



BLISS

JOY & HIGH VIBRATION

“I ONLY MOVE IN DIRECTIONS THAT BRING
ME JOY AND THAT I AM PASSIONATE ABOUT.
I WILL ONLY MAKE DECISIONS THAT VIBRATE
WITH A RESOUNDING, YES!”

BLISS: /bliss/ Derived from the word ‘blissful’—to be full of happiness—Bliss embodies joy and high vibration. Those who embody the Bliss archetype cultivate and spread joy, and are mesmerizingly fun to be around, emitting a vibrant, creative energy that is beautifully infectious.

COLORS

INSPIRING
Yellows

BRIGHT
Pastels

ZESTY
Oranges



IF BLISS IS WHAT YOU NEED, YOUR LIMITATIONS OFTEN MANIFEST AS:

If Bliss is what you need, your limitations often manifest as a tendency to compare yourself to others and constant worrying. While you might view yourself as a realist, you often harbor a slight to overly pessimistic outlook on life. You may feel as though you have little to no control over your emotions, dealing with powerful highs and deep lows. You emit a fiery energy, which, while it can indicate passion and warmth, it can also ignite havoc. To say you are emotionally intense would barely scratch the surface of your persona. You are deeply nurturing and your love is so sincere and heartfelt that it might appear controlling or needy at times. Whenever someone or something kindles those warm, fuzzy feelings of happiness and comfort within you, your first instinct is to preserve it, no matter what. You don't want anything about it to change because that threatens the sense of security it provides you amidst the roller-coaster of daily life.

Even though you might not always voice it, you can interpret everyday events as if they're personal attacks. This could be anything — like a close friend who's suddenly always busy, your favorite restaurant serving you a side of food poisoning, or someone taking forever to reply to your messages. It all ties back to the dopamine boost it provides your brain, and any disruption causes a tipping point in your system. Sometimes, people might go to you for reassurance and leave feeling a little down. But hey, nobody can be expected to be all rainbows and roses all the time, right? Your intentions are nothing but noble: You just don't want them to be fed by false hopes, knowing too well how deflating that can be. It wouldn't be right for you to withhold the potential downsides, would it? And while, yes, you're right, maybe there's no harm in trying to inject a smidge more sunshine into your approach and take a beat to reflect on the type of energy you're sending out into the world.



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Naturally, you can't puppeteer your emotions to remain in a perpetual state of happiness; yet, you often find yourself sinking into these black holes of self-pity and why me syndrome. Every inconvenience, even minor ones like someone cutting you off in traffic, feels like a disaster. The real struggle lies in detaching and viewing the situation objectively, only later realizing that it was blown out of proportion. Sometimes, you may even think the universe is conspiring against you, but your own thoughts present the greatest barrier to overcome. You tend to be the embodiment of the "glass-half-empty" frame of mind and find ways to pick holes in things that others might not even notice, turning each detail into a source of annoyance.

You may be the type of person who despises Mondays, dwelling on the idea that it marks the end of your weekend freedom, which only makes you more miserable. All those chatty people brimming with morning cheer, sharing their weekend stories—you wish they'd zip it so you could get on with your routine. It's like a shock to the system when you see others laughing or flashing toothy grins, especially when you haven't had your morning fix of caffeine. It feels like they're putting on a performance just to irk you. It can even feel challenging to celebrate others' achievements. You know you're expected to celebrate and feel happy for them, but if truth be told, their milestones sting a little, compelling you to put on a facade of congratulations and hope they don't notice your mixed emotions. In essence, this pessimistic lens is a limitation of your own making, dimming the brightness of your potential joy by shrouding your world in perpetual chaos. But remember, as Buddha once said, "The mind is everything. What you think you become." It's time to reflect and take control of your own narrative.



THE EMBODIMENT OF BLISS IS SOMEONE WHO

The embodiment of Bliss is someone who's in tune with their inner self and with their environment. They cultivate and spread joy, positive energy, and spontaneous delight with natural ease. Imagine a comforting, golden orb of light surrounding you – that's the essence of this archetype. Those who embody the Bliss archetype are mesmerizingly fun to be around, emitting a vibrant, creative energy that is beautifully infectious. Their spirit mirrors a hummingbird, always on the move, connecting with friends, discovering new restaurants, or planning their next vacation. They're highly confident and enjoy being the center of attention; in fact, they naturally shine under the spotlight. Their constant positivity and unique ability to see the best in any situation make them an uplifting presence.

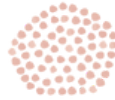
Bliss is a natural leader and your go-to person when the world seems to be falling apart. Amidst your panic, they just smile, encouraging you to 'just go with the flow,' and confidently affirm that everything will turn out fine – and oddly enough, you find yourself believing them. Bliss can look at even the most chaotic of nights and find a humor-filled story to look back on. The way Bliss gracefully drifts through life might even give the impression that they're the leading star in their very own Hallmark movie. People often can't quite put their finger on why they feel so magnetically pulled towards Bliss. Sure, sometimes they can be frustratingly late or a bit scatter-brained, but just try and stay mad at them. The moment Bliss flashes their infectious smile, all those little annoyances just seem to melt away – thanks to their irresistibly sweet aura.



THE EMBODIMENT OF BLISS IS SOMEONE WHO

Contrary to what one might expect from such a spirited bundle of energy, Bliss' home is far from over-the-top; in fact, it's quite the opposite. Pockets of color and cherished items are highlighted, but the overall atmosphere remains airy and bright. Items displayed hold personal significance to Bliss, evoking joy whenever they glance their way. They have unique methods for showcasing mementos from past adventures or tokens from people close to them, but don't bet on noticing them straight away. For instance, what you see as an ordinary photograph within a small gold frame is to them a significant artifact—a cherished keepsake from their grandmother. And that quirky sculpture? It was hand-painted amid giggles and shared stories with friends they no longer chat with. But it lights up their day, which is all the reason they need. Design elements reminiscent of Bliss often incorporate aspects from styles such as contemporary, mid-century modern, and sometimes even a slight rustic aesthetic.

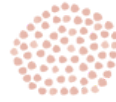
Depending on their residence, you might discover exposed wooden beams, brick elements, high ceilings, expansive windows, and a profusion of natural features scattered throughout their living space. Beyond just style, Bliss' home exudes a welcoming ambiance that makes their guests feel happy and at home as soon as they step inside. It's not just about the decor, but rather the energy Bliss radiates, particularly when hosting. Expect to find candles flickering, scent diffusers running, mood lighting set, and the aroma of baked treats in their oven. Bliss revels in activities that spark joy, awakening their inner child — be it an impromptu pajama dance party or a sun-soaked day at the beach with a thrilling book. Bliss takes pleasure in life's captivating moments, embracing both the good and the challenging, with awe for the genuine beauty in each.



TO PROGRESS ON THE PATH OF BLISS, IT'S ESSENTIAL TO

To progress on the path of Bliss, it's essential to cultivate gratitude and alter your perspective on life. Practice shifting your thoughts towards positivity, try to avoid dwelling on past events or low vibrations. We can hear your thoughts, "that's easier said than done"—but believe us, we're not saying this change will happen overnight. It requires regular practice—sometimes feeling silly, as though you're acting out happiness. Yet surprisingly, it will become easier, almost like second nature. Consciously cultivate optimism and seize moments to express gratitude. When you sense happiness stirring, pause to fully immerse in and savor it. Cultivate a habit to focus on acknowledging your daily blessings rather than getting caught up in concerns and uncertainties. Value the positive aspects in your life, and trust that the Universe will reward your gratitude.

This is a niche reference, but as the time traveler in the movie *About Time* says, "The truth is I now don't travel back at all, not even for the day. I just try to live every day as if I've deliberately come back to this one day, to enjoy it, as if it was the full final day of my extraordinary, ordinary life." This sentiment, in essence, encapsulates the Bliss archetype—it's the ability to savor the extraordinary in ordinary moments that truly ignite pure joy. You have to focus on living in the here and now, because ultimately, that's all we've truly got. Naturally, you might tend to focus on the areas you wish to enhance in your life, but failing to recognize the good that already exists could signal to the Universe that you're unhappy with your life. Don't forget, you are brave, independent, and a force to reckon with, possessing the courage that drives action. The energy you're so readily willing to pour upon others, it's time to direct it inward and nurture yourself with support and positive energy.



TO PROGRESS ON THE PATH OF BLISS, IT'S ESSENTIAL TO

Strive to cultivate a sense of joy as you approach your home, even before you enter. Create a positive ambiance with a tidy and inviting entrance area. Place plants near the front door to establish a welcoming atmosphere. Embrace the sun by fully utilizing natural sunlight. Research shows that sunlight exposure boosts our immune system, strengthens our bones, and lifts our mood. Incorporate brief walks, even if it's just 5 minutes, into your routine to further enjoy the benefits of sunlight. For a home adaptable to your lighting preferences, layer window coverings to control when and where light enters your space. Use blackout curtains for nighttime and sheer curtains during the day to let the light shine through. Consider positioning an armchair for reading, a desk for working, or a bench for sitting and relaxing near a window. Delight in treating yourself by adding something visually pleasing to your space. Even the smallest element, when chosen with love, can inject profound and delightful energy into your surroundings. Ignite your spark by delving into inspirational works of art, literature, or poetry, immersing yourself in emotions that evoke joy and beauty.

Opt for joy-inspiring colors like citrus tones, marigolds, crisp whites, and bright pastels. Create areas within your home for work, focus, and especially meditative practices. Spaces that embody a tranquil ambiance where you can effortlessly write gratitude lists and practice self-affirmations. With consistent practice, this positivity will naturally become second nature. Focused on the essence of pleasure and joy, the Sacral Chakra is closely aligned with the Bliss Archetype for meditation practices. It's located below the navel, near the perineum. Numerous methods can be used to balance your Sacral Chakra, including meditation, yoga, affirmations, essential oils, and journaling. But at the heart of it all is you. It's fundamentally about becoming aware of your body, breath, and mind, and learning to connect with your inner self.



HOME

Welcoming Entry: Aim to cultivate a sensation of joy as you enter your home - or more accurately, just before. Generate a positive ambiance with a neat entrance area that feels inviting and friendly. Position plants near the entryway and your front door to promote a welcoming atmosphere.

Inspired Zones: Allocate areas within your home for work, focus, and particularly, meditative practices. Craft a tranquil ambience where you can effortlessly write gratitude lists and undertake self-affirmations. With continual practice, this positivity will naturally become second nature.

Curved Furniture: Opt for furniture featuring soft or curved edges, such as sofas and tables, to elicit a more natural & serene energy. This style of furniture projects an inviting and comfortable visual appeal, giving you an intriguing and harmonious flow all throughout your home.

Inspiring Art: Semir Zeki, a professor of neuroaesthetics, reports that beautiful home aesthetics have been found to correlate with activity in the medial orbital frontal cortex. Purchase art that visually sparks joy, enabling you to see it daily and recall that sensation (of course, while considering your home's aesthetic!).

Biophilia: Infuse your home with life. Incorporating natural elements like plants and daylight is associated with numerous health-promoting benefits, such as decreased depression and anxiety levels, augmented attentional capacity, and overall mental well-being.



HOME

Dopamine Decor: Focused on personal taste, this style is all about what feels good to you. Liven up your home with colors that bring those warm feelings to your stomach. Achieve this through art, pillows, rugs – essentially, the possibilities are boundless.

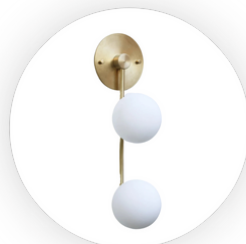
Sound Systems: Music, a potent mood enhancer, fills your environment with a positive beat. Research shows upbeat tempo can serve as a momentary diversion for the mind, thus reducing anxiety. Position speakers throughout your home, allowing your favorite music to permeate your spaces.

Clean Spaces: Embrace freshness to welcome peaceful energy. Evaluate whether the items occupying space in your home serve a purpose. If not, it's time they leave! Opt for furniture with hidden storage to reduce clutter and enhance the visual appeal of your space.

Natural Light: Utilizing natural light in your home can foster positive effects on your mind and body. It has a notable impact on your mood, assisting in diminishing stress and anxiety levels. To create a home adaptable to your lighting preferences, layer your window coverings to control when and where light enters your space.

Materials: Chiffon, Tulle, and Batiste

CHOSEN ITEMS





BODY

High Vibrational Foods: Conscious eating nurtures the body. Avoid low vibrational foods such as meat, fried or highly processed foods.

Maca Powder: Adding this to your warm beverages can help boost your energy and maintain cognitive function.

Black Pepper: Aptly known as 'The King of Spices.' Excellent for cooking but interestingly, chewing raw black pepper triggers mood-enhancing chemicals in your brain, fostering a continuous calm and soothing state of mind.

Lemon Balm: An incredibly soothing herb that fosters self-confidence and radiates positive vibrations. Envision lemon balm wrapping you in a comforting hug and providing support when needed. Consider taking a bath with lemon balm leaves to relieve tension and boost self-love.

Vanilla Bean: A universally adored flavor and aroma, excellent for attracting new friendships, replenishing energy, and enhancing feelings of love. Consider placing a few in a sugar jar to infuse into your cooking and beverages.

CHOSEN ITEMS





SOUL

Crystals: Obsidian (*Closure*), Citrine (*Enthusiasm*), Chialtolite (*Calms Anxiety*), Carnelian (*Exciting Energy*), Orange Calcite (*Increases Creativity*), Sunstone (*Cheerful Energy*), Yellow Jasper (*Increases Confidence*), Green Aventurine (*Imparts Gratitude*), and Lapis Lazuli (*Boosts Confidence*).

Essential Oils: Sweet Orange (*High Energy*), Lemon (*Uplifting & Promotes Happiness*), and Vetiver (*Reduces Anxiety*).

Plants: Chrysanthemums (*Mood Booster*), Lisianthus Flowers (*Happiness*), and Pink Azaleas (*Positivity*).

CHOSEN ITEMS



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