



Clothes Consciousness, Introduction

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We are totally taken with our physical appearance, and we are passionately sensitive to all manner and aspects of our bodily manifestation and projection. We are intensely attentive to the tiniest differences in our image-presentation.

This is because we are extremely social and culture-creating beings, which means that where people fit in to the overall societal ecology, and where they fit into our immediate and long-range lives is excruciatingly important to us. So, we eagerly scan each other for information to assist us in understanding and dealing with each other.

Unfortunately, our understanding of the parameters of all this is typically not up to the task involved. Furthermore, because of our cognitive structure, we tend to become entrapped in false premises, stereotypes, and biases about the meanings of what we see in our own and other people's self-presentation. Another major factor of our make-up is that not only do we read others, we are also acutely aware that others are reading us.

A further complicating factor is that we also tend to have internally conflicted motivations and perceptual distortions occurring around this area all the time. These conflicts and distortions arise from our individual formative processes and from our collective consciousness evolution over our biological history.

These factors often lead us to send multiple messages with our self-projection. The projections that don't match the person, the system and/or the situation elicit from others negative reactions such as confusion, selection of one of the messages and the ignoring of the others, or rejection of the person altogether.

In particular, a gap between the costume and the wearer is always disturbing and distressing. This is because the stakes involved are very high and accurate information about who the person is and what they are going to do is crucial.

The purpose of this work is to seek to shed some enlightenment on this whole matter of clothing and bodily adornment, in order to clear up the situation to some extent. Hopefully, the information presented here will facilitate your capacity for compassionate comprehension toward yourself and other people.