



INNER HARMONY WITH LUANN CIBIK

# *Sacred Beauty with LuAnn*

**Rituals of Adornment for the Temple of You**

Welcome!

You've just stepped into a sacred space where beauty becomes ceremony and adornment becomes empowerment. Here, everyday acts like brushing your hair, choosing your jewelry, or applying a touch of color transform into rituals of self-honoring and intention.

Inside this workbook you'll discover practices such as The Power Shower, The Morning Mirror, The Sacred Brush, and Jewels with Meaning—along with the magic of color, scent, and seasonal adornments. You'll learn how to treat your vanity as an altar, crown yourself with intention, and even close your day with rituals of renewal.

Every chapter, tool, and resource here is designed to help you align your inner energy with your outer radiance—so you walk through the world not just adorned, but empowered, cherished, and beautifully in harmony with your spirit.

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### **About LuAnn & Inner Harmony**

LuAnn Cibik is the founder of Inner Harmony and a teacher with the Linn Academy, guiding people to live more intentional, soul-centered lives through the wisdom of feng shui, space clearing, nature connection, and sacred ritual. For over two decades, she has helped students and clients create harmony within themselves and their environments so they can live with clarity, joy, and purpose.

## The History of Adornment

There is a rich, deep history of makeup and jewelry as symbols (and tools) of personal power, spirituality, identity, and protection across cultures and eras.

### Why Adornment & “Makeup” Have Always Mattered

The impulse to adorn goes far back into our human story. Some scholars argue that using red pigments, body paint, and adornments was among the earliest ritual practices of Homo sapiens. Adornment and cosmetics have appeared in nearly every major civilization—not just as aesthetic statements, but as markers of spiritual, political, and social power. In many ancient societies, the line between “beauty” and “magic” was blurred. Makeup, jewelry, scents, and color were believed to carry energy, intention, and protection.

### Ancient Egypt: One of the Most Famous Traditions

This is often the first reference people think of when considering sacred beauty and adornment. In the art from that time, we can see the rich black kohl eyeliner used to both protect the eyes from sun glare, but also to guard against disease and other malevolent forces.

They used malachite (green) and copper-based pigments to decorate eyelids, and white powders to lighten skin. Makeup was a form of personal power and protection—the Egyptians viewed it as enabling you to embody divine beauty, and also to shield your spiritual energy.

Jewelry in Egypt was deeply symbolic. Stones, metals, and shapes carried meaning—carnelian, turquoise, lapis lazuli, gold, etc., were used for their associations with rebirth, solar energy, protection, and eternity. Symbols like the ankh, scarab, Eye of Horus, and winged motifs were embedded in jewelry to invoke spiritual power, protection, regeneration.

### Other Cultures & Traditions

In broader Mesopotamia and the Near East, body oils, perfumes, and facial dyes were used in rituals, burials, and social ceremonies. In Greece, jewelry was a marker of status, gender, and identity—especially in marriage rituals. Women would wear jewelry as part of their presentation in society. In Rome, cosmetics had both ritual and social roles. Some women (and men) used powders, paints, and perfumes in daily life. The whitened face (with lead-based powders) was prized among Roman elites, and rouge was applied using pigments such as red lead and cinnabar.

The ancients understood so much about natural ingredients, and I find it fascinating that even though cinnabar, lead and malachite have deadly properties, they were still used in

pursuit of empowerment through adornment. Cinnabar and malachite are some of the minerals considered the most energetically powerful in Chinese culture, so perhaps they were chosen *because* of their spiritual power.

In China, rouge (cheek and lip color) was used as early as the Shang Dynasty, using pigments from flower juices and minerals. In India, kajal or kohl has long been used around the eyes—not just for beauty, but to ward off negative energy or the ‘evil eye’.

### **Adornment as Protection, Identity & Ritual**

In many traditions, throughout the centuries and all over the world, adornment (jewelry, amulets, talismans) functioned as spiritual armor—to ward off evil, envy, or negative forces. The “evil eye” concept is ancient and widespread; people used charms, pendants, and jewelry as protection.

The placement of stones/jewelry was seen as energetic: wearing something over the heart, throat, hands, or head was believed to channel or amplify specific qualities. We sometimes forget that aspect when choosing our jewelry today, however, being aware of what energy we want to amplify or what we want to block from entering can help us decide on where we wear our jewels. Certain stones are considered to have metaphysical or spiritual power and were chosen for that reason. Sometimes it was just based on the color. For example, in Egypt, green was tied to regeneration, red to life and power, gold to deity and eternity.

## **Ask Yourself.....**

**Do you consider yourself high maintenance, low maintenance, or are you currently in a 'no maintenance' mode?**

**What daily self-care rituals or means of adornment do you currently use for enhancing**

- Your Intentions:
- Your Protection:
- Your Identity:
- Your Empowerment:

**What Talisman or Objects do you wear or carry that you feel empower you?**

How do you store or honor these sacred objects?

**What is your current routine and tools used each day for caring for your body?**

Dry Brush / Loofah:

Bathing/Showering Soap:

Skin Lotions:

Facial skin care:

Shampoo and Hair products:

Hair Brushing:

Hair Styling:

Hair accessories:

Nail Care:

Nail Adornment:

Daily jewelry:

Special Crystals or Jewelry:

Additional:

## The Power Shower: Sparkle that Aura

**How often do we self-sabotage?** If you are like me, it can happen more often than you like. There are many ways we can do it, but probably the most frequent is with our own line of thought.

For example, what did you think about when you last showered (or bathed)? Were you mulling over your problems? Reprimanding yourself over something you did? Anticipating a hard day or potential failures? That, my friend, is sabotage.

When you shower, you are doing more than scrubbing off dirt and grime. You are cleansing and clearing your auric field around you. The water can wash away the energy you have been brewing, and the emotional burdens you have been carrying.

**Next time try this....** in your next shower or bath, start with intentionally thinking of the challenges, and then imagine scrubbing them away. Visualize them washing down the drain, leaving you feeling lighter and brighter.

**The next step is then EMPOWERING your SELF.** You can do this by singing affirmations in the shower, or even doing some special things to enchant your shower space and products with supportive energy.

### Action Steps...

What can you add to your shower or bathing space to remind you of your affirmations or intentions to hold about yourself?

Artwork

Natural objects like flowers or herbs

Writing on the steamed mirrors or glass walls

What can you add to your soaps or body washes:

Essential oils with intentions

Flower Essences

Tiny Gemstone pebbles or Gem Essence water

Written Affirmation labels

## The Morning Mirror: Beginning Your Day with Sacred Intention

*“Your vanity can be your altar to self.”*

**Where do you prepare yourself for the world?** For most people, it could be at their bathroom vanity. This can sometimes feel like less than a sacred space. Our intention now is to discover how we can shift this energy into a space of empowerment or even find another space that would be your Temple to Adornment.

Ideally, you want to have some items on your ‘Sacred altar to Yourself’, that would empower you and remind you that you are worthy, and you are sacred. You might also have simple objects like a vase with flowers, some crystals like Rose Quartz for self-love, and essential oils that hold the general intentions you want for every day, such as Lavendar for calming and peace.

You will want to keep your self-care items here. This would be hair care, skin care, makeup, and perfumes. If your bathroom vanity space seems to already be overflowing, consider finding some beautiful boxes to keep your self-care items in. This way, your space feels contained, and you can also use the box to create a sacred energy around your self-care items.

You might also want to consider another space for your ‘Sacred altar to Yourself’. You could have a small vanity table or desk in your bedroom, or even your closet that allows you to have all your items at hand and also stored neatly and honorably. Doing that can allow you to add even more to your space, such as a candle, a desk of oracle cards, and a small journal or papers to write your intention for the day.

Your space does not need to be frilly. It should in fact, reflect who you are. If you are a more outdoorsy and natural being, then your space should reflect that with the items chosen to be on display. If you are a glam being, then glitter and rhinestone should be a part of your personal décor space.



## **Ask Yourself.....**

Where am I creating my 'Sacred altar to Myself'?

What objects can I release from this space?

What objects should I add to this space?

Do I have good lighting here?

Do I need a better mirror here?

Am I comfortable in my space?

Am I storing my personal care items and sacred objects in an empowering way?

## **Daily Practice.....**

*Start your day off at your Sacred Altar...*

- What do I want to call into my day today?

- What do I need to know about today (oracle card practice)

- How do I want to feel when I look at myself?

- Write a morning affirmation that empowers you.

- Think about the objects and tools you want to use for your empowerment today

## Your Vanity as a Sacred Altar: Turning Daily Prep into Sacred Space

If you don't honor yourself, who else will? This is not about ego. This is not about narcissism. This is about recognizing that you are a special soul here on earth, to do sacred work. If you don't honor that beautiful soul light within you, who else will?

Now that you have identified your sacred space to self, let's enhance it!

- What items on my vanity make me feel cherished?
- What could I add to make this space feel more sacred?
- What intentions will I place on my altar?

### Space Clearing and Setting the energy

There are many ways to space clear or cleanse the energy of your space. These are some basics to follow, as a part of your weekly routine (or when you feel it needs it)

1. Thoroughly physically clean the space. Dust, wipe, and tidy up.
2. Monthly, at the full moon, place your crystals on a windowsill to charge and clear them
3. Use the power of sound to easily clear energy. Use a bell, or gong, tuning fork or crystal bowl to create clarity in the space. Play solfeggio tone music from YouTube in the space to set a sweet energy within all the objects there ( you can find a playlist on my resources page [www.luanncibik.com/services/resources/](http://www.luanncibik.com/services/resources/))
4. Choose to light a candle to create an energy of transformation, and light a stick of incense with a prayer of gratitude
5. Decide if it's time to update some of the items on the vanity or the intentions here. This could include the drawers and storage boxes that have intentions, and crystals store there for empowering your self-care items.

## The Sacred Brush: Makeup as Magic

Mystical and magical makeup! I could not wait to wear makeup when I was young. Watching my mom apply her makeup she went from a pretty (but tired) mom to glamorous and sparkling beautiful woman. It seemed like magic. When I finally was allowed to have makeup, it felt as if I was transforming myself. Taking the time to apply makeup, I always felt more confident, and even happier. We all have things we don't like about our body and our face, but using makeup is a way to highlight what you do like. And also, a way to create both empowerment and protection.

### **Foundations and Correctors.**

Some people have gorgeous flawless skin. But most people would feel more empowered with their 'imperfections' gently concealed. Whether that is the dark circles or the red blemish, allowing these to fade away with makeup is empowering.

When applying makeup, it can be easy to start down the path of negative self-talk. Things like 'You should not have eaten those foods, you know you always break out', 'You should not have stayed up so late, you look terrible', and so on.

Instead, apply these magic potions with kindness. Perhaps with a mantra of 'healing and health, healing and health'... or 'I love you no matter what'. Or even 'I'm polished and powerful'.

Use your brush like a magic wand, sprinkling love and magic across your face.

Use your makeup sponge or fingers with a gentle caress as opposed to a punishing pounding.

Use this as the base layer to loving yourself today.

### **Blushes and Bronzers**

When we think of youthful, energetic beings, they have a rosy glow about them. People who have a 'sun kissed' tan seem to have a healthier glow than people who do not. Yes, it can be wrong to judge someone's health based on how they look, but the truth is, you do it to yourself every day.

In feng shui (and design) careful consideration is made to what colors to paint the walls of bathrooms and the kind of lighting used, so that people see themselves truly in the best light. If you see yourself with a greenish or bluish cast to your skin, your impression of yourself is not going to be one where you are filled with vitality. Warm tones and rosy cheeks send that message of health!

Even if you don't use a blush or a bronzer daily, you may want to have one (or more) to use for those days when you feel a bit pale or lackluster. Seeing yourself with rosy cheeks or a glow to your face will allow you to feel better. Truly, it can be a mind over matter moment!

Apply these with the intention of 'I am filled with vitality'!

### **Lipsticks, glosses and more**

The use of lipstick dates back to as far as ancient writing. Accenting the lips was a way to create attraction and even power. When your lips are dry and uninviting, there is a sense that nothing important is being said. Color on lips should always be chosen to work with your skin tone, and of course there are trends with black, blue and green lipsticks too. No matter what color you choose, words spoken from a mouth adorned with color will always be heard.

Apply yours with the intention 'May my words be true, kind and empowering to all' or whatever affirmation works for you on this day.

### **Eye shadows, liners, lash treatments and brows**

The eyes are the windows to our souls. They are what can command both attention and also create connections to others. For many people when asked to choose what one makeup item they would take with them, if they had to choose just one, it is mascara, to frame the eyes.

Choosing the colors and style of your eye makeup would be a much more in-depth dive than we will do here. For some people, mascara is the only thing they might choose to wear. For others, there can be a whole regimes of multiple primers, bases, colors, powders, lash extensions, and more that occurs in order to feel like they are ready for the world.

For our sacred beauty purposes, I encourage you to first look deeply at your own eyes. Notice their beautiful colors. There will be more than one. Blue eyes can have flecks of greys or greens or amber. Brown eyes can have waves of purple or gold. Discover the colors hidden there, as there are your personal soul colors, and the colors that when you wear them in your clothing or accessories can make your eyes pop even more without any additional enhancement.

If you want to add that next step of colors, then what I find is using the colors on the color wheel that complement your eyes is more enhancing than matching the color of your irises. For example, to make blue eyes pop, using golds, browns and peachy shades will allow blue eyes to really shine. Brown eyes can get the most from purples, golds, blues and teals. Green eyes shine with copper and gold tones as well as purple and red based colors. If you are new to shadows, this is where it can be fun to purchase a palette of colors to experiment with.

E.L.F. cosmetics is low cost, and is Leaping Bunny cruelty free certified, and can allow you to experiment with colors, without a huge investment.

As you apply your eye colors, you can think the intentions 'My eyes see beauty and truth in the world' or 'My eyes connect to those around me, and allow my message to be heard'.

Adding liner can seem like a daunting task, which is why I like those kohl-like liners that are smudgeable. Like the ancient Egyptians, you can think about how this create a protective boundary around your eyes to turn back the 'evil eye' or energies that are not for your best and highest good.

Applying Mascara frames your beautiful eyes, and can be that final layer in creating both protection as well as calling in attention.

Your eyebrows may also need to be enhanced to frame your eyes as well. Eyebrow shapes and thickness has various trends, and you want to make sure that you also honor what looks good on your face, not just what is eyebrow fashion.

For people older than their 40's ,we want to make sure we are not drawing those eyelines and eyebrows sloping downward, but sloping more out or up, to draw the illusion that gravity is not happening here!

Once you have completed your masterpiece of your eyes, take a moment again to gaze into them, and tell yourself what a beautiful soul you are!

## **Ask Yourself...**

- How does it feel when I apply makeup slowly and intentionally?

- What colors or products make me feel most connected to my essence?

- Write one word to embody using your makeup today. (such as 'calm' or 'kind') This can be the theme you repeat as you create your Sacred Beauty today.

## Crowning Glory: Hair, Headbands, and Sacred Crowns

Ancient people have had traditions honoring hair, its power and its allure. Think of Sampson, who lost his power when Delilah cut his hair. Native American people believe that our hair is an antenna to the energy and world around us and kept their hair long for this reason.

No matter how long or short you choose to have your hair, it is your crowning glory. It can also be a layer of protection and create an aura of energy around you.

### Cleansing

Start first with your shampoo, conditioners and other products. Of course, choose one with natural and cruelty free labeling, but then we are going to play 'potions class'! Adding a few drops of essential oils, or flower essences or even gem infused water is not going to change how the product works but will imbue the whole container with the spiritual energy or intention that you have chosen. Since many products contain a lot of water, you can even label the outside of the container with words that convey your intentions, to 'program' the water, as shown by Dr Emoto's experiments.

Which your after-shower hair treatments, such as sprays, serums, etc., you can store these in a cabinet programmed with crystals for your intention, or I have sometimes hot glued a stone or crystal to a can or container. Sharpie markers (I love the gold and silver ones) are also useful for writing words of empowerment on these items. Layer by layer you can place protection on your energy, and the kinds of qualities or empowerment you desire daily.

### Brushing

My grandmother would tell me that a beauty secret from her childhood was to brush her hair with 100 strokes every day. It stimulates the scalp and distributes the oils, and makes your hair lustrous.

Brushing is also an opportunity to program your hair even more deeply. You can attach some quartz crystals to the back of your hairbrush and before you start your brushing, hold the brush to your heart and say or think your affirmation of power or love or even gratitude for yourself. Then as you brush, repeat your words in your head and heart, charging every strand with energy!



## Jewels with Meaning: Choosing Accessories as Energy Amplifiers

The beautiful energy of rocks and crystals can be a lifelong study. Since ancient times, people used the elements of the earth for medicine and personal power. Some gemstones and semi-precious gems make their way into ancient lore from many cultures. On the breastplate of the High Priest of Isreal, was Sardius, Topaz, Carbuncle, Emerald, Sapphire, Diamond, Jacinth, Agate, Amethyst, Beryl, Onyx, and Jasper. These were said to bring wisdom and power, as well as immense protection and the ability to speak with God.

Crowns would typically have sapphires, rubies and emeralds, as well as diamonds and pearls. Some to represent wealth and power, and some to cultivate more wisdom, health and power.

Traditional jewelry also has it's metal components of platinum, gold silver or copper. Each of these metals has special properties, and add their own flavor to the energy you wear.

Choosing your jewelry is a personal thing. You might currently own items that were sentimental gifts from others, or items that you felt attracted to and purchased for yourself. All of these have energy attached from who gifted it to you, or the energy state you were in when you were attracted to purchase the items. Many of my favorite pieces come as gifts, or purchased while on a vacation at a place I loved. These all hold an energy for me that feels like a loving embrace when I wear them.

I have pieces that are not stones, but metals, resins, shells, and even feathers. Many of them represent totem animals for me or other powerful symbols. I have a piece that I wear on days where I feel like I am confronting Death of my loved ones. I am a Harry Potter fan, and it's a simple necklace with the Deathly Hallows symbol. And I have to say, so far, it's worked.

Over the years I have added a lot of jewelry to my personal collection, many of them with different stones and crystals, as I was intrigued by their meaning as well as their energy. I collect pendants, bracelets, earrings, and collar necklaces of shells or stones. Each has its own empowerment for me. And, I totally know that for most people they would look at my collection as outrageous. Many of these items were not expensive, in fact some of the most powerful pieces for me are not the precious jewels, but relatively inexpensive stones that called to me.

I also believe power is built into my adornments of jewelry because of how I store them and honor them. Shiny things are my passion and I have two bookcase cabinets in my bedroom, that are lit with twinkle lights, adorned with silk flowers, rocks and crystals and contain much of my collection in beautiful boxes or honored on jewelry displays. Each day after wearing and Item I let it bath in the moonlight on a selenite stone to clear its energy and it goes back to its specific home the next day.

Ok... I might be eccentric, but it brings me joy! And also, I believe, power. I believe so much about the intentional power of jewelry that many years ago I created a little business I call Sacred Circles: Intentional Jewelry. At that time, I created bracelets imbued with energy for people. I did it based on creating items during specific moon cycles, choosing specific stones or colors, using numerology in the number of beads or spacers, having quartz crystal beads to hold intention, using essential oils to help hold the energy and playing specific music while I create the piece. I would also pull a goddess card for the people ordering the piece to see what goddess was coming forward for them at this time and would add something that connected to that goddess into the piece. People loved these and would swear by how they felt or what happened in their life when they wore them. I rarely make bracelets anymore, but I still sell jewelry that is handmade by others, and I connect with the energy of the piece to share it's story and its energy that it brings the wearer.

### **Ask Yourself....**

- Which pieces of jewelry feels like my “power piece” and why?

*List them below (or use additional paper if you are like me and have a collection of treasures!):*

- What stone or symbol do I feel called to wear today?

- How does my body feel when I wear jewelry with intention?

- How can I better honor my power pieces of adornment?

## The Power of Placement: Where You Wear Your Jewelry Matters

Our body is a beautiful temple for our soul. The Chinese meridian system, and the Ayurvedic chakra system talk about the rivers and center of chi or energy that gives us life. They talk about the directions of the flow, and also what side of the body have more yin and yang, and allow for receiving and sending. We can use this information to help us decide on important days where we might place our crystals, gemstones, oils, and essences.

### **Crown of the head**

At the very top of your head is an energy portal that can allow messages in as well as send energy out. This is mostly thought of as where we can receive the wisdom of heaven or our angels. We don't want it to be blocked and perhaps would love it to be amplified. Think about how you might enhance your hair care products and what ornaments you wear in your hair to allow for this wisdom to be enhanced. Working with selenite can be powerful to enhance as well as keeping your energy vibing high here.

### **Third eye Chakra**

Slightly above and between your eyebrows, in your head, is this energy center for enhancing your own inner wisdom. While wearing a bindi here is a direct way to enhance this chakra, you can also anoint yourself with an essence or oil here. Wearing earrings is another way to influence the energy of this chakra. Amethyst and lapis are both wonderful choices here.

### **Throat Chakra**

This energy center for being heard, and living your truth, can be enhanced with shorter necklaces. This chakra is supported by the color of lighter blues, so blue topaz and turquoise can be great choices.

### **Heart Chakra**

This is the space for unconditional love of self and others. Longer pendant necklaces can hold a crystal over your heart. Or you can also tuck crystals in your bra! This is a place that can be supported with stones of pinks and greens. But there can be times when you want to protect your heart energy and might consider stones like black tourmaline, or smokey quartz, or even a fluorite for protection.

### **Solar Plexus Chakra**

This area right around your stomach can be supported by longer pendants or even decorated belt buckles. Yellow is the supportive color here, and there is nothing like a yummy citrine to energize you with joy!

## **Sacral Chakra**

This energy center of creativity and community is just below your belly button. I know people who have used band-aids or surgical tape to place energy stones here. You can also energy this area with oils and essences. The color is orange, and using oils like wild orange and tangerine can supercharge this area for happiness.

## **Root Chakra**

At the base of your spine, your root chakra is the energy center for the physical world, your abundance, your home, and your overall health. Its roots reach down your legs, and into the earth. Ankle bracelets, toe rings, and decorated shoes can help charge this chakra. It's color is red, but also many of the dark brown and black stones will protect and revitalize this area,

## **Hands and Fingers**

Bracelets and rings are very popular ways to wear jewelry, and also powerful ways to make use of their energy. Our palms of our hands are also gates of energy, to give and to receive. Traditionally, the left side is more yin, and receives energy, and the right side is more yang, and send energy. So, if you want to receive joy, but wanted to create protect around you, you might wear a citrine ring on your left hand, and a black tourmaline bracelet on your right.

## **So many ways to adorn yourself**

There are so many ways to add adornment to your body, I hope I have inspired you to think about what you have, and even different ways you might choose to wear items.

## **Ask Yourself.....**

- Where on my body do I naturally like to place adornments?
  
- What does it feel like to wear jewelry close to my heart, throat, or hands?
  
- What area of my life could use more 'energetic adornment support'?



## Archetypes: Finding Your Inner Goddess Style

We are all beautiful and unique. You should not be trying to copy anyone else's style. However, it is useful to understand your goddess archetype so that you can always choose the things that feel great to you.

One way to understand yourself and your personal goddess energy is to use the Five Element Theory of Chinese Philosophy and Feng Shui. Once you understand this, you can choose the textures and items that work with who you are, and not just following a style trend or what others think you should wear. I go much deeper into this understanding in my class called ["Dress Your Chi"](#), but this can assist you in understanding what you might feel most comfortable and powerful in. Remember that we are not just one element, we tend to be a blend. However, you discover which energy goddess clan you are a part of.

**Water energy:** This person is more of a free thinker, perhaps an introvert, definitely, someone who likes to go with their own way. Someone who can go with the flow of changes, and loves being creative.

**Adornment choices:** darker and bolder will be a water energy person's choice. Wearing one earring or mismatched pairs will feel fun. Really unique pieces and clothing will fill one with joy. Handmade pieces and things like scarves and other sheer flowing adornments will feel empowering and 'watery'.

**Wood Energy:** This person is a do-er. A go-getter. Competitive and achievement oriented. They also tend to be less fuss and fuss when it comes to their own self-care. Clothing to move in and accessories that will not get in the way are their power pieces.

**Adornment Choices:** Natural color makeup choices, especially from clean and green companies, will uplift their energy. Greens and blues in stones and accessories support their wood energy essence of growth and vitality. Think of blue topaz or diamond stud earrings and simple silver chain necklaces.

**Fire Energy:** This person is filled with fun, and charm and is noticed by all. They are driven by passion... whether this is to find joy, or a passion to do their work. They tend to be unafraid to be a bit more dramatic in their style and choices.

**Adornment Choices:** Fire energy means sparkle, glitter, and bright colors. Red lipstick, shimmering eye shadow and blingy jewelry will ignite the Fire Queen to even more glory. Experiment with body shimmer lotions, and clips of shiny metallic hair ribbons!

**Earth Energy:** This person is the nurturer. The one who is not that interested in the trends but loves things that can last forever. They love the sensuous things, scented candles, fuzzy slippers, bubble baths, lovely lotions, but might be less inclined to indulge in adornments.

**Adornment Choices:** This person will love natural stones, as well as jewelry with leather, cording, feathers, and other objects from mother earth. They will also love the classics of diamond stud earrings, and jewelry that was gifted or inherited. Makeup choices in matte and natural colors, lipsticks that are subtle, and love to play most with potions and lotions with essences and oils.

**Metal Energy:** This person will love when things are refined and coordinated down to the last detail. They are doers, in the sense of they focus in on a project, and delight in seeing it completed. This is not your 'sweat clothes' person, unless they are of a refined fabric, and perfect fit.

**Adornment Choices:** Metal loves the sheen and shine of actual metal, and faceted jewels. They may not be as attracted to the more opaque stones, or jewelry made with cording or leather. They might enjoy an eyeshadow with a bit of a shimmer, rather than a matte finish. However, they will love being pulled together to perfection each day. And love the idea of working with the details of laying intention with their sacred objects to create a perfect day!

## **Ask Yourself...**

- Which Goddess Elemental archetype feels most alive in me today?

- How can I dress or adorn myself to honor that archetype?

- What archetype do I long to express more often?

## Color Magic: Shades that Align with Your Spirit

Every day, we bathe in color. We don't think about it. We think we just 'see' color. But the light waves we see are bathing our bodies as well. Color has been shown by science to influence how our bodies work, as well as how we feel. Dressing and working with color in your adornments can be another tool in your arsenal of magic, and science.

In my classes '[The Magic of Color in Your Dream Life](#)' and "[Dress Your Chi](#)", I dive much more deeply into how you can utilize color. Here are some ideas for you to look at your accessories and clothing in a new light, and make those daily choices for a more empowering day:

**Red:** will increase blood pressure, blood flow, and cause the body to feel warmer. It is a power color that brings attention to the wearer. It enhances the Root chakra energy. A great color to wear when you need to get a lot of things done.

**Orange:** will stimulate the appetite and cause the juices to flow in the body. It can be a great aid to digestions. It can stimulate creativity and adds happiness and laughter to a party.

**Yellow:** will stimulate the nervous system and add a feeling of self-empowerment to the solar plexus chakra. It is a color for joy, however too much yellow can be hard on the eyes and also cause you to feel tired or over stimulated.

**Green:** The most balancing of the colors. Regulates blood pressure and is the easiest for the eyes to look at. Blue green is considered the most relaxing of the colors. It also us the color to stimulate healing in the body.

**Blue:** will cause the body to breathe more deeply and can assist with sleep. Can also cause people who are a bit sad to feel more depressed or 'blue'. It's a color to invoke within us a sense of truth and trust.

**Purple:** creates a sense of royalty and connection to the divine. Interestingly as people age they tend to like the color purple more and more.

**White:** contains all colors, as when we see the color white we are seeing all the wavelengths. White is used in space clearing as a color to wearing to bring in more light. White is a very yang color as it is sending to most energy to you.

**Black:** The most yin energy as is keeps all the light waves that it receives. Considers a color of elegance and mystery. Wear this when you want to disappear into a crowd or protect your aura.

**Brown:** the most grounding of the colors, this color will slow you down, and can feel like a nice warm hug

**Grey:** the color to wear when you need to focus and get things accomplished. It's not a color that provides your physical body with a lot of energy, but stimulates the mind to focus in.

### **Ask Yourself...**

- What color feels most "me" today?

- How does my energy shift when I wear bold vs. soft colors?

- Which colors am I avoiding—and why?

## Seasonal Adornments: Flowing with Nature's Energies

We have our seasonal wardrobes, and seasonal accessories. T-shirt and shorts for summer, with sunglasses and a floppy hat. Sweaters, jeans and boots for the winter season. Each season has energy too. Summers with longer daylight feel like a more active time, and winters with less daylight, feel like a more relaxed and slow-paced season.

But have you thought about the seasonal colors and how you can use their energy in your own life, to enhance what you need to accomplish?

You can think of the seasonal colors as the color we might decorate our homes with:

- Spring: Pastel colors to represent the spring flowers
- Summer: Bright colors such as Red, Blue, Yellow and White
- Autumn: Muted or muddy colors of Reds, Orange, and Purples
- Winter: Whites/silvers, Deep Greens and Reds

In feng shui we keep our homes connected to the cycle of nature to allow the chi to flow in and uplift it's energy. When you look at wearing and honoring the colors and symbols of the season you are aligning yourself with that seasonal energy. It can help keep you in the natural cycle that we humans evolved in.

You don't always have to use the color of the seasons in what you wear. Working with the colors or representation of a different season's energy can nudge your energy on days when you need it. Let's say it's the midst of winter, and you are personally feeling the slow energy. Yet, you have to accomplish something that will take a more active energy. Think of what bright color you might wear to excite your energy a bit like the energy of summer. You might choose a Red sweater with a pair of jeans to activate your energy. Or, for fun, place a silk daisy in your hair to call upon that summer energy of activity.

### **Ask Yourself...**

- What season do I feel most aligned with?
  
- How can I bring seasonal colors into my daily look?
  
- What adornments help me flow with today's season or weather?

## Closing the Day: Rituals of Release and Renewal

At the end of the day, it's time to recognize your accomplishments, and release the energy of the day.

Washing your face or taking a shower or bath are great ways to clean and clear your aura as well as your skin before heading to dreamland. You might have different soaps for your nightly cleansing, to enhance rest and relaxation.

Brushing your hair and teeth, with gratitude and empowering thoughts... can truly help.

Removing your adornments and placing them on selenite or on a windowsill to allow the moon beams to clear them its practice that will allow each day to start fresh.

And take some time to give some gratitude to your guides, angels, goddesses and the divine for the blessings of the day. Even if the day didn't feel like a blessing, we can think of it as a gift in a strange package, that we just don't quite understand the whole meaning of.

You can use your knowledge of empowerment and enchantment to create the perfect night's sleep. Have some selenite and moonstone next to your bed to invite sweet sleep. Place salt under your bed to clear away energy from bad dreams. Use essential oils to anoint your sheets with a drop that will provide a clear mind for sleep.

### **Ask Yourself...**

- What energy am I ready to release from today?

- What ritual helps me feel restored before sleep?

- How do I want to honor myself tonight?

**You have the tools..  
and the knowledge...**

**Using the ways  
Of Sacred Beauty**

**You are ready to  
enchant your full life!**