



THE FASHION 5

Discover 5 Key Elements to Look Radiant From The Inside Out

Francesca oh!



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How to Discover Your Inner Beauty

With Five Element Fashion™

There has been a lot of talk about “Inner Beauty” but not much talk about

HOWTO:

- ✓ *Touch*
- ✓ *See*
- ✓ *Connect*
- ✓ *Experience and*
- ✓ *Reflect*

YOUR Inner Beauty.

So the question is, How do YOU connect to YOUR Inner Beauty?

My answer is through Five Element Fashion.

This method can help you to ‘Connect the Dots.’ Here are a few key details about Five Element Fashion:

- ✓ *It is rooted in the ancient Chinese medicine Five Element Theory that is the basis of acupuncture.*
- ✓ *It helps you see YOUR Inner Beauty because it can VALIDATE what is truly beautiful in YOU!*
- ✓ *It helps you see YOU; the “you” always knew you were and are.*

How Does It Work?

The Chinese medicine Five Element Theory breaks down the body into Five Elements that are tied to Five Major Organs in your body:

The Elements and Associated Organs are:

- ✓ *Earth - Spleen*
- ✓ *Metal-Lung*
- ✓ *Water - Kidney*
- ✓ *Wood - Liver*
- ✓ *Fire - Heart*

It works by explaining your physical and mental self and how you express this through YOUR:

- ✓ *Body Shape*
- ✓ *Emotions*
- ✓ *Colors and*
- ✓ *Preferences for things*

*This knowledge can serve you because it aides you in discovering your **INNER ESSENCE**. This is your **INNER BEAUTY**.*

We all understand that DNA tells our cells how to create our body and that our DNA is our personal and unique code for our physical self.

Most people believe that they can't read what is behind some of this code. But getting to understand, Five Element Fashion can help you decode some of that information. At least enough to be "Truly Beautiful."

But before I get to the "How to Discover Your Inner Beauty," I'm going to have to give you quick lesson in Chinese medicine.

LESSON 1: Chinese Medicine is based on "Qi."

- ✓ *Qi = Energy; Life Force, Prana, etc.*
- ✓ *Qi is invisible to the naked eye, just like radio waves.*
- ✓ *Qi travels through the body along particular pathways called Meridians and Channels. You could say they are similar to the pathways that blood travels.*
- ✓ *Good Qi = Qi that is clean and flowing smoothly = good health, feeling well.*
- ✓ *Bad Qi = Qi that is dirty; slow moving; stagnant or toxic = bad health, feeling ill or pain.*
- ✓ *Acupuncture Points are places where the Qi comes close to the surface of the skin.*
- ✓ *Acupuncturists puncture these Qi points to create change in your Qi. The result is better flowing Qi and thus better health.*

LESSON 2: "FIVE ELEMENT ORGANS"

- ✓ *There are 5 major organs in Five Element Theory*
- ✓ *The 5 organs are: Liver, Spleen, Kidney, Lung and Heart*
- ✓ *Each organ's Qi has its own Meridian pathway*
- ✓ *Each organ is associated with an element*
- ✓ *Each organ resonates with a color*
- ✓ *Each organ has dominant emotions*
- ✓ *Each organ expresses itself through a particular body shape.*

LESSON 3: "CONSTITUTION" *everyone has their own constitution. Each person has 2 types of constitutions:*

- ✓ *Birth Constitution = The "Constitution" you are born with. This is similar to DNA, the code that decides how to put your cells together to create YOU.*
- ✓ *Environmental Constitution = Environmental effects that change your "Birth Constitution."*

So what do "Qi," "Five Element Organs," and "Constitution" have to do with Inner Beauty?

Now it is time to get to the Fashion part!

What is Five Element Fashion?

Five Element Fashion helps you discover your Inner Beauty through awareness of your body; your emotions, and your history:

How does it do this?

- 1. First, you need to UNDERSTAND your body shape;*
- 2. Second, DISCOVER what resonates with your shape; and*
- 3. Third, is to FEEL it.*

First Step:

Meet theFashion 5. My Five Element Gals and their stories:

- ✓ *Daisy the Earth Element*
- ✓ *Mala the Metal Element*
- ✓ *Melissa the Water Element*
- ✓ *Grace the Wood Element*
- ✓ *Norma Jean the Fire Element*

To help you understand the stories better, I'm going to decode them for you. I'm going to highlight what resonates with the Element. You may have to reread their stories to fully understand how knowing what resonates with your Elements can help you.



DAISY, the Earth Element

Becoming a Hip Loving Babe

I met Daisy a little over a decade ago. She was in her mid-thirties, married, no children. I think she had a regular job, but we never talked about it. What we did talk about was her art work, because that was her passion and it made her shine.

Now Daisy had straight dishwater blond hair, she was kind of on the short side and most people would have thought a bit on the heavy side. You see, this was the perception because the most defining feature about her body was her large hips and thighs. Daisy had the typical pear shape, narrow shoulders with wide hips. This was the 'to die for' shape during the Victorian era, but no such luck for Daisy in this day and age. She was ashamed of her large hips. Everywhere she looked, magazines,

stores, movies.... she saw clothes that did not cater to her shape. She couldn't relate with these images of beauty. She began to worry. Somehow this made her conclude there must be something wrong with her. In her teens, twenties and early thirties she blamed herself for having large hips. This blame made her torture herself. She found herself craving sweets and she answered her worry with various forms of malnutrition. Daisy was playing the clothing BLAME GAME. It is very hard to be HAPPY if you are constantly blaming yourself.

The truth is in Five Element Fashion, her large hips are a key factor to Daisy's beauty. In Five Element Fashion, Daisy is an Earth Element which is governed by the Spleen organ. This is someone who, in their natural state of well being, will radiate the feeling of balance, and warmth, very much like when we look at the color YELLOW, the color which they resonate with.

Earth Element people have a particularly close and intimate relationship with Mother Earth. They are naturally grounded people. This grounding and connecting talent is one of their Inner Beauties which can draw people and wonderful experiences to them. They discover and experience their self-love in this space of being grounded, balanced and at one with, and connected with, the earth.

So how did Daisy stop playing the BLAME GAME? The first thing she did is she got tired of playing that game and decided it was time to look elsewhere. She came to UNDERSTAND her self-talk wasn't playing NICE. So she started to figure out ways to stop talking to it.

One of these ways was when she DISCOVERED her natural beauty as an Earth Element: her large hips and thighs. When broken down into pure shape, Daisy's figure is that of a triangle, the shape that resonates with the Earth. The triangular shape is not good or bad, it just is. The base is wider than the top which gives it grounded

stability that no other shape has. This is a focal point to its unique beauty: When Daisy could embrace her triangular shape, she could FEEL at home with her body shape. She could now SEE her Beauty from within. As a result, she became more relaxed with herself. Daisy connected with the symbolic representation of her body's desire to have large hips. She stopped worrying and her craving for sweets decreased. Her mind had a valid reason to stop blaming herself. She now had a physical picture of beauty to which she could relate.

Because Daisy could understand her physical connection to the earth, it allowed her to accept and eventually expand this aspect of her beautiful self. Instead of looking for things to hide her hips, she anticipated discovering things that would flatter her hips. Good examples in my Classic Evolution Collection for clothing that will flatter the Hip Loving Babes are: Belle Dress, Belle Top, Modern Ballet and Belle Skirt with Bootie Scarf.





MALA, The Metal Element

How Her Inner Warrior Women Helped Her

When Mala was a little girl, she was like most little girls, happily skipping along in life until one day tragedy hit her head-on when she lost her mother. She cried at home, she cried on the playground, she cried as she put herself to sleep. Her grief overwhelmed her; this loss felt so enormous; it left her vulnerable. The bonds that should have given her support were forcibly severed. This fear made it difficult to establish new relationships due to her loss and the resulting emotional trauma. Rather than joining in with others, she withdrew from active participation. From the outside Mala appeared haughty and cold-hearted. She was in a place from which she could not process her grief. But as all children do, she grew and as she grew she not only developed her female essence but her

muscles and shoulders began to grow strong. You see, Mala was a Metal Element.

Her Metal Element that is governed by the Lung, gave her the super power of physical change. Her strong lungs and made her body more active, which led her to sports and interaction with people. Through exercise, she cleansed her system and her body began to process her grief. As she became less numb and her body experienced the acceleration of exercise, she was able to let go of her emotional baggage. As her muscles took on definition, she became physically strong with broad shoulders. This new outer strong image of self, strengthened her battered torn inner self. She began to see and feel a body that was strong, this image validated the inner confidence she was building as she faced her demons. Her Metal Element was helping her to evolve into a courageous Warrior Woman of her inner soul.

My Chinese Medical Qi Gong Therapy book says that, in their natural state of well being, “[A Metal Element person] believes they cannot be in the present without cleaning-up and being released from the past. They are able to gain knowledge and wisdom by gathering and releasing their emotional bonds while learning and growing from each emotional attachment.”

In Five Element Fashion, Mala’s beauty reflects her inner strength. The style of clothing which will do this is one which enhances her beautiful shoulder line. Because of her muscular definition, tank tops are generally a good style and minis are often a great length for the Metal Element body type. White is the color that resonates with Metal because of its brilliance and power. It often shows up in nature as the color that is a response to a powerful change or transformation, such as lightening, clouds and waterfalls.

Mala’s Metal Element transformed her physical self into a body that could help bring her out of that dark place of grief and allowed her to see and feel her true inner strength. She is now able to participate in life and form new bonds without fear of loss. If you were to meet Mala today you would say she radiates the emotions that resonate with a balanced Metal Element; courage, justice, generosity and brilliance.





Melissa, the Water Element

Wisdom with Being Big and Beautiful

Big, beautiful, buxom Melissa, with jet-black hair and ghostly Goth make-up. I'd often see her in a big black leather, steam punk, chain covered, studded, motorcycle jacket with heavy-duty combat boots. In her big black boots, Melissa would casually swagger towards me, and I could see she was a person of power and set boundaries. To say the least, Melissa is a dramatic fashionista. But what really fascinates me about Melissa is her natural ease with all the space around her.

Her size makes her appear naturally strong, commanding and somewhat intimidating, but really she is incredibly tender, sensitive and intuitive and never likes to ruffle anyone's

feathers--even when bad things happen to her. She'd talk about frustrating situations with such ease I believed she was probably a natural negotiator and peacemaker. She'd emanate the simple wisdom of how to take things in-stride. Annoying things would just not attach, they would roll right off of her.

Like the time airport security searched her bag over and over again, trying to find something wrong. She just casually smiled. They eventually focused on her lipstick case that was in the shape of a firecracker. It was a red cardboard tube with a piece of string glued to it. Security discussed it for a long time and decided it was too risky and confiscated it. Melissa just shrugged and slowly glided to her gate.

Or the time she got pulled aside because the airport dogs wouldn't stop smelling her black wool coat. Melissa was as calm as a clam shell. She seemed to have no fear. She even casually mentioned she got strip-searched because the security guards were not satisfied after patting her down. I can't remember for sure, but I don't think she missed her flight to Europe.

Big Beautiful Melissa reflects the grace of casual elegance. She moves fluidly through life, as if she is made of water, which she is. You see, Melissa is a Water Element, whose dominant organ is the Kidney. In Five Element Theory, the Kidney is the "Source of our Life Force." And, not surprisingly, the color which resonates with the Water Element is indigo blue or a blue that is close to black.

The Inner Beauty and Outer Beauty of the Water Element is that in their natural state of well being they radiate the wisdom of life. Their bigness gives them an inherent feeling for abundance; their affinity for abundance makes them spontaneously warm, good humored and generous. It also protects them from the hard knocks that would normally throw many of us into a tizzy.

So what type of fashionista style reflects the Water Element? Clothing that embraces abundance and can tastefully express their generous, graceful curves and movements. There is no other Element that can Rock fabric like the Water Element. The Water Element fashionista can be Steam Punk, they can be Fantasy, they can be Classic; it is the proportions, contrasts and Lines that are important to observe. You want to mix them up and have fun with it, a little bit of fitted with a good generous dose of fabric, and don't be afraid to fall in love with abundance.





GRACE, the Wood Element

The Secrets Grace

Grace is smart and really, really nice. In fact she was so smart people assumed she had a lot of self confidence. But as I got to know Grace, I could sense she was timid, cautious and insecure. Her long face of ten gave her an appearance of being in a state of worry. Sometimes it concerned me that her niceness made her a target for people to take advantage of her. She would often think about other people's needs and would forget about her own. I know she liked to volunteer for things, but sometimes she found herself trying to please everyone and everything, and ended up being in an angry place and overwhelmed.

Grace was so like her name, elegant, long, lean, and fragile as if she might go blowing off into the

wind. At times, I thought I could easily tip her over with just a brush of my hand. Then there were times I'd look at Grace and I could see a person whose purpose in life was to serve out of kindness. Something made me feel that she really couldn't help herself, that this was her nature, her calling, her identity; but so often she would get lost because she struggled with setting her boundaries.

You see, Grace was most definitely a Wood Element which is governed by the Liver. But she was not a "Balanced" Wood Element. In Five Element Theory you can be Yin, Yang or Balanced.

Outwardly, Grace was smart and hid behind her brain; but inwardly she was insecure, always cautious, and had a weak sense of her own abilities and potential. She was unsure of her life's purpose, lacked self-confidence and always doubting her decisions.

This is the deep dark SECRET of the Yin Wood Element

So now you ask, what did Grace do? Is Grace still a YIN?

The answer is Yes and No. To this day (like all of us) Grace is evolving, expanding, growing.... but there was a moment when her life got really crazy. It got so crazy she was forced to stop, literally. Her body shut down. She heard the door slam shut and in her mind's eye she saw herself on the precipice of a cliff, looking down at nothingness. At that moment, she had a choice: to go over the cliff or step back. Stepping back meant looking at her pain, her fears and who she had become. She knew she needed to stop looking outside of herself and begin to look inward to find her happiness. Slowly she stepped back and began to listen to and trust her intuition. She discovered that she needed to establish a sense of inner strength and find a way to teach herself self-trust and to build self-esteem.

On her good days, when her Wood Element is in its natural state of well being, Grace radiates an individual who is confident, strong, independent, and intuitive. She has a crystal clear understanding of herself and her goals. She is patient and able to allow things to develop naturally and can express herself in a relaxed, harmonious way. She is kind when she communicates with others. Her words are creative and free-flowing in self-expression. And, above all, she is able to be comfortable with her natural unselfish traits.

So what type of fashionista style reflects the Wood Element? Clothing that enhances the long and lean line of the linear Wood figure. But remember, there has to be interest within. It can't be boring. Otherwise, the style will look like a boring stick of wood with nothing growing from it.

If you are a Wood Element or have aspects of a Wood Element take notice of patterns and prints that take you inward. Linear or geometric patterns and patterns with elements of nature could resonate well with this constitution. Take a moment and feel how the pattern, print and color combination speaks to your soul. Ask yourself does this make me giddy? Does this make me melancholy? Does this make me excited? Does this make me feel romantic? Does this make me feel like love? All of these feelings are wonderful and with introspection, they are at your fingertips to play with.

In addition, textures speak loudly to the Wood Element: the strong, tough surface of leather; the supple soft full body feeling of suede; the playful and rich expression of 3 dimensional fabrics. Tactile fabrics allow you to consciously feel your body: They can make you feel like you are growing, expanding and when connected to your Inner Beauty, they are empowering.

Lastly, if you need a pick-me-up, wear Green; it will bring you back to a place of calm and harmony _____





NORMA JEAN, the Fire Element —————

The Truth of the Hourglass Figure —————

This story is about Norma Jean. Now, I never personally knew Norma Jean, but I do know her childhood was riddled with abandonment. Her life was like a merry-go-round. She moved from home to home, from parent to foster parent, to parent, to guardian, to orphanage, to parent, to relative, and on, and on.....

I can speculate that Norma Jean was a pretty little girl, born with a naturally trusting soul and an open mind. She was probably a socially congenial child, complacent, with a happy disposition, not caring about wealth but most certainly fond of

beauty. It seems obvious that she was likeable and a fun person to be around, because over the years there were a number of families who wanted to adopt her. But as Norma Jean's fate would have it, her mentally unstable mother could never sign the adoption papers.

Those formative years created her foundation or, more likely; her lack of foundation. Her identity was being formed as she traveled from home to home, learning to adjust herself from caregiver to caregiver. Unfortunately; this filled her with uncertainty when it came to the feeling of love. This would influence her later years, with tragic results. Sadly; beautiful Norma Jean's difficult childhood never allowed her to learn to fully trust her natural affinity towards love.

And this was a shame because that was her Element

Norma Jean was the Fire Element

which is dominated by the Heart and the emotion it resonates most with is LOVE. The way this is reflected in the female body-type is the well balanced proportions in the figure 8 shape.

As Norma Jean entered adulthood, her strong calling for beauty transformed her into the sexy siren of love: Marilyn Monroe. A beauty symbol that exuded the element of love in the extreme, Norma Jean created Marilyn Monroe, the ultimate sex-bomb icon.

Marilyn had the 'to Die For' literally 'Hourglass Figure,' and this is the SECRET truth about the allure of the hourglass, figure 8, body shape. This is the shape that expresses the affinity of LOVE, which is often confused and misinterpreted as an advertisement for SEX.

Norma Jean's Fire Element drew her towards beauty and love. She expressed this through her self-made art of Marilyn Monroe, whose persona

was perceived as a pin-up poster for LUST and SEX which was supposed to equal LOVE.

Remember, in my story about Grace, . . . I mentioned that in Five Element Theory you can be Yin, Yang or Balanced. Well, it is not a big surprise that Marilyn Monroe was not Balanced. But if you look at her life, she had both extreme sides of the YIN and YANG Fire Element.

When she was Yin, she was solemn and depressed. She showed very little interest in life and would become isolated. This would be driven by the feeling of being unloved and unlovable.

When she was Yang she had a restless and excitable spirit. This shows up as the action of constantly talking, being overenthusiastic, always exaggerating, and being constantly over assertive. and socially and sexually overactive. As a Yang Fire Element she came across as arrogant, ignorant, troublesome, overconfident, lazy, irresponsible, foolish, careless and less than truthful.

*As Marilyn continued down this path, she began to get consumed by her FIRE. As she became more famous, she became more unstable and manic, she began to take pills for *exhaustion*, eventually she reached *burnout* and became suicidal.*

And we all know how the story ends.

*So how do you help the unbalanced Fire Element? The answer is simple, you have to learn how to **STOP** and "*Smell the Roses*" The key is not to get consumed by your FIRE. How do you do this, you ask? You go *inward*, pay attention to what is rattling you (because this is what is *consuming your energy*), then bring awareness to it, acknowledge it, thank it and let it go. Create and find tools to help you avoid falling into a smoking-pit of *worry, frustration, fear and loneliness*.*

*And remember you **MUST** take **TIME** to "*Smell the Roses*." And *Pink, Red* or both would be preferable, because this is the color of the passion for the Heart. :)*

*Now for the Styles that are great for the Fire Element: fitted and flared silhouettes, clothing that hugs the body; even roomy comfy clothes will make you look scrumptious. Because of the Fire Element's balanced body proportions, clothing fit does not cause as much trouble. What is important is color, cut lines and the lengths of what you wear. For instance, too short your are seen as a floozy and won't be taken seriously; too tight and form fitting you are distracting and attracting attention that can be 'too hot to handle'. Color should bring out the life in you and not overstate or understate your natural curves. With the Fire Element, it is a *balancing act*. The best advice I can give is look at yourself as a whole picture; compose your picture from the toes to the tippy-top of the head and **ENJOY!***





Now that you've met my FASHION 5 KEY ELEMENT...

Gals, it is time to Take Action and Discover YOUR Inner Beauty!

Let's go back to the "How to" Steps.

1. First, UNDERSTAND your body shape:

- *But before we start, take note, [Water Element body shapes is about feeling the physical aspect of abundance, approach it from a place of how your space feels in relationship to the space around you.] Plus you can be a Mixture of Elements, just try to target the most dominant shape.*

- *Get your journal. Close your eyes and ask yourself these questions.*
 - *What Body Shape are you most like? Is it a Triangle, a Pear, a T, a Circle, a Rectangle, a Figure 8?*
 - *How does my body feel? Do I feel grounded? Do I feel comforting? Do I feel like I provide warmth? Do I feel mothering? Do I feel strong? Do I feel athletic? Do I feel solid? Do I feel like I provide a shield? Do I feel buoyant? Do I feel fluid? Do I feel like I command a lot of space? Do I feel abundant? Do I feel light? Do I feel like I float? Do I feel drawn to nature? Do I feel driven to be kind? Do I feel energized? Do I feel bubbly? Do I feel excited? Do I feel explosive?*
-

2. Second, DISCOVER what resonates with it:

- *Now re-read the Element story that fits your body shape the best and pay close attention to the words in purple. They are the clues to what will resonate with your Element.*

If you want to discover more, visit my Pinterest boards:

- *EarthElement-HipLoving, GroundedGolds*
- *Metal Element-Fit and Fanciful, WarriorWhites*
- *WaterElement-SuperSize, BalancingBlues*
- *Wood Element - Long & Lean, Goodwill Greens*
- *FireElement-HourglassFigure8, PinkPassion, RedFire*

The Pinterest URL will be listed at the end of this book.

If you want to discover even more, LIKE my Francesca OH! page and leave me a post with your questions and will I do my best to answer you.

3. Third, FEEL it:

- *Now it is time to Play Dress-Up! And I do mean PLAY!!!!!!Because when you PLAY you can't help but FEEL.*
- *Remember your guiding source is your INTUITION. Say HELLO to it, make FRIENDS with it, TRUST it, Believe it and FEEL it! Oh yeah, and have a lot of FUN!*

Sending you Lots of LOVE!

Francesca oh!



Website: <http://www.innerbeautyhealing.us>

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