

WIDEN YOUR PERCEPTION

and find the clothes that work for you

Here are some questions for you to feel whether or not your clothes match your energy.

The colors you pick should support your natural radiance:

- Do I see the color first or does the color helps me see my face? *You should see your face, not the color.*
- When I look at the color I'm wearing in the mirror, do my eyes naturally move up towards my face, or do they stay on the color, as if they were prisoners? *Your eyes should naturally move up towards your face.*
- Does the color I'm wearing make me squint? *It shouldn't.*
- How is my face changing when I change colors?
- What is the color that brings me softness and harmony the most? What is the one that makes me look good, refreshed and healthy?
- Does my face looks / feels in unity with the color or does the color makes me look / feel like my head is cut off from the rest of my body? *You should see and feel unity and flow between your face and the color.*

Good to know: you might like the color that works for you *or not*, it doesn't matter! « I like the color » is not a valid answer as it doesn't help you know whether the color supports you energetically or not. « I observe that my face radiates and that I look whole and vibrant in this color » is much better :)

The textures you pick should allow your natural movement:

- Does the texture feel cool, warm or neutral? And does it feel good or not?
- Is it itchy, soft, crisp? And does it feel good or not?
- Is it souple and flowy? stiff? thick? elastic or stretchy? just right, too much or not enough?
- Do I feel like I can move freely or do I feel constricted? Do I feel like I can be myself wearing it?
- Is it light or heavy? just right, too much or not enough?
- Do I feel like I'm hiding? vulnerable? protected? visible?

And the most important question:

- If I leave tomorrow to the other side of the world, will I bring this?

No judgement here. We are all very different and a texture that feels horrible for one can feel amazing and be a source of well-being for another one. What is important is to be present to what feels best for you so you can start wearing this on a daily basis and feel amazing everyday!

The shapes you pick should be the extension of your body structure:

- Do I look taller, smaller or shrunken?
- Do I feel stable, grounded or do I feel like I don't even touch the ground?
- Do I feel strong and ready to move forward or stuck or even hidden behind a curtain?
- Do I look present and open or closed, distant and disconnected?
- Do I feel light and free or tight or confined?
- Do I feel ready to move or paralysed?
- Do I feel / look soft and harmonious or strict and severe?
- Do I feel available and ready or is there anything that prevents me to be fully there?
- Do I feel generous and ready to give or is there something slowing me or putting me down?

These questions are not comprehensive: they exist to help you start a conversation with yourself, your own body and the way it feels.

It will tell you precisely what is good for it and what is not.

You will not necessarily get sharp answers from the beginning — although, you might! You will have to try, listen, experiment, come back to it...

The more you will be present to your sensations and perceptions, the more they will be strong and accurate and the more you will know and feel what is right for you.

Hi! My name is Flora Douville. I help creative and sensitive people understand their core personality and dress accordingly.

To do that I created a process called La Métamorphose® — a unique and revolutionary anti-image consulting method.

To know more on the way I can help you please visit [floradouville.com/en](https://www.floradouville.com/en).

Here's to you and the beautiful truths you're about to discover!



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