**46. Ideal Home Visualisation: The Wardrobe of Your Dreams**

**Alexandria Lawrence:** [00:00:00]

Hello, lovely listeners. Now, what would it feel like to have the wardrobe of your dreams? A closet filled with clothes you love that truly express who you are and who you want to be. Clothes that comfort you, excite you and make you feel proud to be yourself. And clothes that hug your body in all the right places. A wardrobe that truly brings you joy. So find a cozy spot. Sit back and make yourself comfortable. Take a deep breath in.

And breathe out.

 Here you are. You're standing in your bedroom and a wash of calm comes over [00:01:00] you. You feel immediately at ease. And you notice how cozy your bedroom feels. It's just the sort of place you can really relax and allow yourself to feel well and truly at home.

 Ah, with that wash of calm comes a certain uplifting lightness. As though an invisible string is supporting you from the tips of your toes, to the top of your head. Your shoulders are gently relaxed, rolled back, in a natural position. And your head is light and uplifted. Your whole body feels [00:02:00] weightless and free of care.

And there in front of you is a stunning mid-century style chest of drawers. Classic walnut with a golden finish. Clean lines and gorgeous details, like those curved drawer handles. You gently pull a handle and the drawer slides smoothly, silently open. Wow! Look at that.

A burst of color and pattern, artfully organized. A thrill of delight, washes over you as you gaze at your neatly folded clothes. Your KonMari folded clothes. Yes, you are now a master folder of clothes. [00:03:00] And you know the value, the joy, of being surrounded only by clothes you love.

Your neatly folded clothes are stored vertically. So you see everything in a glance. Each item has a home from socks to smalls and undergarments to tops. Your neatly folded clothes are also organized by color. Light to dark as you open your drawers.

The perfect balance of tidiness and beauty.

 And your drawers are just the right kind of full. Full, but not bursting. Let's call it 90% full. Substantially full, filled with lovely things, and [00:04:00] just enough space to let them breathe.

 And every item in this drawer, in every drawer, is something you've chosen to keep. You've taken each article of clothing in your hands, considered it closely, and said, yes, this really does bring me joy.

You've shed the burden of clothes you no longer want or need. You've shed the burden of clothes you've been gifted, but never really liked. You've shed the burden of clothes that no longer fit you or make you feel good.

 You feel such gratitude. Every item you own is something you absolutely love. It's exactly your style. Exactly the colors and patterns and fabrics, you like. [00:05:00] And it truly represents who you are and who you want to be. You feel such gratitude. You've let go of everything that hasn't served you. You've thanked those unwanted items for the lessons they've brought. For helping you discover your true unique style. A style that's right for you. And only you.

You feel absolutely, gleefully guilt-free. And yes, you've gifted those unwanted clothes to your favorite local charity. And you know, that they'll find happy new homes.

 And now, that you've truly discovered your style, you've also changed your [00:06:00] buying habits. You buy fewer and better clothes. Items that are well constructed, beautiful quality and made to last.

Those days of feeling like you have nothing to wear are now a far and distant memory.

 Oh, yes. And your hanging clothes. You slide open the doors to your sleek, modern wardrobe. And a thrill tingles through you as if the cells in your body are slowly rising. You're warm and happy, that feeling of absolute joy. [00:07:00] Your clothes hang in all their glory, arranged by color from dark to light. Ah, that was your favorite jacket in a bold pop of color. Emerald green, cornflower blue, mustard yellow, turquoise, or your favorite bold and cheerful color.

And this jacket. This jacket fits you like a dream.

 You always get a compliment. Or two. Or several. When you wear it.

And in your wardrobe. Everything is easy to find.

Trousers hang with trousers. Skirts hang with skirts, everything organized by color and quick to find. Hm. And [00:08:00] this uplifting feeling you get, when you look at your clothes. This rising sensation is mirrored in the look and feel of your closet. Rising to the right. On the left, you have those longer heavier, darker clothes. And as you move along to the right, the clothes are lighter, the hems shorter, the fabric, more delicate. This rising line lifts your mood. Each time you look at your clothes. And to enhance this feeling of rising and lifting, draw this rising line with your fingertips.

Swing both your arms to the left of your body, around about waist level, and then swing your arms up and to the right, so your fingertips are at the level of your eyes.

Move your fingertips, your arms, down to the left, [00:09:00] up to the right. Down to the left, up to the right down to the left, up to the right until you feel that lightness, that uplifted bubbling sense of joy.

Just the thought of your dream wardrobe fills you with a tangible tingle of excitement. A full body thrill coursing through you. The feeling of true, complete and utter joy .

You know that each time you try on an outfit and look at yourself in the mirror, you look and feel amazing. You are confident. You are stylish. You are truly ready for anything.

[00:10:00] You have the wardrobe of your dreams. Take a few deep breaths.

Before you slowly open your eyes.

 Hope you enjoyed that visualization. Return to your dream wardrobe whenever you like. Whenever you need a little break or a spark of inspiration. Your dream wardrobe will be here waiting for you in all its tidy, colorful glory. Or perhaps you'll be [00:11:00] inspired to KonMari your clothing and begin to create the wardrobe of your dreams. That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.