OUTFIT ALCHEMY

Turn Energy Into Expression

THE JOURNEY

From dressing for approval >> to dressing for alignment

2008-2021: Armor











2008: 21 yrs old

2009

2010

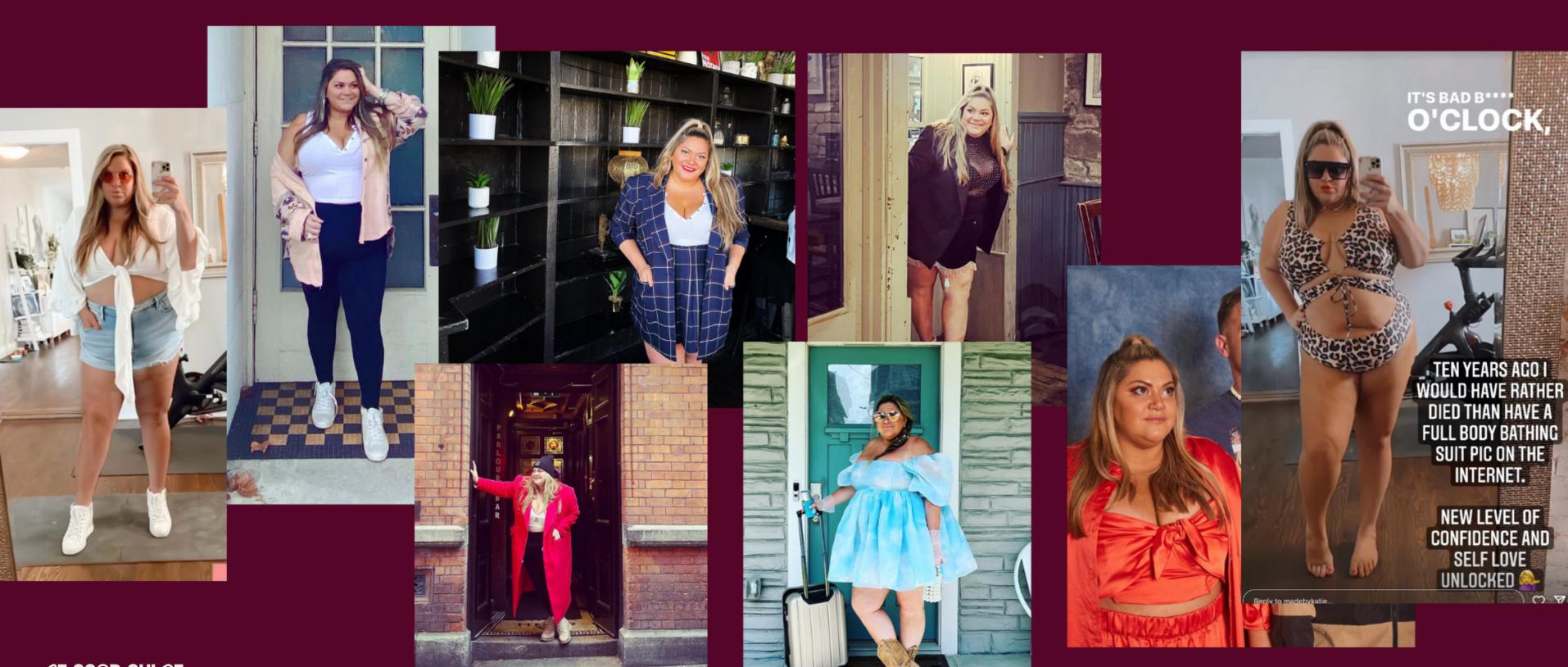
2015

2017

2021: The Turning Point



2021-2023: Experiments in Confidence



BE GOOD GUIDE*

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2024-Present: Embodied



I stopped dressing with everyone else in mind and instead focused on myself.

THE SCIENCE OF STYLE

and the Psychology of What You Wear

Dopamine dressing is a gateway drug to embodiment.

Dopamine Dressing

Wearing bold, colorful, or expressive clothing to boost your mood and spark instant joy.

- Driven by novelty, stimulation, and visual excitement
- Often includes bright colors, fun prints, or trendy statements
- Helps break you out of a funk or activate a burst of energy
- Regulates through stimulation

Vibe: "Look good, feel better" – a hit of excitement when you put it on.

*Oxytocin Dressing

Wearing clothes that feel emotionally safe, grounding, and supportive—anchoring you into your body and presence.

- Prioritizes softness, comfort, and emotional connection
- Often includes familiar silhouettes, cozy textures, or sentimental pieces
- Builds trust and regulation from the inside out
- Regulates through connection and safety

Vibe: "I feel like myself" - a deep exhale when you put it on.

Dopamine

Quick hit of pleasure Newness & novelty Can lead to burnout

VS.

Oxytocin

Lasting sense of safety
Familiarity & groundedness
Supports nervous system

Enclothed cognition: what you wear impacts how you think and perform



Mirror Neurons

Others reflect how you feel in your outsit.

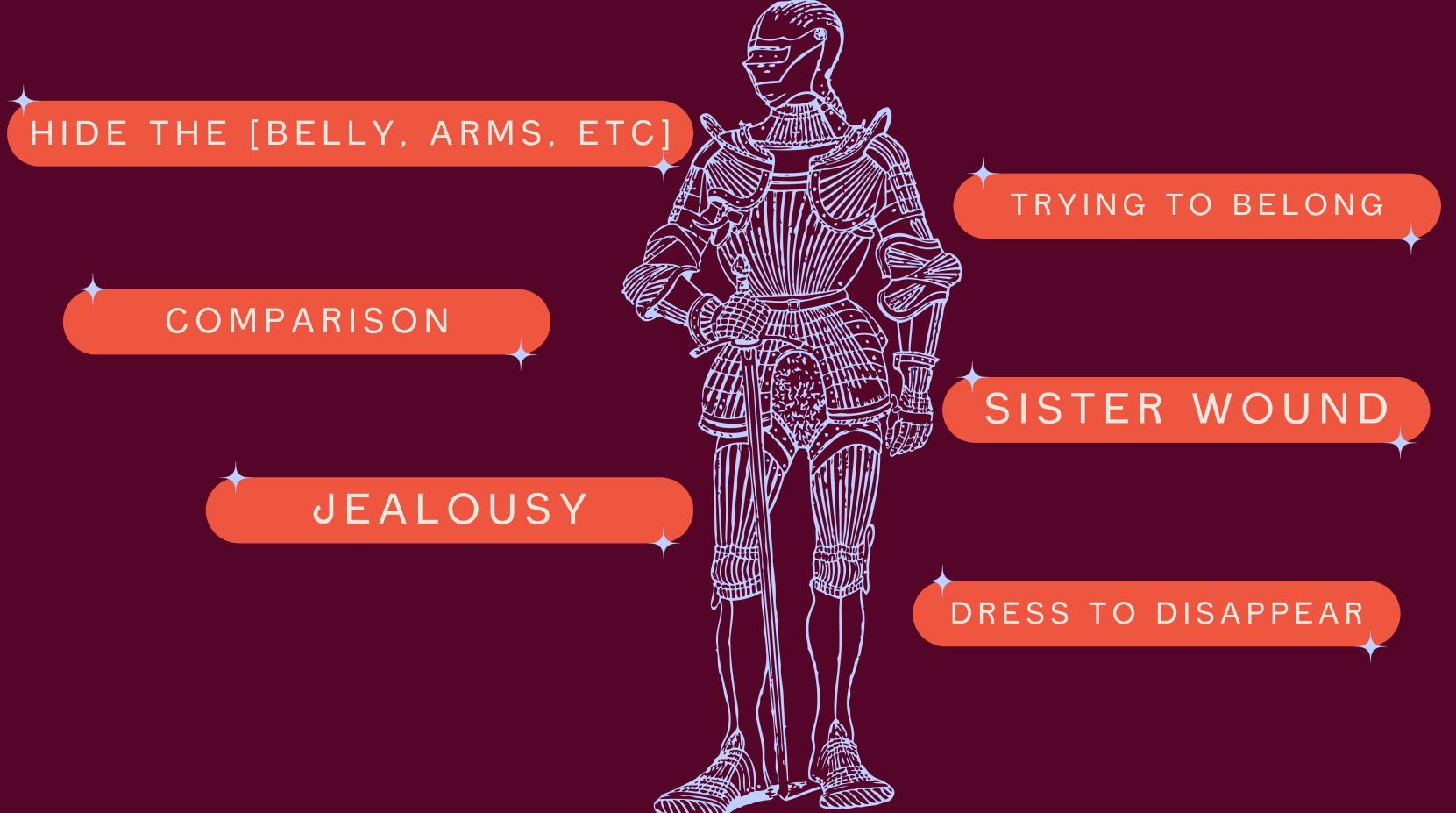
Outfit → Mood Loop
Clothes can regulate your
nervous system.



Dressing for Him/Her to be sexy, desirable, lowmaintenance, appealing, etc



Dressing for Them to be admired by peers, to signal trend awareness or status, to fit in

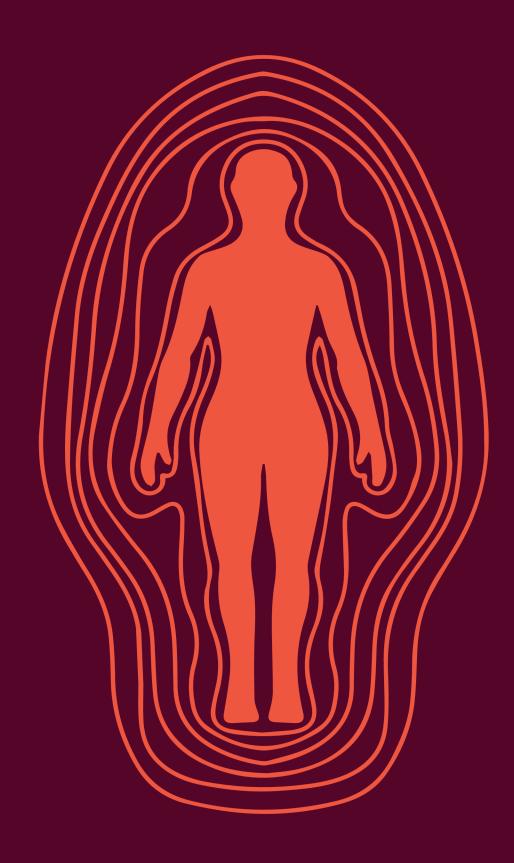




Trying to Impress



Aligned Expression



Your Style Is a Frequency

Your aura has a dress code.

Style is a vibration—and alignment makes you magnetic.

YOUR OUTFIT ALCHEMY

Your Birth Chart = Your Style & Energy Map

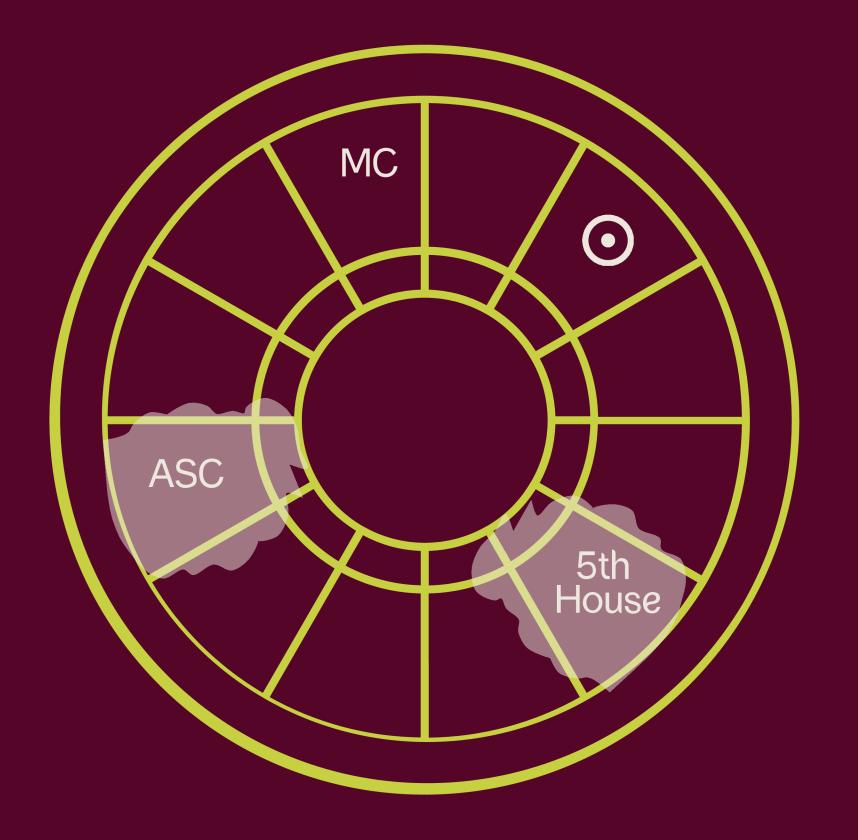
Rising Sign = Feel & Function

5th House 🎏 = Play & Personal Magnetism

Sun = Essence & Confidence Signature

Midheaven = Presence & Public Perception

Find Yours!



Rising Sign: Feel & Function

Aries 🧶

You need clothes that help you move quickly and feel ready for action. You thrive in sleek, unfussy pieces that keep you energized. Think movement-friendly and a little bit badass—like an outfit you could sprint in if needed.

Taurus 🧏

You want your clothes to feel like a second skin. Soft, high-quality fabrics and natural textures matter to you. Comfort is nonnegotiable, and you feel best in outfits that ground you, not overstimulate you.

Gemini

Your outfits are an extension of your mind—quick to change, full of curiosity. You need lightweight, breathable, and flexible pieces. Layering, mixing prints, and adding playful accessories help you feel in motion, mentally and physically.

Cancer <u>C</u>

You want to feel safe, supported, and emotionally aligned in what you wear.
Cozy textures, homey fits, and clothes that reflect your inner mood make you feel most at ease. You dress based on how you feel—not how you want to appear.

Leo 🤒

You dress to reinforce your inner confidence—not necessarily to stand out, but to feel seen and radiant.
Whatever makes you feel like the main character, you'll reach for it—whether that's a bold color or just the right jacket.

Virgo

You feel best in pieces that serve a purpose—form and function. Smart tailoring, organized accessories, and thoughtful details bring you peace. You often express yourself subtly through refinement and precision.

Libra 🙅

You operate best when your outfit feels balanced. Your body and energy relax when the colors, shapes, and flow of your outfit are in harmony. Aesthetics matter to your nervous system—it's not shallow, it's soothing.

Scorpio 🍣

Your clothes are like armor—in a good way. You feel best in things that give you control, mystery, or a sense of power. Even when you dress simply, there's always an intentional energy behind it. You don't reveal more than you want to.

Sagittarius 😚

You need freedom of movement and expression. You gravitate toward comfortable, cultural, or even costume-like pieces that help you channel an idea, vibe, or era. Your wardrobe is a collection of identities you love to explore.

Capricorn 🟛

You want to feel prepared, composed, and timeless.
You dress to move through the world efficiently and with quiet authority. Classic pieces, solid structure, and quality materials help you feel in command.

Aquarius 💋

You operate best in clothing that feels different—whether it's subtly offbeat or a full-on rebel look. You need freedom of expression. You might dress against the grain or mix pieces that don't "go" just because you like them.

Pisces **②**

You absorb the energy around you, so you need clothes that protect or soothe you. Your style might shift daily based on how you're feeling. You dress intuitively, often channeling a mood or emotion, not a fixed look.

5th House: Creative Flair

Aries 🧶

You play through boldness. Whether it's an athletic edge, a fire-starting outfit, or something that makes you feel invincible, your playful expression is fast, fierce, and fearless. You might love statement boots, red accents, or anything that makes you feel like you could take on the world.

Taurus 🜿

You play through sensuality—textures, body awareness, and intentional beauty. Think soft fabrics, silky drapes, or anything that feels delicious to the touch. Your magnetism is earthy and slow-burning. You might love looks that highlight the neck, shoulders, or collarbones.

Gemini 💨

You flirt with fashion through variety and clever details. Playfulness comes through mix-and-match outfits, word-based accessories, or a look that sparks conversation. You might love channeling different personalities depending on your mood. Style = experimentation.

Cancer <u>C</u>

You shine when your outfit holds emotional meaning. Play for you can look like dressing to honor a memory, your inner child, or your family roots. Vintage styles, heirloom jewelry, or outfits inspired by nostalgia make you glow in a deeply personal way.

Leo 😐

You own the moment when you step into a room. You play through radiance—pieces that make you feel magnetic and proud. It's not about showing off—it's about showing up. Think luxe details, golden tones, bold earrings, or confident silhouettes.

Virgo

You play through precision. Style is a puzzle you enjoy solving: balancing proportions, curating the perfect neutral palette, or adding functionality in a beautiful way. You might light up when your outfit feels just-so, with clever details or thoughtful accessories that make people look twice.

Libra 🙅

You flirt with style through beauty and balance.
Matching sets, symmetry, and well-coordinated color stories make you feel playful and alive. You shine when your outfit feels cohesive and curated. The vibe is "effortless polish," even if you spent an hour choosing earrings.

Scorpio 🚅

You express play in ways that feel potent, seductive, and private. You might love sheer layers, power pieces, or something that makes you feel in control of what's revealed and what's kept hidden. Your magnetism comes from what's felt, not always what's seen.

Sagittarius 😚

Your play expression is big, bold, and often tied to a belief system, decade, or aesthetic you're currently obsessed with. You might dress based on eras (Y2K, 70s), global influences, or travel memories. You love expressing a vibe—freedom, humor, or rebellion through fashion.

Capricorn 🟛

Your play style is subtle and elevated. You might love dressing like old money, classic film characters, or in powerful yet timeless silhouettes. You flirt by being reserved but striking—think quiet luxury, sharp tailoring, or a well-placed accessory that says "I know what I'm doing."

Aquarius 💋

You express play through experimentation and contrast. Your outfits might be intentionally offbeat, vintage-inspired, or full of techy or futuristic elements. You shine when you let your originality take the lead—even if nobody else "gets it." That's the point.

Pisces Output Discussion Discussion

You channel play through dreaminess, imagination, and fluidity. You might love dressing like an artist, a mystic, or a different version of yourself every day. But because you absorb so much, it can be hard to pin down your true play style—it evolves as you do.

Sun: Confidence & Essence

Aries 😂

You shine when you feel bold, independent, and in motion. You don't want to be restricted—physically or stylistically. Confident looks for you might include edgy shapes, structured jackets, or statement sneakers that say "I'm in charge of my day." You needing a label. Slow feel most alive when your outfit says, "I'm ready."

Taurus 🧩

You shine when your body feels held, supported, and at ease. Beauty matters to you —but it has to feel good, too. Your confidence grows in high-quality materials, rich colors, and pieces that whisper luxury without fashion, but make it sensual.

Gemini

You express confidence through curiosity and cleverness. You love playing with different styles, experimenting with trends, or dressing based on your mood. Sometimes, clothing helps you get out of your head and into your body. Style becomes a way to translate what's going on in your brain.

Cancer C

You feel most confident when you feel emotionally safe in what you're wearing. You might love dressing in ways that remind you of home, family, or even your younger self. Sentimental accessories, cozy textures, and mood-aligned outfits help you feel grounded and glowing.

Leo 😐

You shine when your clothes reinforce your inner pride. Whether it's bold or understated, you need your outfit to reflect your radiance. You're not dressing for attention—you're dressing to own the room. You might love luxe fabrics, signature pieces, or curated looks that make you feel like royalty.

Virgo

You feel confident when everything is just right whether it's how your pants sit or the exact shade of your neutral palette. You love a clean, smart look with purpose. Subtle confidence is your superpower: you don't need loud—just precise, intentional, and efficient.

Libra 👫

You shine when everything feels harmonious. Your confidence blooms in outfits that are aesthetically pleasing, well put together, and elegant. You're drawn to balanced shapes, refined accessories, and looks that feel magnetic but not showy. Beauty is your energetic language.

Scorpio 🚅

You dress from a place of emotional depth. Even your most basic outfit holds meaning. You feel confident in sleek, intentional looks that give you a sense of control or power. Whether it's all black, layered leather, or your "don't mess with me' boots—you know how to make an impression without saying a word.

Sagittarius 🍪

Your confidence comes from freedom—freedom to explore, experiment, and express your beliefs through style. You might be drawn to statement pieces from specific cultures, aesthetics, or decades. Your outfit often tells a story about where your mind is wandering.

Capricorn

You shine when your outfit communicates quiet authority. You value timeless style over fast fashion, and you feel most confident when your look is structured, intentional, and powerful. You don't need flash—you are the statement.

Aquarius 💋

You feel most confident when your outfit reflects your individuality. You're not here to blend in. Whether it's funky shoes, an ironic tee, or a full-on experimental look you dress for selfexpression, not approval. And when it's you, people notice.

Pisces **©**

Your confidence often comes through emotion, not logic. Your style is intuitive, shifting, and hard to pin down. You may absorb others' style cues easily, but you shine most when you tune into your own inspiration. Your outfits might feel like a moodboard or dreamscape—and that's exactly the point.

Midheaven: Public Perception

Aries 🧶

You're perceived as bold, direct, and pioneering. Your style presence shines in strong silhouettes, intentional edges, and outfits that feel like a power move. You don't need to be loud to be seen—your vibe says "I go first." Unapologetic styling, asymmetry, or statement pieces help you channel this.

Taurus 🧩

You come across as grounded, consistent, and luxurious—whether or not you're trying. There's a timeless quality to your public image. Others trust you when you look puttogether and tactile. Think rich fabrics, solid neutrals, elevated basics, and subtle glam that whispers "I've got good taste."

Gemini

You're perceived as versatile, clever, and engaging. Your style says "I'm curious, informed, and expressive."
You may change up your look often depending on the conversation you want to start. You might shine in prints, layered accessories, or playful touches that spark connection.

Cancer C

You have a warm, wise, and emotionally attuned public image. People see you as nurturing, intuitive, and approachable. In style, that may show up as soft lines, vintage elements, sentimental accessories, or textures that evoke comfort and care. You lead by heart, not hype.

Leo 😉

You're here to be seen—and people notice. Whether it's a bold color, a signature hairstyle, or a confident walk, your presence commands attention. But it's not about showiness—it's about sovereignty. You shine in clothes that feel regal, elevated, and aligned with your inner pride.

Virgo

You're perceived as precise, professional, and quietly powerful. People trust your competence, and your style reflects that. Minimalist silhouettes, smart layering, clean lines, and high-function details give you presence without needing to perform. You say more by doing less—but doing it well.

Libra 🙅

Your presence is magnetic, elegant, and refined. You naturally attract attention through beauty, charm, and harmony. In style, this might look like balanced outfits, thoughtfully coordinated pieces, and aesthetics that feel effortless (even when they're curated to the detail). You're your own mood board.

Scorpio 🚅

You're seen as powerful, mysterious, and emotionally potent. People pick up on your intensity before you say a word. Your public style thrives in clean cuts, deep colors, and energy that says "don't underestimate me." Even when your look is simple, it's intentional.

Sagittarius 😚

You're perceived as expansive, visionary, and a little wild. You might lean into culturally inspired pieces, era-based styling, or statement outfits that reflect your worldview. Your presence is bigger than the room—so your style often echoes that, whether through bold patterns or meaningful symbolism.

Capricorn 🟛

You're seen as grounded, composed, and legacy-focused. You naturally project leadership and long-term vision. Classic silhouettes, investment pieces, and structured tailoring help you hold that energy. Your outfit says: "I take myself seriously—and you should too."

Aquarius 💋

You show up as innovative, original, and future-forward. People recognize you as someone who's ahead of the curve. That might show up in quirky pairings, vintagemodern fusion, or looks that don't fit the mold—but that's the point. You stand out because you don't try to fit in.

Pisces

You're perceived as soulful, creative, and a bit elusive. Your energy is artistic and intuitive, and your style might reflect that through floaty silhouettes, story-driven pieces, or outfits that shift with your energy. You're the archetype of the artist—evoking emotion just by being you.

BUILD YOUR OUTFIT ALCHEMY

Your Style Keywords



CREATE YOUR STYLE STATEMENT

I feel most at home in outfits that <u>makes me feel comfy and</u> reflect my mood. I play with style by wearing a mix of oversized or structured with a bit of sexy and my essence shines in <u>bold</u>, <u>confident looks</u>. When I want to be seen, I wear outfits that feel like a power move.

CREATE YOUR STYLE STATEMENT

I feel most at home in outfits that ASC.

I play with style by 5th and my essence shines in 5un.

When I want to be seen, I wear MC.

P HOW TO APPLY THIS RIGHT AWAY

Audit Your Closet for Energy Leaks:

Look at your wardrobe with new eyes:

- What pieces feel like performance vs presence?
- What pieces soothe your nervous system or make you feel magnetic?

P HOW TO APPLY THIS RIGHT AWAY

Start Documenting Your Embodied Looks:

Take a mirror selfie everytime you put on something that feels like you and save it in a folder to reference (I did a highlight reel):

When you don't know what to wear, look back and see what outfit resonates with your energy again and wear that.

P HOW TO APPLY THIS RIGHT AWAY

Wear One Aligned Outfit This Week:

Pick one placement (your Rising Sign, Sun, MC, or 5th House) and intentionally create an outfit that channels its energy.

Ask: How do I want to feel today? Which placement supports that feeling?

Questions?