

An Excerpt From The Book
“Expressing Your Essence”
By Taylore B. Sinclair

IlluminEssence® is a system, a technology that enables you to bring *what you wear* and *what you have around you* into harmony with *who you are*. It enables the uniqueness and beauty of your inner essence to be revealed from the inside, out.

The IlluminEssence technology is a culmination of years of research and experience in the study of psychology, energy, fashion and image consulting. IlluminEssence is a transformational technology that defines and groups the elements of specific shapes, design lines, colors, textures, patterns, scents and sounds that harmonize with each other. All of these elements have a particular energetic frequency, as do all individuals.

Energetic is generally defined as an adjective meaning vigorous, or the having or showing of energy. **Energetics** is generally defined as the science of conditions and laws governing the manifestation of energy.

When I speak of **Energetic**, I am coining it as a noun, meaning a pattern of visible or invisible energy or force. Just as the Energetic of a rose (how it looks, smells and feels) is different from all other flowers, we are all an Energetic -- each with our own harmony consisting of movement, scent, sound and body composition, which are all *physical* manifestations.

Essence is defined to be the basic nature of something. It is that special personal core spark that makes you who you are. Your essence is that unseen quality *within* you, which is manifest as *physical traits of your body*. These traits are all physical expressions of your personal Harmonic Tone such as: the pigment and texture of your skin, hair and eyes; the way your tissue and skin adhere to your bones; the way you move your hands and the way you walk; the lines of your posture; your individual scent; and the sound of your voice.

I have coined the spelling of **Essence**^o to distinguish it from the general spelling of “essence” to include the total manifestations of the Energetics of your physical body, mind and spirit.

*Everything in this book is based on these principles of **Energetics** and **Essence**.*

When the Energetics of the shapes, patterns, scents, sounds, colors, etc., that we wear resonate our personal IlluminEssence Harmonic Tone, we feel centered, grounded and in harmony within ourselves and are said to be “in Essence”. Being in Essence results in increased self-esteem. When we are “out of Essence” we are in a state of *dis-ease*, our lives are more stressful as we try to swim upstream against the natural flow of our internal nature.

Just as Hippocrates discovered that there were four major medical designations of types of people, I have found that each of our bodies carry a primary Tone or frequency. Our individual Tone can be found within one of four distinct groups. The four IlluminEssence Archetype groups are named:

- Harmonic Tone I
- Harmonic Tone II
- Harmonic Tone III
- Harmonic Tone IV

A person's Archetypal group or Harmonic Tone is identified through a patented typing system known as the IlluminEssence Self-Evaluation. Just as the DNA in our physical bodies does not change in our lifetime, neither does our Harmonic Tone. Once you identify your own Tone, *IlluminEssence enables you to be in harmony with the Essence of who you are*, through your clothes, your surroundings and in your relationships with others.

Many already know that our bodies expend energy to resonate to whatever we wear and to our surroundings. If our clothes and surroundings are not in Energetic harmony with our Tone, we become off balance, uncomfortable and tired. Think of your wardrobe. Have you noticed that when you wear certain clothing you feel particularly good?

What you probably haven't noticed is when you have a particularly bad day, when things don't work out or when you are irritable for no obvious reason, it may have to do with what you wore. Begin noticing that you will always be tired or irritable after wearing certain clothing.

Have you noticed that there are some offices, homes or meeting rooms in which you are just not comfortable or in which you get a headache after you are there for a while? It could be that the Energetics in the room are not in harmony. When rooms are decorated "in Essence", they are comfortable, nurturing and supportive of all the occupants.

When what you wear resonates with your particular Harmonic Tone, it produces a powerful synergy that energizes, centers, empowers and allows you to show up, be present and be comfortable with yourself and others.

This book and other IlluminEssence complementary products and services have been developed to support you in *Expressing your Essence*. To contact IlluminEssence, please visit www.IlluminEssence.com or call 949.650.9202.

Other "Typing" Systems

There are many systems that "categorize" personality types or characteristics, or use color matching techniques and image. Many times these systems put you into a specific category and recommend that you correct yourself or change yourself into something you are not. I found value in investigating several of these systems. The

difference with IlluminEssence is that we identify what you already are. This reveals the true, powerful and beautiful person inside.

Before I go further, I want you to know that IlluminEssence:

- is not a color matching system.
- is not the Four Season Color Theory.
- is not traditional image consulting.
- is not a personality testing theory.
- is not a business profiling system.

IlluminEssence is relevant to and can be applied to all these systems and theories. But in contrast to these systems, IlluminEssence uses the underlying principles of Energetic frequency to uncover who you truly are and in turn harmonize the inner self with the outer image. You are at your best when you present yourself on the outside as who you are on the inside! You are already perfect and beautiful.

The other systems may touch on parts or facets of these principles, and they certainly have value and purpose. However, other systems do not connect with the Energetic facets and are therefore not able to integrate them. I feel IlluminEssence provides the *missing link*.

Many of you may know of the variations of the Four Season Color Theory, identifying individuals within groups as Spring, Summer, Autumn and Winter. The Four Season Color Theory sounds good and has validity, and some people who use it look good and feel good. However, it only works to a certain degree as it is based upon matching colors and then assigning the characteristics and colors of a particular season to the person. I have found that color perception is unstable at best, and while people may look attractive and more put together, they are just that, "put together". When using IlluminEssence principles, you "are together".

The Harmonic Tone typing system does not necessarily correspond to the Four Season Color Theory or any other color matching system. *My past experience and research has demonstrated that more than two-thirds of those typed using color matching systems do not indicate their IlluminEssence Tone.* I have also found it to be untrue that any one race or color of skin fits into only one season or group.

A business profiling or personality testing system's result comes from the answers you give to a series of questions. Your answers are most likely coming from learned behavior, behavior which has worked best for you to survive so far. However, learned behavior does not access your natural inner core impulses or inherent characteristics.

IlluminEssence technology identifies what other systems have missed by acknowledging the interrelatedness of our *physical* frequencies with our inherent characteristics, and identifying the Energetics that align with and support us. Once you identify and apply your IlluminEssence Harmonic Tone, you are also able to more effectively utilize information in other business profiling systems.

You probably already know that color plays a major role in everyone's lives. *What hasn't been known, and what IlluminEssence reveals, is that shape, design line, texture, pattern, scent and sound each play an equal or greater role than color.*

Your body will respond and resonate to whatever you wear. If the clothing you wear is not in harmony with your Essence, you expend more energy to be in resonance and you may become tired, irritable, emotional or more easily displeased with yourself and others. What you wear affects your personal energy and influences you and others daily -- emotionally, physically and psychologically.

The IlluminEssence principles are the *missing link* to illuminate you from the inside out, allowing you to express your true Essence from a core level. You will begin to experience yourself as whole, centered and balanced and this will be reflected in your presentation to others.