

Sharing a secret with friends. . .

By Mary Ferdig

I've just completed one of my seasonal rituals. The moment comes every spring and fall – the overnight realization that I have nothing in my closet to wear.

We know about our friend Anne's image consulting and wearable art business, which often feels a bit too extravagant for my budget . . . and my nature. However, I've figured out a way to engage Anne that works for me and offers extraordinary results.

I set an appointment with Anne for one to two hours a few days ahead. I then scurry to clean my closet, exchanging last season's clothes for this season, neatly arranging like things together. I find the portable clothes rack, a notebook and pen, and, a few minutes just before Anne is due to arrive, I put the teapot on to boil.

We spend a few moments connecting with each other and the task at hand over a cup of tea. Then we get to work! By the end of our session, her efficient, gentle, calming manner, has resulted in: a) putting together striking new combinations of clothes I own but would never have thought to combine, or had the courage to try; b) photographs she has taken of each combination, creating a quick reference guide for when she's gone, and my memory is, too; c) a short shopping list of wardrobe updates, i.e. colorful quality t-shirts to add, a simple style of shoe, or a new short jacket (as well as suggested economical places to find them); d) decisions about what to take to the seamstress for updated adjustments; and e) thoughtful decisions about recycling (letting go of!) those things that don't work for me any more.

Even though I don't love to shop, I can follow up on my own with a clear focus, confident that my time and dollars will be well spent.

I find Anne to be extraordinarily talented and creative. Her intuitive wisdom helps me make interesting choices that work naturally for me, making my seasonal wardrobe update ritual an easy and fun experience.