

Let's discuss how to brighten up the day instead! I know somewhere within that mind of yours you must be wondering about a hot cuppa! While that's true and most of us would agree on this notion, there is another aspect —fashion!

STYLISING THE Monsoon Blues

Let's spruce up the evening with colours like aquatic blues, indigo and wild with hazel greens. Is there any steadfast rule? Of course not! This season, like any other, dictates that you follow your heart. While the bird chirps away in solitude, maybe you can just casually wear your indigo-blue cotton sari, with a tiny yellow 'anindita' tucked behind your right ear.

Make sure to wear your sari slightly over the ankle in order to reveal your silver anklet and your 'alta' adorned feet and also because of the next thing I am going to suggest — making you fall in love with the season all over again. Find some greenery and walk barefooted; tread softly on wet grass washed away by the heavenly shower barely moments ago.

In this modern era of concrete, slabs and fast paced life you wonder how anyone can spare indispensable time for such trifles. Well, it's just a matter of perception. What may seem inessential tidbits at the moment, may actually last a life-time as cherished memories.

So, please do learn to let loose of your inner self sometimes, witnessing the divine beauty of this world that we call our own.

Aquamarine, indigo, emerald green, turquoise, lime, olive, cerulean, teal, sapphire — all these shades look and feel majestic in this remarkable season.

If you are not comfortable in a sari, maybe you can try wearing a maxi dress or a tunic. If the silhouette is slightly flowy it develops a certain synergy with the moods.

Listen to calm, soft music; jazz, blues or even recitation from Tagore's mindful poetry. Go for a long walk. Complaining about the water logged streets and all the muck on the ground? Wondering why you agreed to something that is meant — 'only for the crazy'? Try it out once before you complain.

There is something specially energising about the rains; they instantly lift the mood and you will not ever feel the blues for another day!

Pamper yourself to a flower garland made out of the striking periwinkle; an earthy green kameez embellished with colourful yoke work in the many shades of purple, sprightly hued umbrella and polka dotted flip flops.

Walk, as if there is no stopping you and in time you will notice how this was such a good idea!

If walking was never an option; then do pick up the pen and some paper. Write whatever comes to your mind contemplating the romance in the air. But of course, always remember to be 'IN VOGUE' while you are at it — because 'Fashion means Everything'!

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