



Live workshop event on July 12, 2025
Learn more and [Register HERE](#)

The Starting Point:

What do I love about my current 'look'?

Why do I love that?

What do I like the least about my current 'look'?

Why?

Water Element Person- The Mystic

BODY ~ Sensual	MIND ~ Philosopher	Soul ~ to BE
Rounded face and body	Calm	Attract serenity
Longer back or legs	Solitary	Think Deeply
Unbalanced features	Peaceful	Ethereal ideas
Shoulders narrower than hips/thighs	Reflective	Contemplative
Larger bones in wrists and ankles	Contemplative	Allow Creativity to Flow
Soft looking	Secretive	Aware of subtle energy
Teardrop shape	Philosophical	Tapping into Intuition
Prominent chin or forehead	Introspective	Freedom of Self Expression
Prefers Autumn and Winter, cooler and crisper	Private	Value being alone
Coloring:	Intellectual	
Darker coloring in skin	Independent	
Dark Hair	Patient	
Dark Eyes	Mystical	
Dreamy eyed look	Wise	
Flowing movements	Serene	
Wistful or moaning voice	Creative	
	Serious	
	Truthful	
	Deep	
	Stoic	
	Stubborn	
	Observant	
	Subtle	
	Resolute	

Wood Element Person -The Starter

Body ~ Sporty	Mind ~ The Starter	Soul ~ to DO
Long slender body	Intense	Action and growth
Small head	Driven	Happiest when getting things done
Long face	Focused	
Balanced hip and shoulder ratio	Determined	Physical movement is a mantra for life
Nicely formed hands and feet	Assertive	Spring into Action
Distinctive eyebrows	Decisive	Initiate change
Jutting brow bones	Active	Health and Wellbeing
Strong jaw line	Competitive	Competition is invigorating
Straight shape	Direct	
Wiry or willowy look	Realistic	
Enjoy spring and summer	Argumentative	
Coloring:	Bold	
Ash blonde hair	Irritable	
Olive skin (greenish)	Passionate	
Green/blue colors	Demanding	
Determined activity	Determined	
Quick constant movement	Impatient	
Energized face	Dominant	
Intense expressions	Loud	
Loud forceful voice	Fast	
	Aggressive	
	Tough	
	Acquisitive	

FIRE Element Person~ The Passionate

Body ~ Exciting	Mind ~ Pleasure Seeker	Soul ~ To Attract
Broad shoulders and Upper back	Funny	Illumination / Fame
Body has a V-shape	Scattered	Passionate Action
Small pointed heads	Talkative	Enjoyment
Small hands/feet	Mischievous	Personal Connection
Curly hair or bald	Expressive	Social Goals
Likes spring and summer	Charming	Being with Friends
Coloring:	Communicative	
Reddish colors	Distractible	
Sparkling Eyes	Cheerful	
Dimpled Smiles	Spontaneous	
Pointed features, brows, eyes, nose, chin, ears	Optimistic	
Dramatic Personal Style	Witty	
Animated Body movement	Unpredictable	
Eye contact	Enthusiastic	
High pitched or tinkling voice	Quick / Lively	
	Playful	
	Changeable	
	Curious	
	Flirtatious	
	Nervous	
	Flighty	
	Inventive	
	Versatile	
	Charismatic	

EARTH ~ The Nurturer

Body ~ Sturdy	Mind ~ The Nurturer	Soul ~ to GIVE
Large body	Nurturing	Grounded
Large head	Comforting	Stable
Fleshy	Involved	Give and Receive
Strong muscles	Cooperative	Responsible action
Round or square face	Diplomatic	Conservative ideas
Wide jaw	Deliberate	Comfort
Well proportioned	Worrier	
Enjoy autumn and winter	Overprotective	
Coloring:	Sociable	
Yellow/ brown coloring	Predictable	
Full lips	Supportive	
Rounded cheeks	Slow	
Double chins	Constant	
Melodious voice	Conforming	
Slow deliberate movements	Sympathetic	
Huggable	Easy-going	
	Dependent	
	Amiable	
	Tactful	
	Helpful	
	Attentive	
	Consistent	

METAL Element Person ~ The Precise

Body ~ Refined	Mind ~ The Perfectionist	Soul ~ Cultivated
Broad shoulders	Orderly	Organized
Muscular or curvy build	Discriminating	Efficient
Hourglass shape	Systematic	Life Quality
Fine boned	Well-mannered	Excelling in what you do
High Cheekbones	Precise	Attracting Quality
Long nose	Reserved	Lofty ideas
Delicate looking	Analytical	Focused Action
Likes Autumn and winter	Aloof	Beauty
Coloring:	Refined	
Light hair	Formal	
Light eyes	Distant	
Pale skin	Neat	
Melancholy voice	Proper	
Poised or pompous body movements	Idealistic	
Precise posture	Elegant	
'High-Maintenance' Look	Humble	
	Self-contained	
	Discreet	
	Gracious	
	Inhibited	
	Polished	
	Honorable	

Who am I?

What are my goals? Who do I want to be this year?

What would make me the happiest or most content feeling?

What do I want people to know about me?

My Elements:

My Body element shape is: Water ~ Wood ~ Fire ~ Earth ~ Metal

My Body element color is: Water ~ Wood ~ Fire ~ Earth ~ Metal

My Mind / Personality is: Water ~ Wood ~ Fire ~ Earth ~ Metal

My Soul Naturally feels: Water ~ Wood ~ Fire ~ Earth ~ Metal

My Goal is to be more: Water ~ Wood ~ Fire ~ Earth ~ Metal

Curing Closet Chaos:

1. Letting go of what you DO NOT LOVE or DO NOT WEAR
2. Never keep anything JUST IN CASE
3. When you buy something new, something OLD goes OUT
4. Discard worn out garments
5. Just say NO to fast fashion addiction
6. Don't buy it JUST BECAUSE IT'S A BARGAIN
7. Don't be a shopping addict: Don't buy for entertainment
8. When your life changes, so should your clothing

The ENERGY of the clothes you wear is comprised also of:

Where it was made (climate, conditions, equipment, chi of the building)

How it was made (happy workers?)

What it is made from (natural verses man made fabrics)

Vibrational Frequencies of Fabrics:

The study by Dr. Heidi Yellen, using an Ag-Environ machine, suggests that different fabrics resonate uniquely with our bodies, influencing our energy levels.

- **Natural Fabrics:**
 - **Linen:** A high-frequency fabric, with some studies suggesting a frequency of 5,000, potentially giving energy to the wearer.
 - **Organic Cotton:** Resonates with the human body's natural frequency (around 100), promoting balance and well-being.
 - **Hemp:** Also considered a high-vibrational fabric, potentially helping regulate body energy.
 - **Wool:** A high-frequency fabric, with frequencies similar to linen, but when combined with linen, the frequencies may cancel each other out
- **Synthetic Fabrics:**
 - **Polyester, Nylon, and Rayon:** Lower vibrational frequencies, potentially draining energy and contributing to feelings of discomfort. Some studies suggest polyester and rayon have frequencies as low as 15, similar to a diseased or nearly dead body

Impact on the Body:

Natural fabrics are believed to harmonize with the body's natural energy field, while synthetic fabrics may disrupt it.

One study indicated that clothing with more than 25% linen fibers did not cause muscle desynchronization, while polyester clothing did,