wovens) wrap you in healing energy.

METAL

Supports control and completion Wear pale colors, shimmering fabrics, polished textures and curvilinear style lines to affirm that you are in control of your own healing and to set the intention for bringing it to completion.

Closet Cosmology

Spring is Here!

By Cinzia M. Fassetta, FFSF

Spring is here! Or, for some of us in the Northern Hemisphere, it's making a more gradual appearance. I can happily say that in the beautiful country of Italy, where I live, spring is finally arriving!

Long gone are the days when March 21 marked the beginning of the sunny season! I remember my first year at school, when I was six and in the process of learning to read and write. One of the first short proverbs I learned to write for our first spring in school was

"21 marzo: San Benedetto, la rondine sotto il tetto"



(translation: March 21, St. Benedict Day, the swallows are nesting under the roof).

Well, I don't see any swallows around here yet, but I feel the warmth of the sun, especially around noon, as the days grow longer every day!

Fashion-wise, spring sees the comeback of jeans, as almost every year. The fabric was originally used for work clothes, as it is resistant and practical; the material was very strong and didn't wear out easily. The fabric got its name from the Italian city of Genoa (Gênes was the French name of the

city). "Denim," on the other hand, got its name from the French city of Nimes, where they tried to imitate the Genovese fabric but got a different result instead, although quite similar.

Over the centuries, jeans have become a staple for every wardrobe and for everyone, men and women alike. The fabric is made of cotton, so it has Wood energy (the natural material, originating from a plant and its typical color, in all shades of blue), and based on Fashion Feng Shui®, everyone can wear it, provided you "put your personal stamp on it by fusing it with your Essence" (from Fashion Feng Shui: The Power of Dressing with Intention by Evana Maggiore). So, let's have a look at how the 5 Archetypes wear jeans!

Philosophers, who express their **Water** energy whenever they wear something creative, might choose a handbag in a dark jeans color with fringes all around it.



BARBARA BONNER Ginger Easy Damask Denim Shoulder Bag

Pioneers, who express their **Wood** energy whenever they wear jeans, might choose a practical tote with a floral pattern.



Nica Sheila Tote Bag , Denim Flower Print

Pleasure Seekers, who express their **Fire** energy whenever they attract attention, might choose to wear a body-hugging jeans jacket with many angular details.



*Studded Shoulder Denim Blazer
Grey, LookbookStore*



Peacemakers, who express their **Earth** energy whenever they wear traditional, classic shapes, might choose to wear a basic shirtdress.

*Belt Embellished Denim Dress,
Romwe*



Perfectionists, who express their **Metal** energy whenever they wear elegant lines and pale colors, might choose these simple yet stylish heels.

Jimmy Choo Pumps

An Intuitive Wardrobe and Style Coach, Etiquette Consultant and Personal Shopping Expert, FFS Facilitator Cinzia Fassetta helps you identify and polish your personal and professional image and find, define and project your authentic image. Feel good in your skin, be at your best, be yourself and show it to the world. Visit her at www.StyleAndShop.com



Special Announcement!

A NOTE FROM CARMEN OKABE, FFSF AND CINZIA FASSETTA, FFSF
The International Fashion Feng Shui® Festival – First Edition – IFFF

2015

Are you an FFS Facilitator, an image consultant, a feng shui consultant, a coach, fashion designer or just a fashion lover, a FFS follower?

In the year of the Pioneer Wooden Sheep, we feel the time is right to put our passion for Fashion and Feng Shui together, and so we invite you all to the First Edition of IFFF – *The International Fashion Feng Shui® Festival*.

This event is aiming to give you all the possibility to learn more about FFS and see its applications in various fields.

We want you to participate in the following survey in order to define the period and the location for this exceptional event. Please use the following link to access the survey!

<http://doodle.com/psiazrty7s5wpkrg>

What does IFFF 2015 stand for?

- A four-day event (two days of conferences and workshops, two days of discovering our location's most important attractions)
- Putting together, for the first time in an event, Fashion and Feng Shui for Success in Life!
- A great location (be it Istanbul, the capital on two continents, or Venice, the final stop on Marco Polo's Silk Road, the locations we propose are two wonderful destinations not to be missed in a lifetime!)
- Bringing together East and West, as speakers and audience are from the Americas, Europe and Asia
- International speakers and Fashion Feng Shui® Facilitators and Masters sharing their experience with you
- Transforming your life and looks with Fashion Feng Shui® in a one-day workshop and enjoying the benefits of being together with an international and professional crowd
- The chance to begin a fascinating path following in the steps of Evana Maggiore, who created FFS and whose legacy we want to pass on as Fashion Feng Shui Facilitators, as it still inspires us every day
- The chance to see the world through the eyes of Fashion Feng Shui® and learn the techniques to effectively dress your Essence, Intention and Appearance and help others do that as well (as an FFSF)

Come join us and share with us this unique event, taking place this autumn in Europe.

We're looking forward to hearing from you!

Here's the link to our survey again: <http://doodle.com/psiazrty7s5wpkrg>

Fashionably yours,

Carmen Okabe, FFSF

Montreux, Switzerland / China

Cinzia Fassetta, FFSF

Venice, Italy

Carmen & Cinzia

We always love to say that Fashion Feng Shui® brought us together. Since that day when our respective paths crossed at the 2010 FFS training with Evana in London, UK, we have become friends and business partners "for



life." Fashion Feng Shui®, Image Consulting and Etiquette Training are among the things we share; together, we have founded the Swiss Image Institute, where we spread Fashion Feng Shui®, Fashion and Etiquette knowledge all around the world.

[Read Carmen Okabe's latest article about FFS here.](#)

Upcoming Training & Events

DATES ANNOUNCED FOR FALL 2015 TRAINING!

Online Course: Transform Your Look & Life! 30 Days to an Authentic & Empowering Personal Style

MONDAYS, SEPTEMBER 14-OCTOBER 12, 2015, 1:30-3:00 PM ET
AICI CEUs: 0.7

This 5-week online workshop takes you on a journey of self-discovery during which you will learn how to make conscious clothing choices that support both who you are and what you desire to be. It's a fun, interactive experience in which we explore Essence (Spirit), Intention (Mind), and Appearance (Body) through the eyes of Fashion Feng Shui's® 5 Elemental Archetypes: WATER ~ The Philosopher, WOOD ~ The Pioneer, FIRE ~ The Pleasure Seeker, EARTH ~ The Peacemaker, and METAL ~ The Perfectionist.

[Learn More ...](#)

Professional Certification: Fashion Feng Shui® Facilitator Certification Online Training Course

MONDAYS, SEPTEMBER 14-DECEMBER 14, 2015 1:30-3:00 PM ET
AICI CEUs: 4.2

Now you can INNOVATE, EXPAND or INITIATE your personal development and lifestyle consulting business with this informative and enriching online course, which integrates "live" webinars and assignments that are personally guided by FFS Master Trainers. Upon your successful completion of this program, you will enjoy the status and privileges of a licensed Fashion Feng Shui® Facilitator.

[Learn More ...](#)

Want to be FIRST to know when we open registration?
[CLICK HERE](#) to sign up for our VIP List and get first notification of early registration dates & discounts!

Have you read the book?

ALL-NEW THIRD EDITION OF
Fashion Feng Shui®: The Power of Dressing with Intention
by Evana Maggiore

Dress to attract the life of your dreams!



Discover how to choose clothes that

- ***Fulfill your spirit***
- ***Flatter your body's coloring and shape***
- ***Function for your lifestyle***
- ***Fortify you to attract your desires***

\$29.99 USD, soft cover with full-color photos
[Order Now]

\$9.95 USD, Kindle Version
[Order Now]

Questions or Comments? Send us an email. We love hearing from you!

Share Fashion Feng Shui's *Wardrobe WisdomMail* with your family, friends, clients and colleagues by simply forwarding this email.

We always appreciate your referrals!

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