

Dharma & Style

Channelling Your True Nature
Through Your Wardrobe

A young Buddhist monk, seen from behind, is walking down a long, narrow hallway. He is wearing a vibrant red robe and is barefoot. He holds a traditional red parasol with a wooden frame and a black handle. The hallway has wooden walls and a light-colored floor, with a bright light source at the end of the hallway creating a strong glow. The overall atmosphere is serene and contemplative.

Rosa Lewis

Table of Contents

Introduction.....	5
Dharma & Style.....	8
Authenticity.....	10
Finding Your Style.....	12
Gender & Beauty.....	13
Sustainability.....	15
Eight Ways to Explore Your Style.....	16
One: Inspiration.....	17
Two: Body Architecture.....	18
Three: Seasonal Colour Palette.....	20
Four: Fabric & Fit.....	22
Five: Less is More.....	24
Six: Shopping.....	27
Seven: Insides Matching Outsides.....	32
Eight: Getting Advice.....	33
Practices.....	34
In the Seeing, Just the Seen.....	34
The Beauty of Being.....	35
Your Monk's Robes – Reflection.....	36
Checklists.....	37
Summary.....	37
Making Decisions.....	38
Expanding Possibilities.....	39
Conclusion.....	40

Introduction

This guide is for people who want to do their spiritual practice out in the world and want to include their soulfulness as part of their expression. For people who want to embody their true nature as much as they want to awaken to the true nature of the Universe.

The guide is written to help you find your equivalent of a monk's robes: the style that supports your practice and allows you to feel dignity in that way of being.

I imagine that some people would feel a strong tension between the potentially perceived dualities of dharma and style, but there are a few places in which they can become intimately linked.

The first is how they are both about identity — the person you believe you are and the way that you express that get explored through both dharma and style. Connecting with the details of what is present in how you dress has the potential to reveal something intimate about how you relate to yourself. Intimacy with experience doesn't come from abstract ideals but from being present with what is truly there in your immediate experience.

The second is that my approach to dharma and awakening isn't done separately from the rest of your life. Insight and awakening experiences show up in the practical details of how you live your life, as much as on the cushion, and one of the ways you wake up is by paying more attention to the specifics of your life and bringing a sense of presence to every part of being. The clothes you wear are one place it's possible to do that.

Thirdly, examining your relationship to how you dress creates a possibility to relate to yourself in a wholehearted way. Rather than personal expression being either ignored and neglected or becoming about status and consumption, it can be about dignity, care and joy.



Dharma & Style

One of the purposes of spiritual practice is to remove self-consciousness and come into a natural state of being with the world around you. Deep practice both comes from and connects you to things like joy, confidence, ease, and dignity.

Cultivating these qualities can come from a range of places, such as highly technical meditation practice or doing emotional work, but it also comes from being in alignment with your environment. When the insides match the outsides, you can relax into a state of naturalness that allows things to flow more freely.

When it comes to expressing your style wholeheartedly, a good compass to use is whether the insides match the outsides. The goal is to connect with your authentic inner energies and bring them out to the surface in a way that is natural. Rather than trying to create an image, you are allowing the true nature of yourself to show to the world. The purpose is for you to understand who you are and for your clothes to be a natural extension of this.

By knowing who you are and what you enjoy wearing and only having that in your wardrobe, you don't have to spend lots of time thinking about how you appear. The simplicity and alignment that is created eases a level of self-consciousness, helping you feel comfortable in the world.

A good example of this is that I've always thought that monks look super cool in their orange robes. It feels like it creates a whole vibe that supports their lifestyle and way of practicing.



The robes are there as an expression of their deepest values and context. It is a clear signal to both themselves and the world about what is important to them and who they are. The robes are also practical, beautiful and comfortable for the lifestyle that they are living.

Having a wardrobe that is there to support you in your expression in the world feels important. It allows you to feel the part of who you are here to be. Not coming from a place of superficiality or attention-seeking, but coming from a place of soulfulness, expression, devotion and self-care.

Authenticity

An important aspect of this approach to practice is to stop looking elsewhere for what is authentic, or the real thing.

Both in your practice and in seeing yourself as an expression of divine or true nature, you need to start where you are. You need to be able to trust and validate that spirituality isn't something that is found in some other culture or some other time. The Universe is being channelled through you (yes, you) in this exact moment at this exact time.

Practice needs to be an expression of the things that feel true to *you*. You have a unique set of experiences and views on the world. Your heart and your soul resonate with particular things. There are archetypes or vibes that you are an expression of. The purpose is to discover and align with these rather than emulate something else.

The balancing point to this in dharma is that there also needs to be a healthy dose of humility. You only know what you know; you have only experienced what you have experienced. Practices and traditions can reveal parts of yourself or the Universe that you could never have discovered on your own.

But at the end of the day, it is still always going to be you experiencing it. And if you have to self-abandon or self-deny in any long-lasting way, you are losing the direct connection to experience that you are searching for.

And how does this relate to finding your style? Getting in touch with the most intimate parts of your being is an important piece of the puzzle in

discovering true nature. And paying attention to how you experience yourself and how you present yourself is one way to do that.

This short guide takes you on a journey to help you connect with your essence and express that through your style.

Essence

*I love that every person I know
Has a unique essence about them
A certain them-ness
That only they can evoke*

Finding Your Style

I've always felt the joy of expressing myself through my clothes and the desire to do it well, but I haven't found much sane, grounded guidance about how to do this meaningfully. It was mostly a case of figuring things out as I went along with little to no helpful advice.

In certain ways, the feeling of having no compass for it was especially exacerbated when my spiritual journey took off. In particular, a deeper experience of embodiment meant that I was more aware than ever of the emptiness of surface-level image. Most emptiness traditions tend to turn people away from individuation, beauty and self-expression, perhaps writing those things off as shallow or part of the illusion of self.

While I have an emphasis on emptiness in my approach, a lot of my teaching is about holding this realisation in balance with a connection to the essence that permeates all things. This includes the unique qualities that each person is here to express, embody, and experience.

Balancing emptiness and essence involves shifting from a perceptual-first way of being to one where embodiment is equally as important. In this mode, the body is as important as the mind; how things feel is as valid as what is visible on the surface; the insides are as important as the outsides.

Thinking about style from this perspective left me with the question: how can people's daily life and practice be supported by embodied beauty and joy?

So I went on my own exploration with this, and through my own process, I gleaned some practical tips and knowledge that I would have loved to have known sooner in life. This was the inspiration for putting this short book together.

Gender & Beauty

What you find most beautiful, is showing you the depths of your own soul

More traditional gender roles are still very deeply ingrained in people's ideas about themselves and their subconscious sense of the world. Whether you are conforming to or rebelling against more traditional norms, an important part of practice can be to shed some of these fixed ways of looking and connect with the full spectrum of being.

How I relate this to style is that rather than dressing women in impractical but pretty outfits and men in dull but serious clothes, it's great to be able to find a way for everyone to *feel* practical, comfortable, elegant, sexy, and empowered on the inside.

Feeling your own sense of beauty creates a deeper level of connection to the world and allows you to feel less separate from the world around you.

A cool side-effect of this is that when heterosexual men are able to be in touch with and experience their own sense of beauty, the flow of beauty becomes more natural and less graspy in their lives. It's not something that exists outside of them that they need to get exclusively from women; it's a

more natural part of experience that can be shared and appreciated in themselves, the world and others.

Meanwhile, women's beauty is often classed as either a commodity or a distraction. It gets amplified for status purposes or hidden away in order for women to be taken seriously.

It's nice to unravel some of these rigid (often subconscious) ideas that people can hold around beauty and gender and find a natural, free-flowing expression of eros, where beauty can be present without it being fuelled by such strong craving and aversion. Essentially, you want to take some of the neurotic charge out of it.

I've described these energies in the typical ways that they manifest in men and women, but the truth is that everyone has these struggles, oppressions and feelings within them in different configurations.

When everyone makes a concerted effort to integrate these different parts of themselves, more respect, equality and freedom opens up between people. There is more space for everyone to be who they want to be, regardless of gender, sex or societal expectations.

Sustainability

I am not an expert on the topic, but it goes without saying that fast fashion is not sustainable. The approach to style that I am describing in this book is not about buying trends; instead, you're investing in clothes that connect you to who you are.

From my perspective, moving towards sustainability doesn't mean that you can never buy any slightly frivolous items or that you need to start guilting yourself on a personal level for the way the fashion industry is run on a systemic level. But by moving your values away from consumption and towards creating a deep connection to your true nature, you may find that it feels better for both you and the planet to slow down and simplify, rather than buy things that meet a surface-level need.

Eight Ways to Explore Your Style

Throughout my explorations I discovered eight key things that felt the most important for creating a style that connects you to your essence. These are: inspiration, body architecture, seasonal colour palette, fabric & fit, decluttering, shopping, insides matching outsides, and getting advice.

I give a brief summary of each of these in the next section, followed by some practices and checklists. The tips get very practical, which can seem far away from dharma practice, but you can see it as a guerrilla way of bringing practice into daily life.

Connecting to the specifics of who you are and how you dress can connect you more intimately with your experience. When engaged with sincerely, this practice can open up insights into embodied, aligned and awake ways of being.

One: Inspiration

The best place to start your journey is by finding some images that inspire you. Everyone's style is unique and you want to discover what resonates for you. This is a good exercise in noticing your unique experience in the present moment and connecting to wholesome qualities of who you want to be.

Try to find images of people in real-life situations rather than in super glamorous locations. The images can be somewhat aspirational, but you want to stay grounded in what it would feel like to move through the world in those clothes and that style on a day-to-day basis. This is more about embodiment than image.

You could create something like a [Pinterest board](#) or find a single image that captures some of the essence of what you find inspiring, which you can come back to throughout the rest of the process.

You may go through a process of finding lots of images and inspiration and then honing that down to what really works for you. The process of creative expansion and then refinement is very rich for cultivating discernment. I have also found it has been helpful for people to find even just one image — something that captures the feeling of 'I really like that energy/aesthetic/style, and I would like to embody something about it.'

You may also need to do a bit of work to shake off self-limiting beliefs about your own beauty or limiting societal ideas about what you should look like.

Two: Body Architecture

When relating to body shape, I have found that the Kibbe body system, created by David Kibbe, is incredibly helpful.

Your body is like the architecture that you are working with, and you want to work with the underlying structure, not against it.

This feels like a metaphor for embodied nature and how it is best to embrace the physical form that you are given in this lifetime – to honour it rather than to fight it.

The Kibbe system focuses on how much yin and yang elements you have in your being. The framework is different to most other body shape advice: rather than having a specific goal in mind (e.g., how to look slim), it is about understanding and working with the natural landscape of your body.

It describes the elements of your bone and body structure and what styles of clothes work with those elements, helping you embrace and enhance your natural body type.

The five main types are dramatic, natural, classic, gamine and romantic. Each with different amounts and balances of yin and yang energy. Once you have a type, there are some general rules that are pretty simple and easy to follow. For example, if you have more yang energy, you want to bring out sharp, bold lines; if you have more yin energy, you want more natural, flowing fabrics.

Your body type may also say some things about your inner qualities, and it can be nice to reflect on this.

You can take an online quiz and then find the style advice for it.



Balancing Yin & Yang as a 'soft natural' Kibbe type

Three: Seasonal Colour Palette

Finding your seasonal colour palette is another short quiz you can do online. You could also ask an AI about both your seasonal colours and your Kibbe type.

The theory behind seasonal colour is that, depending on your skin, eye and hair colour, there will be colours that you look really classy in and colours that you look washed out or lost in. Your seasonal colour is another lesson in how to work with your natural vibe rather than fight against it.

The colours are classified into: Spring (pastel), Summer (fresh), Autumn (warm) and Winter (cool). There are also sub-categories to each season: true, soft, dark, bright and light.

Colour really does work with the whole of your being, and until you are aware of it, it's really hard to tease out how this influences what suits you and what doesn't. You can obviously wear whatever colours you like, but clothes that are in your seasonal colours will tend to look a lot classier on you.

Once you have seen the difference colour makes, choosing clothes becomes easier. You obviously don't have to follow it exactly, but knowing that certain colours are going to look naturally good and others are going to drain or swamp you is really powerful for helping you choose items without having to try every single thing on or figure out whether something suits you from scratch each time.

To get a feel for this, identify your season, then try on some clothes both in the colours that supposedly suit you and the colours that don't (either your own clothes or clothes in a shop). Notice what the colours do to your complexion and how classy you look in an outfit.

You'll start to sense how there is a palette of colours that suits you and the ones you like and dislike within that.



Wearing muted tones as a 'soft summer'

Four: Fabric & Fit

Bearing in mind that you're going to have your clothes against your skin all day every day, it is worth paying attention to how the fabrics feel. This is one of the ways in which your style can support you to be more embodied and to notice how experience comes from the inside out.

Really nice fabrics can be expensive, but even within more affordable clothes there can be quite a big difference between how clothes feel. Make a mental note to notice what your body feels like when you're trying things on or choosing things.

Equally, unless you're going to take something to a tailor, prioritise fit. You'll know it when you feel it — putting on something that fits you well feels like a relief and a breath of fresh air. One of my rules is do not buy or keep anything in your wardrobe that makes you hunch, squeeze, breath in, or pinch, no matter how good it makes you look.

Whether your clothes support good posture is super important for your whole vibe. It is one of the most vital parts of dressing in what makes you feel good on the inside and radiating that outwards. It should feel easy to be relaxed, upright and open-hearted and to be able to breath and move easily in your clothes.

You want your clothes to be practical. So thinking about how they fit in with your lifestyle is super important. This one is quite obvious but bear in mind what you spend most of your time doing and the things that will feel comfortable to do that in.

Shoes are one of the most acute examples of getting the fit right for good posture. There's actually a huge variance in the shape of feet, and standard shoe sizes typically aren't based on any scientific measurement of feet; they're kind of plucked from the air. This means that many shoes aren't going to fit you well.

It's totally possible to be wearing ill-fitting shoes and be dissociating from that experience all the time, so it's worth investing some time in finding some that are actually comfy.

My rule for buying shoes is that if I am going to wear them for longer than very short walks, they have to be as comfy as being barefoot. I have wide feet, which means I can't wear most shoes, and it can be a bit restrictive choice-wise, but it's worth it so that my posture and feet don't get ruined.

Bras are another item it's really important to get a good fit for. The majority of women are wearing ill-fitting bras, and this is a modern tragedy. Anything that makes you hunch or feel restricted is bad. Find ones that actively give you the same or better posture, with more ease and comfort, than not wearing one. I would also recommend trying on all of the ones you own and getting rid of any that don't meet this requirement.

Five: Less is More

One of the best things that you can do to get a really aligned, nice-feeling wardrobe is to get rid of most of your stuff. It is counterintuitive, but unless you are already pretty minimalist, one of the important aspects of feeling like you have enough good stuff is to shed the stuff you don't love.

People often see what they own, feel dissatisfied with it and feel like they need to buy lots of additional stuff to make it better. When actually, the dissatisfaction comes as much from having too much clutter between you and what you really love.

A moment this really dawned on me was watching an episode of the TV series *Chef's Table* several years ago. They did an episode on South Korean Buddhist nun Jeong Kwan (series 3, episode 1). The programme focused on her world-famous cooking, but it also showed some of her daily life.

One of the key themes of her life was simplicity, from the ingredients she used in her food to the system she used for growing her vegetables to the way she lived her life.

There's a moment where she takes out her razor to shave her head, and it was one of the most magical scenes I have ever seen. The way that everything was so deeply cared for and how infused with sacredness the ritual felt. I doubt I would have had that language when I first saw it, but it felt incredibly meaningful and beautiful.

It was a transmission into the essence of what happens when you care deeply for the things you own and don't live to excess; when you have

enough space to honour the sacredness of everything around you. It spoke very deeply to something in my own soul and desires.

Not everyone needs to take it to this extreme, but it is worth examining your attitudes to excess, hoarding and accumulation. We live in a culture that really encourages these things, and they are not always in your best interest.

Mari Kondo's 'Life-Changing Magic of Tidying' is a very refined system for decluttering. The simple idea is to take out your entire wardrobe, pick everything up one piece at a time and feel into whether it sparks joy.

This fits with the ethos of your style being about the insides matching the outsides, because whether something sparks joy is an embodied feeling. It's not a rational answer. In fact, going into rational ideas about whether you should keep something or not is a sign you are being pulled out of your joy.

You want to feel a yes in your body and heart when you touch something. You want to have the sense that this is an item of clothing that resonates with your being, and you will enjoy keeping it in your possession and taking care of it.

With decluttering, it can be helpful to do a perceptual shift; start by adopting the idea that you don't own any clothes and you are choosing what you want to have rather than deciding what you want to get rid of. This can be a lot of clothes if that feels aligned for you, but the importance is to be guided by joy and resonance rather than hoarding or laziness.

Another cool decluttering technique you could try is the [333 challenge](#). You wear only 33 items of clothing (including shoes, jewellery and outerwear)

for 3 months. You choose the 33 items at the start and put the rest of your wardrobe away where you can't access it for this time. The challenge is a way to get a sense for how minimalism feels without the commitment of immediately getting rid of everything.

Decluttering is a skill that people have not yet really been taught or learned to do. It's a new skill because it relates to living through a time when stuff is more accessible and abundant than ever before. Practicing it is really worthwhile, and you will feel lighter, clearer and simpler when you are not drowning in stuff.

This level of being able to embody and orient towards simplicity and clear out distractions is also a vital skill for awakening and being present in your experience.

The objective here is to pare back to the point where every single item of clothing you own feels like a natural, joyful expression of who you are.

Six: Shopping

It's worth saying that shopping can be a nightmare and finding a way to make it more pleasant is important. Do it in manageable chunks of time, take a friend, or buy yourself some nice treats that will sustain you. If you have a clear idea of what you want, the whole process is more focused, and it can become a fun experience. In this view, going shopping can become a creative process of working with the material world to express something deeper.

Before you go shopping, take time to feel into the things you need and want to find. Even if you don't feel confident buying online, have a look around to give yourself an idea of the sort of things you might want to try on and the shops that are best to go to. Write a list, even if it's just a rough idea of the sorts of things you are looking for.

Bear in mind everything that you have explored so far – your inspiration, your body type, your seasonal colour, what fits you well, and clarifying what you already own. With all this information at hand, you should be building a clear picture of your style.

If you are wanting to build a new wardrobe, my best advice is to start by going to one or two large shops and trying a lot of stuff on.

As you try things on, pay attention to the specifics of what you like and don't like about each item. If you want to hone your discernment, be really crisp about the details. This will help you develop your taste and judgement, which will mean that shopping gets a lot easier over time. It's like a meditative noting practice but for noticing how you look and feel.

I have also found that it is really helpful to divide shopping into two categories – shopping for your basics, or your version of a monk’s robes, and shopping for some soulful extras.

Basics

Having the right basics is about cultivating simplicity. They are the foundations of your wardrobe. Depending on your style, this could be jeans, trousers, t-shirts, dresses, skirts, shorts, or shirts. It could be plain or patterned items. It could be quite smart or very casual and it will depend on the climate you live in.

You want this to be a kind of really easy uniform that you can wear every day without having to think about it, like your version of a monk’s robes. These clothes should support you to be you in a way where you can look nice every day without much effort.

Some questions you could explore:

- If you had to wear basically the same outfit all the time, what would it be?
- What are the items that you need in order to feel good, in a simple, down-to-earth way, every day?
- Are there basic items on your inspiration mood board that you don’t have?
- Do you have basics in your wardrobe that actually don’t fit you super well or are the wrong colour?

- Do you have any notable gaps where you don't have anything cool and easy to wear for something you do fairly regularly?

Once you've got a rough idea of the look you're going for, make a list of the clothes you need to wear it every day (for example, 5 pairs of jeans, 10 t-shirts etc.). Include underwear, socks, shoes, coats and anything else you wear all the time. And then check this list against what you already have after you have decluttered.

This is how you create the foundations of your wardrobe. If you have some stuff that is ok but doesn't really fit your true style, you can decide whether to slowly replace it over time or do a big shopping trip to get the basics right.

Even though these items can feel a bit boring, they're worth investing the time and money into, because they are the ground floor of your wardrobe.

Soulful Items

Soulfulness is about aligning with the unique being that is you.

Finding items that express your soulfulness can't really be planned as much; you may just need to let yourself find them with time, but being tuned into what you find beautiful means you will be open to recognising these items when you see them. Things like jewellery, accessories, more expressive or unusual clothes and tattoos fit within this category.

When you wear these items, it should still feel very natural. You might be inspired by other people, but you're not trying to be someone else; it's more like you're stepping into your natural power. You want to be listening to the underlying currents of your being and allowing them to pop to the surface in cool, interesting and beautiful ways.

For any extra items that you already own and love, make sure you have the right basics to wear them with. Do you have the foundations that allow you to wear this thing in a natural and comfortable way?

Finding a natural balance between the amount of basics and extras in your wardrobe will be unique to you, but I am an advocate for not underestimating the power of dressing simply and elegantly and adding the odd thing that feels unique or special.



Seven: Insides Matching Outsides

A large part of the exploration in this guidebook is about connecting with your essence and creating alignment between the insides and the outsides.

Here are some practical questions to help you explore whether something is in alignment with the depths of your being. You can ask these questions both about items you own and things you are considering buying:

1. Does this distract from who you are? When you see yourself in the mirror, is your attention drawn solely to the item of clothing, or does it harmonise with your being?
2. Does this drain you? Do you look tired, frumpy or uninspired in this item of clothing?
3. Does this feel like a chore to wear? Or does the idea of putting it on in the morning feel natural?
4. Does this resonate with who you are when you're alone?
5. What archetypal energies, moods and qualities does this style or item of clothing evoke? Does that fit with who you are and who you want to be in the world?
6. How could you show more of what's on the inside on the outside?

Eight: Getting Advice

While this process is about coming into alignment with yourself and worrying less about what others think about you, it can be really helpful to get some advice from someone you trust.

Other people's perspectives often open up possibilities and opinions that you could have never discovered on your own. Being genuinely open to other people's perspectives without taking them so personally is one of the most interesting things that practice can open up, and here is a good opportunity to practice.

Asking someone you trust for feedback can be really rich and interesting, and the more details that can be shared (rather than just 'yes, I like it' or 'no, I don't'), the more you will learn.

Some questions you could explore:

- What does this outfit/item of clothing communicate to them?
- Which parts of it do they think work well?
- Which parts would they improve?
- What would they add to your wardrobe?

It can also be really helpful to get advice from professionals. They can often see things that you wouldn't even think to look for.

Practices

As well as the eight tips for exploring your style, here are some practices that help you attune to what is present in experience around your style. Like all good dharma, the real thing comes out in practice rather than in the idea.

While you are practicing, keep in mind the image of the monk's robes combined with some soulful extras. These compass points keep the process grounded in values of ease, dignity, open-heartedness, beauty and empowerment and stop things getting swept up in an endless cycle of comparison and feeling like you are not good enough.

I hope that you enjoy doing these practices and bringing out your own unique expression and style in the world.

In the Seeing, Just the Seen

For this practice put on an item of clothing and stand in front of a decent mirror. Practice looking at what you are seeing. Rather than seeing the *idea* of the thing, open to seeing the fullness of the *actual* thing that is in front of you.

For example, rather than seeing 'a shirt', see the thing that is currently on your body. Notice the details and the vibe. The colour, shape, fabric, fit — the technical details.

The imaginal is also an innate aspect of experience, and it can reveal to you hidden parts of experience, the bits that are normally subconscious or intuitive. Describe what feelings, energies, meaning, moods and archetypes you're noticing in this piece of clothing. What is it bringing up in you?

The point here is to stop seeing categories and to start receiving what is front of you. A lot of what stops people going into this realm is fear and difficult subconscious emotions, so you may need to process some things around how you feel when you look at yourself in order to connect in this way.

The Beauty of Being

One of the most important things to embrace in this practice is that you are a beautiful being. In the same way that there isn't really such a thing as an unbeautiful tree or an ugly river, when we are in touch with true nature, all humans have aspects of inner and outer beauty.

Being able to feel some sense of your own inner beauty is important in practice. Being connected to beauty can connect you with the depths of life.

To practice this, notice what makes you feel good in yourself from the inside. Focus on feelings like joy, ease, beauty, sensuality, eros and power.

Practice walking around in these feelings, and if any challenging emotions come up, give yourself space to feel and process these.

Your Monk's Robes – Reflection

The purpose of this approach to style is to ease self-consciousness by creating a level of simplicity and alignment.

You want to create a vibe that supports you being a healthy, full expression of yourself. You want a style that resonates with your inner essence and fluidly meets the outside world, in a way that feels relaxed. You want clothes that support you to feel comfortable and present in your spiritual practice.



- What is your equivalent of this photo?
- What outfit would you be wearing and why?
- What does it say about you and your practice?
- How does it feel for you to be in this outfit?

Checklists

Summary

Here's a summary list of the practical things you need to do from each section in order to realise that aspect.

1. Inspiration: find an image or make and refine a mood board
2. Body Architecture: research your kibbe body type
3. Seasonal Colour Palette: take the quiz and test out different colours on yourself
4. Fabric & Fit: try on your clothes and shoes and get rid of anything that feels restrictive
5. Less is More: declutter your whole wardrobe and only keep items that spark joy
6. Shopping: make yourself a list of things you need to buy and go shopping
7. Insides Matching Outsides: notice what resonates with you most deeply
8. Advice: get feedback from someone you trust

Making Decisions

This checklist is to help you make a decision about whether to buy or keep a specific item of clothing. It will also help you figure out what you like and don't like about it.

1. Inspiration: What transmission does this give? Does that fit with what you want to express?
2. Body Type: Does it work with the lines of your body?
3. Colour Palette: Do you look classy in the colour?
4. Fit: Do you feel relaxed and like you can stand upright with dignity and an open-hearted posture?
5. Less is More: Do you have a specific time when you will wear this?
6. Shopping: What are some specific things you like about it? What are the things you dislike about it?
7. Insides Matching Outsides: Does it distract from you or harmonise with you?
8. Advice: Can you ask someone else's opinion?

Expanding Possibilities

This checklist is for inspiring creativity and coming up with some new ideas for your style and wardrobe.

1. **Inspiration:** When you look at your inspiration images, what is something that you would love to buy?
2. **Body Type:** What can you buy that would be very flattering on you?
3. **Colour Palette:** What colours would you like more of?
4. **Fit:** Which items do you need better fitting versions of? What about the fit needs to change?
5. **Less is More:** Are there things you can buy that increase optionality in your wardrobe? E.g., some basics that you are missing.
6. **Shopping:** Where might you find cool accessories/extras that vibe with you?
7. **Insides Matching Outsides:** Does your wardrobe fit with who you're here to be in the world? What extra items would make this easier to align with when you get dressed in the morning?
8. **Advice:** Can you ask someone you trust if you think there's something that would really suit you that you don't currently wear?

Conclusion

The main purpose of this exploration is to spend some time exploring and aligning with your essence and identity in the world.

It can also be read as an invitation to step into really being you. This is it. You don't get another run-through at being you in this world. You can take this as a signal from the Universe to step into the true depths of your experience and to embody this expression out in the world.

The concept of style can feel a bit shallow at times, but the deeper purpose of this guide and practice is to open up a portal into your relationship to yourself and the world.

Whether you change your wardrobe or not after reading this, I hope you take away some reflections on some of the themes we have covered here. These themes have the potential to touch some of the most intimate parts of experience: connection to joy, how you hold yourself, the importance of developing discernment and refinement through practice, and what the essence of your being is.

Finally, beauty is a doorway to the depths of the soul, and I hope that that door feels a little more open to you than before you started reading this.