

Alive with Ami:

Soul Style Mastery ~ Ami Isett



Ami's Transformational Her-Story

How I came back to my (soul style) senses!

Do you ever remember having worn the “wrong” outfit to a special occasion? Where you really felt out of place and wished you could run and hide? Did you feel a bit self-conscious, even ashamed and anxious about what other people may think of you? Were you dressed too casually, too dressy, not showing the real You? Were you pretending to be something you weren't, or dressing for somebody else's taste or approval? Well, I definitely have, many times!



I used to pick out what I would wear based on what my romantic partner at the time wanted me to look like. I was filling a kind of role; the object of desire, the young thing, the seductress, the sexy mom, the list goes on. Yikes, I turned my power and taste over to another person so that I could be “loved and admired” by them. I was “loved” not so much for who I was, but for who they wanted me to be, so they felt better about themselves. Argh, just writing this makes me feel a bit queasy!

I remember how badly it made me feel when I was trying to please, I felt like I was an imposter. It was a kind of dark masquerade of pretending, where I gave myself away, it felt so wrong and sometimes humiliating. I pulled myself into tight jeans, starched shirts, I wore wildly revealing outfits, colors and patterns to draw attention to myself, not to mention the shoes! Yes, the shoes, I used to brag that I could run better in high heels than in gym shoes. Boy, what crazy things I did to myself...

Now, thankfully, all this has changed! Through much soul searching, awareness, feeling and several sobering revelations, I am able to stand in front of myself with a sense of style, elegance and grace, that is a true reflection of who I really am. My real self has been set free to express herself and play. Finally, I've learned to love myself enough to have the desire and confidence to show my own unique, creative, deep, fun loving character through what I do in my life as well as what I wear on my body.

Your story may be different than mine, but the resistance to showing who you really are on the outside may be the same. My transformation has come from the inside out and I'm so happy that it did. I get stopped on the street and people say, “You look so comfortable in your own skin, and I love what you're wearing”. I want you too to develop your own self style, not mine, or anybody else's. Let me help you awaken your beauty, so that you can attract the attention, opportunities and abundance you desire. Watch out world, here we come!