

CIY: CREATE IT YOURSELF PROJECT

Intentional Style Sheet: Kat's Dressing for Healing Report

Programing your wardrobe for healing with Six-Sensual Style

By Style Coach Kat Cunningham

Do you ever think about why you make the choices of how you dress? Most of us would say it is about comfort or the type of job you would be doing any given day. It is true that what the activity is dictates the style of clothing, but is that really all? As a style coach, I believe we dress with deeper meaning than we are conscious of. You pick your colors from the mental state you wake up with. In essence, you unconsciously program your choice. Where does your choice head you?

COLOR REFLECTS OUR STATE

Color does reflect our emotional state. But, what really sets off the emotional state is our thoughts. Science says we choose from the comfort of what we already know when the outfit was worn before. I believe our fashion choices, from our closet, start first with what we are saying to our self when we are conscious enough to think about dressing. Let's title this first thought *intention*. As you scan your mind for "What should I wear today", an energetic synchronicity takes place connecting together your mental and emotional state and, using your six-sensory package, it recalls a past experience with the outfit in question. Our mind uses our senses to draw up the same physical response indelibly etched from the last time it was worn. We can see a place; hear a song; or smell perfume or food to reinforce the remembrance further. We quickly make a mental run through of where we were, who we were with, and how we felt while wearing it – be it good or bad. I believe we match the article with the present emotional state or shift into the past state to recreate the old pattern. Out of habit, we agree with the choice. This not only ends up not being a style for us but creates the wrong attraction.

DRESSING TO IMPRESS WITH INTENTION

Dressing is really just about energy and the focus you planted there when you made a choice. Like all choices, they can be conscious ones that "feel good" or unconscious ones that have a negative past. Because what you think you are projecting to others around you, it allows you to be clear of what you want when sending a message like I am approachable, or friendly, or stay away today. While picking out your outfit for the day, let's say you are thinking how you can avoid a particular situation. You will end up choosing a color that emits a "stay away" message. As the saying goes, "As you think, you become". Some colors invite conflict or emit the energy from the color

to dress to impress. What I know and have tested for years is that I get a clear yes on colors that fit my thought vibrations in the "NOW" moment. This is what I want now – not what I had before. What is fascinating to watch and listen to is the response I get by the "Intentional Style" of how I dress. The comments are very connected to my original thought process that morning while dressing. Once I learned this, I incorporated this concept into my designing and teach my clients, *it is not what you wear, but what intention you place on the outfit or jewelry at that time*. You can literally program your attraction.

CHANGE YOUR HABIT, CHANGE YOUR RESULT

What would happen if you started to dress consciously? As nature, you can use the Law of Attraction and Law of Correspondence and program a result that makes you "feel good" that day. The Law of Attraction allows your focus to bring together the matched vibration of your desire to your experiences for that day. The Law of Correspondence teaches you everything is connected and communicates. Light, color, sound and your thoughts all become one. To consciously use these natural laws, you have to call on what I call NI – "Nature Intelligence". This is the knowing vibration inside of you that cannot lie or deceive your result. Like a music scale, it matches tones of your thought/intention. Science calls this emitting vibration, electrical impulses that are connected to refracted colors and sound.

Kat's Six-Sensual Style process offers 3 easy steps to use natural laws to attract the result you want that day by dressing consciously to achieve the attraction.

SIMPLE STEPS TO PROGRAM YOUR WARDROBE

Step 1: INTENTION – Focus to Connect to your nature (A feel good vibration)

What do you want to attract?

HOW TO CONNECT: Tomorrow, go to your closet, close your eyes, and ask to be connected to your NI – "Nature Intelligence". Relax your knees so you can sway forward or backward easily without assistance. State a clear positive intention for that day - what you want to attract to you. When the body has the vibration of that thought, it will fall forward. You are now connected to your NI. If it does not match, your body will fall backward. Let go of a negative thought and trust your body's NI knows more than your brain does. When you fall forward, it is done. You are connected to your NI – a higher seeking part of you...your spiritual heart.

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Step 2: FUNCTION – Draw from your Heart Q's
What heart qualities do you want to achieve while wearing the outfit?

Example: Confidence, Connected, Open to communication, Loving others

NATURAL LAW RULE: What you think, you become the vibration of that thought. When your Heart Q's are clear, and your Intention is focused, you test falling forward again; then go through and touch the clothes (to keep the brain out, try it with your eyes closed). You will fall forward when you find the best outfit to match the intention you stated. Notice the brain will want to take over and decide. It can only draw from the past awareness, not the present wanting to "feel good" scenario you are choosing at this moment, in the NOW

Step 3: FORM – This is color, texture, metals, and shapes that you put together to visually show others your six sense story. Your intention is who you are. Your Heart Q's are what you want, and Form is how to get it. Choose an era or place you want to be "in". What do you hear, see, smell, taste, touch. See it in your fabrics, color choice, textures, metals, accessories you choose. Wear the perfume that matches this experience you want to recall or newly create. Using your senses, add a comfort level.

OBJECT OF THE EXERCISE: You tell your story visually, using your six senses for recalling that intention throughout your day. This maintains the focus to attract "in" what you want to create that day. How it comes together is your signature style. This is conscious dressing *KatStyle*.

Have fun, experiment, play with attraction and watch your results change.

EXCERPT FROM KAT'S SUMMER STYLE
ZINE #1 08

PLANNING A GODDESS PARTY

and building a wardrobe at the same time

SORRY BOYS... I FEEL A GODDESS PARTY COMING ON

I know I'm pushing summer by making the traditional closet transition from winter woolies to see-through florals before July, but I couldn't wait any longer. I decided layering will be the answer to go from still coastal cool to inland hot. As I looked at last year's treasures, and scratched my head as to why I kept all my Maui clothing, I felt guilty getting rid of them.

GODDESS WARDROBE PARTY contd.

Today's look is about layering. To do layering, and not look like you had too much to drink when you dressed, it takes a careful look at where each piece falls on your body. One wrong inch and you go from chic to "who dressed her". My search was for the missing layers. At the same time, my sister cleaned her closet and her place to recycle is me – before the thrift stores. There were a couple of pieces that were missing. If one person can provide my needs what can 6 or 8 do? As an event business planner, I felt a party coming – so here it is.

HOW TO SET UP YOUR GODDESS WARDROBE SWAP PARTY

1. Invite the good looking dressers in your group.
2. Clothes must be in excellent condition and sized.
3. Swapping rules are: don't fit, out of date, tired of it, have no place to wear it, or not a good memory connected to it? Then it needs a good home. No money exchanges hands, only bartering.
4. Activities - A mini-fashion show will be at the end. Wine optional, commentary only if appreciated. Take pictures and give a prize for the best dressed one there.

Result: A great new wardrobe, fun additions to your closet, the color vibration you needed, shopping with no money or gas spent. You saved pieces from the landfill. Warning – there may be lots of critics but you must promise not to say at your next get-together, "Gee, that looks familiar" or "Wasn't that mine?"

A great way to EX-HALE, ladies.

COLOR IS ABOUT FEELING GOOD.

If choosing your color combinations is difficult, here is my *KatStyle* sure fire tip: Find a picture about nature you are attracted to. Example: a bed of flowers, or a bird. Test the attraction to match your thought, and pick out the colors in the picture. Now wear those colors. Thinking color, is like seeing it - it is all just vibration. What you love, activates the color spectrum.

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WHAT IS STYLE

There is a new movement in conscious living style and you created it.

Take the **KatStyle** challenge to find out who you are.

With today's turmoil we can use all of the nurturing, feeling good spaces we can get. While exploring this new discovery I found nature had the answers to home balance style.

Most people don't see themselves as having a style. Style is just your unique point of view. Everyone has one. There should be no mystery to how you create or keep a style. My definition of style is how you view the world and show your choices to others. It is just that simple. You may not think you have a "**Signature Style**" but everything you do is unique to just you, because it can only be filtered through your six senses and the experiences that make up your point of view. The result is what is known as your "Signature Style". I have found our six senses is the most important thing we all share and is totally overlooked.

I am on a crusade for individuality in conscious living space. We have been put in a style box for too long. We don't need to be someone else's copy. Style shouldn't be imposed on us but grown through us. For more than 30 years I have been a designer and it took this long to realize no one has the edge on what design is or isn't. There is really only one barometer to judge from – does your choice "Feel Good" or not? That should be the only criteria we need to use.

USING YOUR SIX SENSE FILTERS FOR STYLE

Do the choices you are making, through your six sense's filters, comfort you, keep you balanced, and support your dreams to remind you who you are? I believe these six sense's filters – hearing, seeing, smelling, tasting, touching and sensing – were given to us to discover our uniqueness. It is how we demonstrate our point of view. Try to form an opinion without them. They are integral to the lifestyle process of making conscious living choices.

THERE'S A NEW STYLE

We have had Country Style, Asian Style, Modern, and Shabby Style now it is time to evolve to a conscious style – "**Six-Sensual Style**" – perfectly balanced by your senses. I have devoted my online magazine, my blog, and this "StyleZine" to growing this new movement. "Feeling Good" space is about developing nurturing, focused and intentional personal, home, work, and world places to live in. With today's turmoil we can use all of the nurturing, feeling good spaces we can get. While exploring this new discovery I found nature had the answers to home balance style.

Personal Space balance hides in your closet

So what's the secret to attraction? One of them is color (vibration), and energy (action).

For years I have watched that when I dress a certain way, I get the response connected to how I chose my outfit. Guidance taught me that it is just a form of mental attraction. Animals and birds use it all the time. So I created Closet Scanning. Here is how it works:

The rule is "As you think...you become"

So if when you awake and start tearing apart your day, listing all of the things that can go bad, you are shifting in the energy of thought – in essence, becoming it. I guarantee you that you are choosing the clothing that will attract the situation you are thinking of, unconsciously. You have even stocked your closet that way. Choosing clothing, based on how you feel, you could send a vibrational message – stay away, not now, don't mess with me, etc.

NOTE: As you feel (think) you create (activate an energy field)

Here is another choice: Let the body design the space for attraction

START: Set your mental intention the minute you get up Start to visualize it while you are going through your morning cleaning routine. Working with water amplifies it like a car battery. Go to your closet, close your eyes, relax your body (creates better focus).

Ask if the body is ready to act on your thought. A yes will be the body falling forward. When that happens, as in nature, it has designed the space for the attraction.

Run your palm over your clothing (eyes closed) and think of the result you want to achieve that day. What does it look like? (Use your six senses to anchor the experience.)

Start to sense where you should stop. Hold the item and see if you fall forward. If you do, it is the color that is needed to heal you that day. Color responds as vibration. The thought you are holding now matches the outfit you are holding. Put it together, wear it with that intention, and watch what happens with others viewing you.

Use this for attracting desired relationships or building clients. IT WORKS! I attract most of my business based on how I dress intentionally. *The body is just nature and nature never questions anything because it knows it is always in balance.* It is always perfection. As you do this each day, you will see how you are creating everything by thought. **CHECK OUT KAT'S BLOG FOR MORE UPDATED SEASONAL STYLE INSIGHTS**

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