

INNER HARMONY WITH LUANN CIBIK

Dress Your Chi: The Mystical Feng Shui of Clothing

Join us for this enchanted journey into the art of dressing with purpose—and walk away with a deeper love for your wardrobe and yourself.

With **LuAnn Cibik** / Inner Harmony Feng Shui School

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Ancient Feng Shui and Clothing....

Inner Harmony School

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In Europe...

- Purple for royalty
- Silks, velvet and brocade denotes wealth
- Gemstones, pearls, and fur trim
- Elaborate long gowns (denoted easy lifestyle)
- Ornate belts and accessories

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The 80's and 90's...

"Dress for Success" by John T Molloy
"Color Me Beautiful" by Carole Jackson

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What not to Wear in the 2000's

- Based on fashion
- Body shape
- Lifestyle

2025

Wear whatever the F* You Want

Lifestyle – then body shape – with a nod to trends



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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?

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A review of the Five Elements of Feng Shui

- WATER
- WOOD
- FIRE
- EARTH
- METAL



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Water Personality
Deep – Independent - Introspective

- **WATER ELEMENT**
 - Black or dark tones
 - Flowing or asymmetric
 - Fluid-based
 - Watery 'feeling'



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Water
Winter



9

Water
Midnight



10

Water
Free form flowing Energy



11

Wood / Plant Personality
Dynamic – Moving – Goal Oriented

- **WOOD ELEMENT**
 - Green or blue
 - Columnar shape
 - Plant-based



12

Wood
Spring



13

Wood
Dawn



14

Wood
Energy – Strong upward moving growth and vitality



15

Fire Personality
Radiant – Illuminating – Captivating – Charismatic - Fun

FIRE ELEMENT

- Red or purple
- Angular / pointy
- Life energy
- Light-based



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Fire
Summer



17

Fire
Noon



18

Fire
Energy – Sparkling – Captivating – Mesmerizing – Radiant



19

Earth Personality
Grounded – Nurturing – Tactful - Worrier

• **Earth Element**

- Yellow or brown or muddy colors
- Pink and peach colors
- Square shapes
- Horizontal lines
- Soil-based items



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Earth
Late Summer



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Earth
Late Afternoon



22

Earth
Energy – Soothing – Nurturing – Restful – Dependable - Solid



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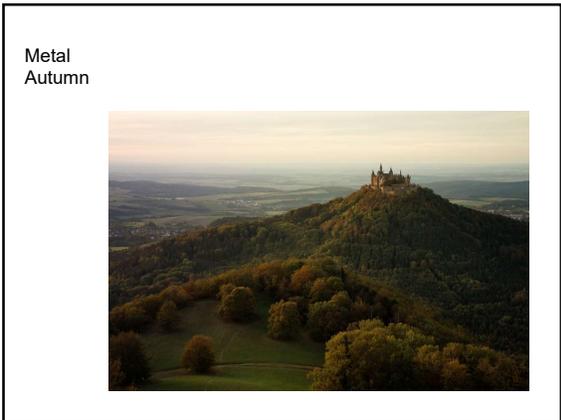
Metal Personality
Polished – Refined – Focused – Elegant - Precise

• **Metal Element**

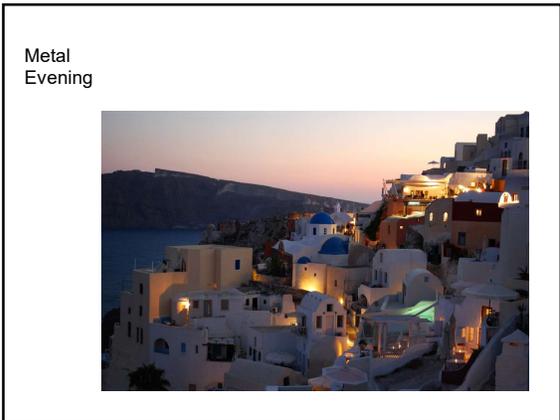
- White, Grey, Light Pastel or Metallics
- Shapes - Round or oval or arched
- Objects: Ore-based
- Detailed items like brocade
- Materials with a Sheen



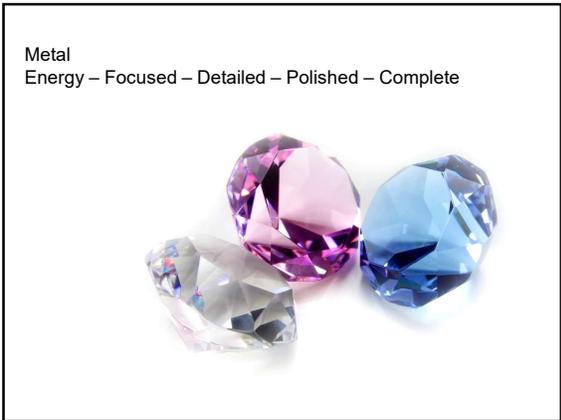
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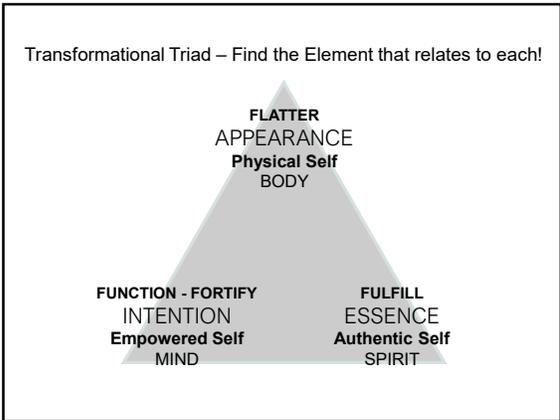
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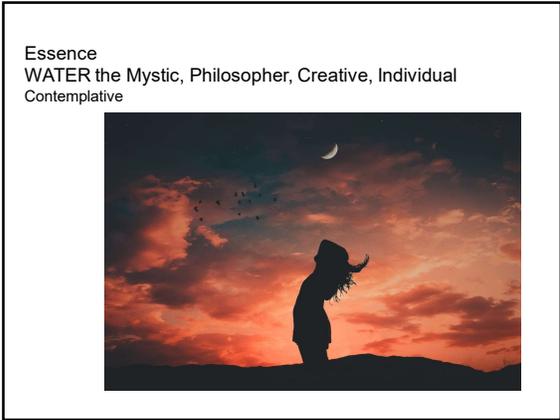
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Essence
WATER the Philosopher
 Gurus, Artists & Intellectuals

Deepak Chopra Salvador Dalí Yoko Ono & John Lennon

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Wood – The Starter

ESSENCE INTENTION APPEARANCE

Competitive Do Sporty

32

Essence
WOOD the Starter ~ Determined ~ Direct
 Competitive

33

Essence
WOOD the Pioneer
 Athletes, Activists & Motivators

Billie Jean King Jane Fonda Wayne Dyer

34

Fire – The Playful and Passionate

ESSENCE INTENTION APPEARANCE

Charismatic Excite Dramatic

35

Essence
FIRE The Pleasure Seeker ~ Playful ~ Passionate
 Charismatic

36

Essence
 FIRE The Pleasure Seeker
 People – Show Men, Ad Men & Sex Symbols

		
Bette Midler	Richard Branson	Marilyn Monroe

37

Earth - The Nurturer

ESSENCE	INTENTION	APPEARANCE
		
Committed	Nurture	Traditional

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Essence
 EARTH The Peacemaker
 Committed

	
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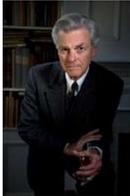
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Essence
 EARTH The Peacemaker
 Givers, Good Guys & Homebodies

		
Oprah Winfrey	Mother Teresa	Julia Child

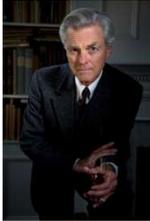
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Metal – The Precise

ESSENCE	INTENTION	APPEARANCE
		
Cultivated	Refine	Elegant

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Essence
 METAL The Perfectionist
 Cultivated

	
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Essence
METAL The Perfectionist
 Organizers, Executives & Connoisseurs



Grace Kelly Prince Charles Barbra Streisand

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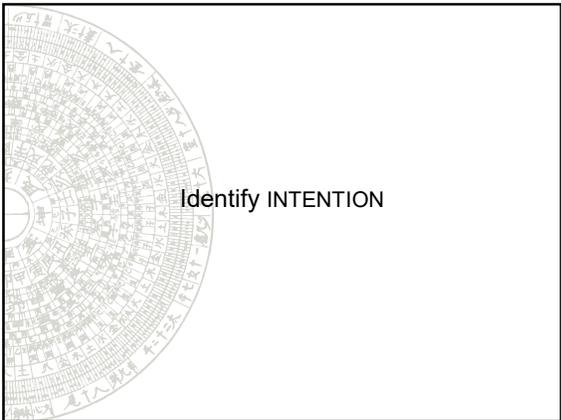
Who am I?

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?

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Identify INTENTION

45

Intention
WATER The Philosopher

Be



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Intention
WOOD The Pioneer

Do



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Intention
FIRE The Pleasure Seeker

Excite



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Intention
EARTH The Peacemaker

Nurture



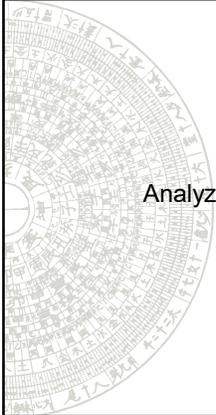
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Intention
METAL The Perfectionist

Refine



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Analyze BODY COLORING

51

Appearance
WATER
Elemental Body Colors

- Black or very dark hair
- Very dark eyes
- Deep skin tone



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Appearance
WATER
Elemental Body Colors



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Appearance
WOOD
Elemental Body Colors

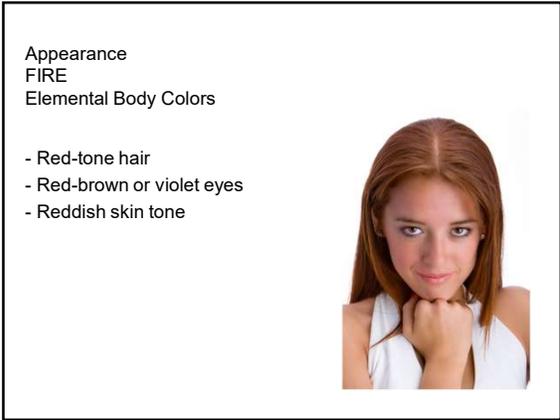
- Ash blonde or brown hair
- Green, blue or blue-green eyes
- Olive skin tone



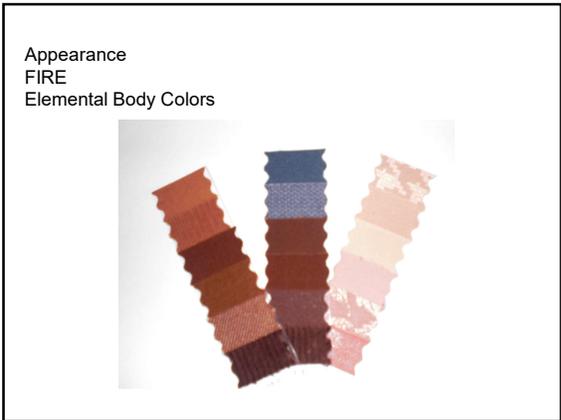
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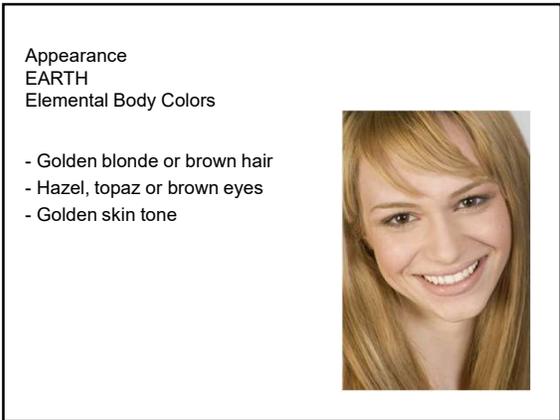
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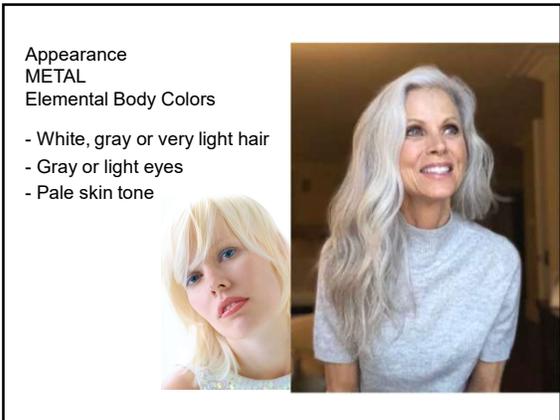
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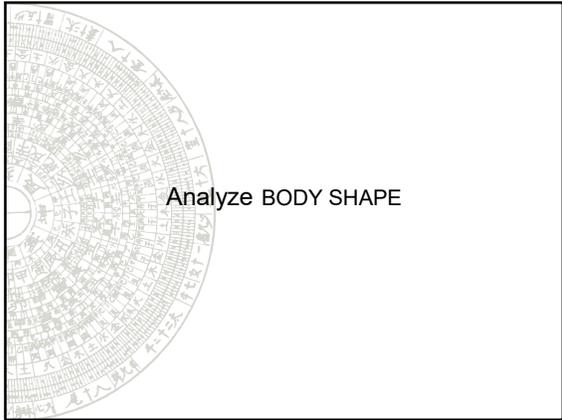
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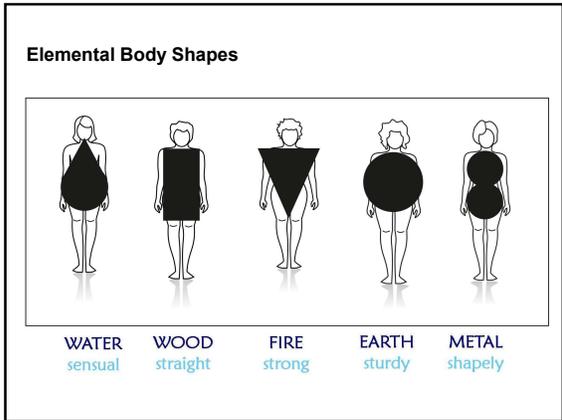
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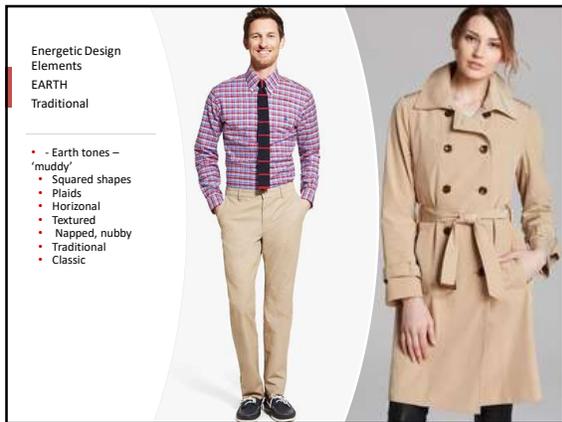
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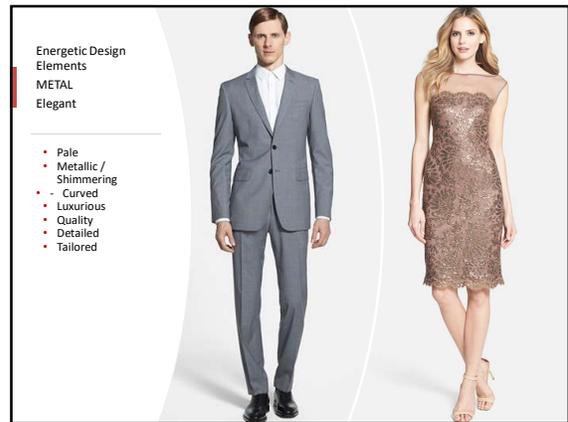
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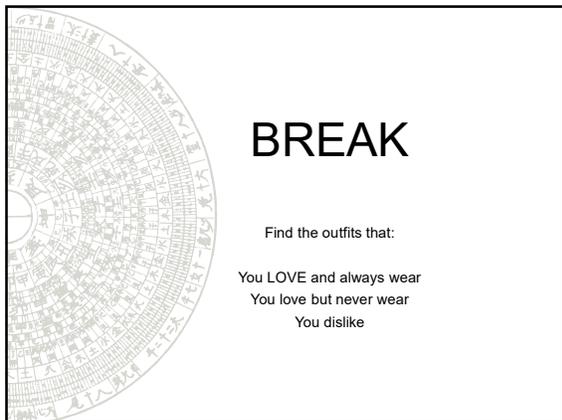
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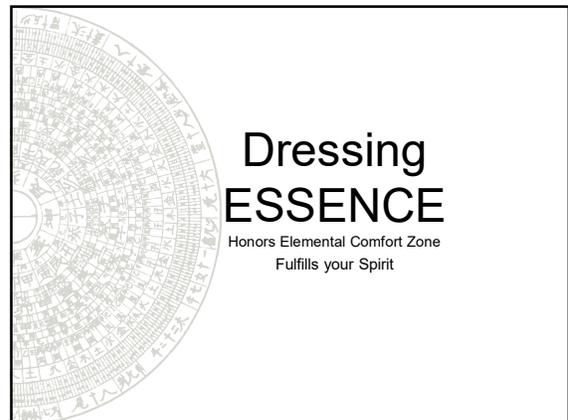
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Dressing ESSENCE
WATER
The Philosopher

- - Dark
- - Abstract
- - Flowing



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Dressing ESSENCE
WATER
The Philosopher

Dresses to be different

- Self-expressive styling
- Unique pieces
- Unexpected mixes



74

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Dressing ESSENCE
WOOD
The Pioneer

- - Fresh
- - Natural
- - Casual



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Dressing ESSENCE
WOOD
The Pioneer

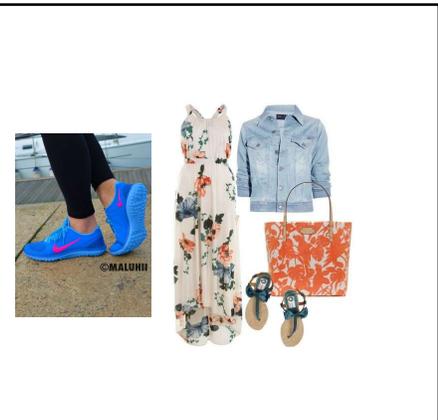
Dresses to be active

- Casual styling
- Stretchy fabrics
- No frills. No fuss.



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Dressing ESSENCE
FIRE
 The Pleasure Seeker

- - Bright
- - Bold
- - Body-Conscious



79

Dressing ESSENCE
FIRE
 The Pleasure Seeker

Dresses to be noticed

- Attention-getting styling
- Body-conscious fit
- Fun and/or flirtatious



80

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81

Dressing ESSENCE
EARTH
 The Peacemaker

- - Neutral
- - Textured
- - Basic



82

Dressing ESSENCE
EARTH
 The Peacemaker

Dresses to be practical

- Comfy or classic styling
- Versatile pieces
- Textured or basic fabrics



83

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84

Dressing ESSENCE
METAL
The Perfectionist

- Pale
- Polished
- Luxurious



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Dressing ESSENCE
METAL
The Perfectionist

Dresses to be appropriate

- High quality fabrics
- Monochromatic colors
- Perfect fit



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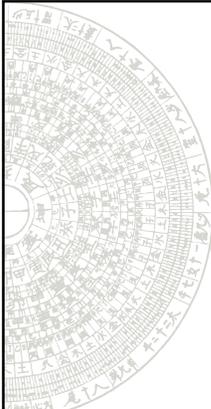
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Dressing INTENTION

Mirrors Environs & Affirms Goals
Functions for your Lifestyle
Fortifies you to attract your Desires



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Dressing INTENTION

WATER
Must allow self expression and fluidity of movement

WOOD
Must allow comfortable fit and ease of movement

FIRE
Must attract attention and be fun or alluring

EARTH
Must be practical, comforting, and have substance

METAL
Must be of high quality, refined, and fit perfectly



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Dressing Intention
WATER The Philosopher

- Dark colours
- Asymmetrical patterns
- Sheer textures
- Fluid fabrics
- Flowing shapes
- Unique accents



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Dressing Intention
WOOD The Pioneer



- Blues, greens
- Striped, floral patterns
- Ribbed textures
- Natural fiber fabrics
- Columnar shapes
- Athletic accents

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Dressing Intention
FIRE The Pleasure Seeker



- Reds, purples
- Pointed, life-like patterns
- Shiny textures
- Life based fabrics
- Angular shapes
- Bold accents

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Dressing Intention
EARTH The Peacemaker



- Yellow, brown
- Plaid, check patterns
- Nubby textures
- Basic fabrics
- Square shapes
- Traditional accents

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Dressing Intention
METAL The Perfectionist



- White, pastels, metallics
- Round patterns
- Fine textures
- Luxurious fabrics
- Curvilinear shapes
- Upscale accents

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Dressing INTENTION
WATER
Creative & Unique



Water Wood Fire Earth Metal

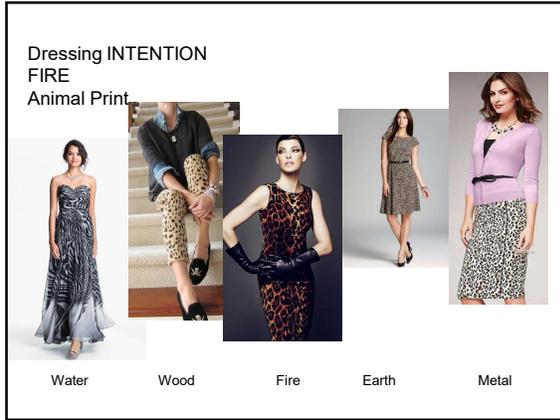
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Dressing INTENTION
WOOD
Floral

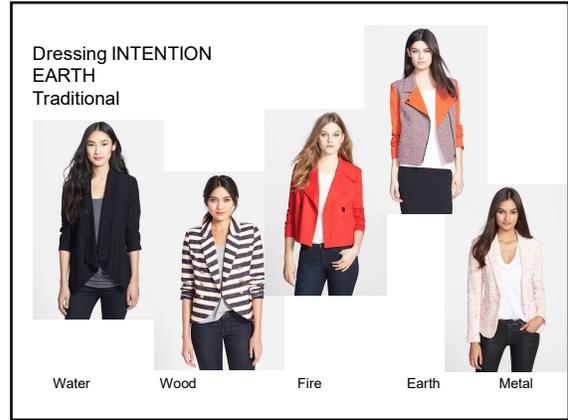


Water Wood Fire Earth Metal

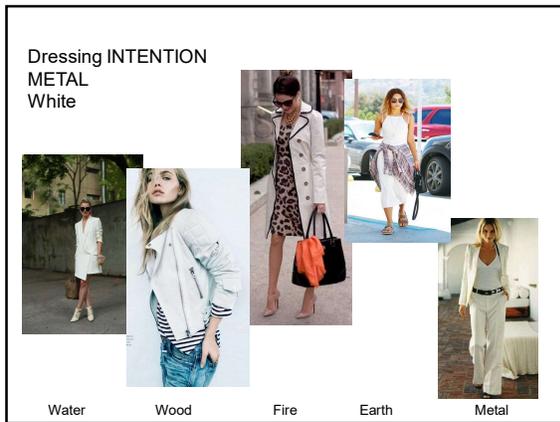
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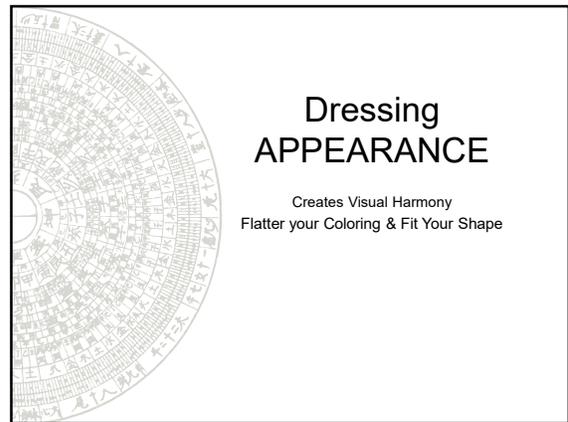
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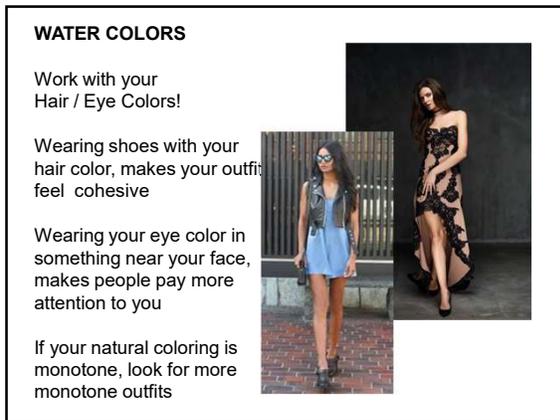
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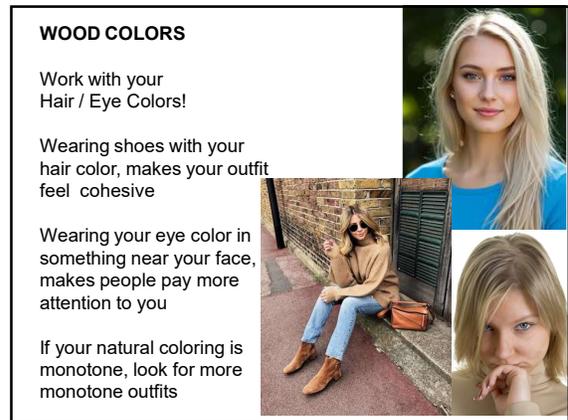
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FIRE COLORS

Work with your Hair / Eye Colors!

Wearing shoes with your hair color, makes your outfit feel cohesive

Wearing your eye color in something near your face, makes people pay more attention to you

If your natural coloring is monotone, look for more monotone outfits



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EARTH COLORS

Work with your Hair / Eye Colors!

Wearing shoes with your hair color, makes your outfit feel cohesive

Wearing your eye color in something near your face, makes people pay more attention to you

If your natural coloring is monotone, look for more monotone outfits



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METAL COLORS

Work with your Hair / Eye Colors!

Wearing shoes with your hair color, makes your outfit feel cohesive

Wearing your eye color in something near your face, makes people pay more attention to you

If your natural coloring is monotone, look for more monotone outfits



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Low Contrast

very light hair + very light skin + very light eyes

medium hair + medium skin + medium eyes

light hair + medium skin + light eyes

You might also suit low contrast if you are soft, for example...

ashy hair + greyish skin + pink-nude lips

medium brown hair + tan skin + nude brown lips



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Low Contrast



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High Contrast

You might be high contrast if you have...

very dark hair + very light skin + very light eyes + bright lips

very dark hair + very light skin + very dark eyes + bright lips

MAYBE

very dark eyes + very light skin + very light hair - but is uncommon



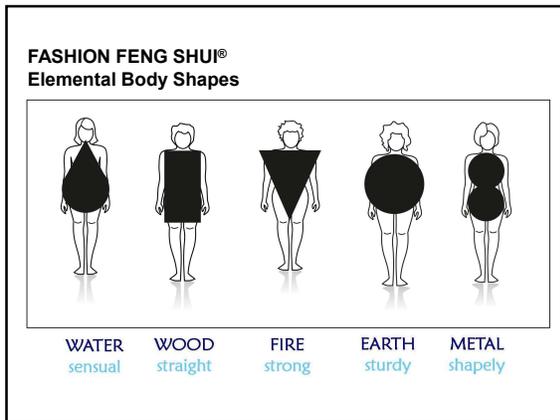
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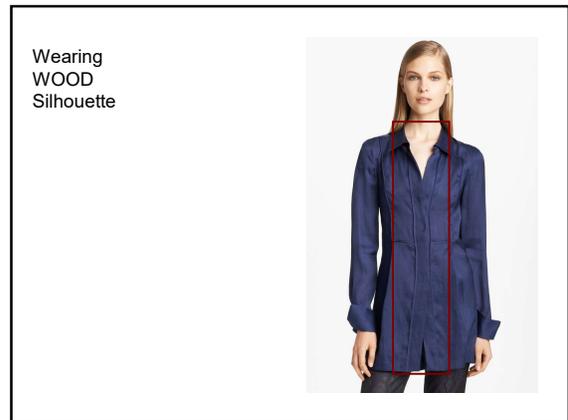
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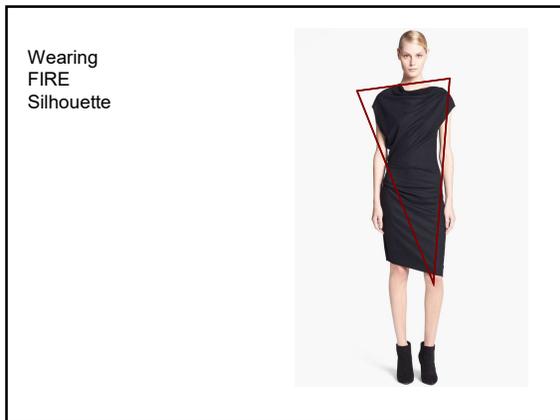
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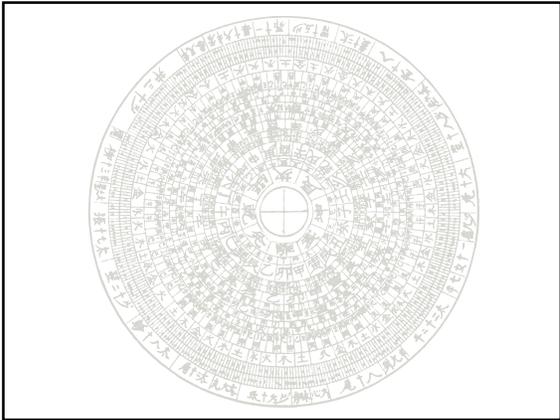
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