



# KIN

GROUNDING & CONNECTION

“I AM ENOUGH.  
I HAVE ENOUGH.  
I WILL THRIVE IN THIS LIFETIME.”

KIN: /kin/ Derived from the word ‘kinship’—to feel close to someone—Kin embodies grounding and connection.

Connected and grounded; with nature, like-minded individuals, and themselves. Feeling solid with their true self, Kin is secure in their choices. They don’t chase—they attract.

## COLORS

CRIMSON  
*Reds*

WARM  
*Whites*

CHOCOLATE  
*Browns*



## **IF KIN IS WHAT YOU NEED, YOUR LIMITATIONS OFTEN MANIFEST AS:**

If Kin is what you need, your limitations often manifest as struggles with self-identity and existential anxiety. You maintain an underlying belief that you're constantly lacking in some area, be it money, love, friends, or career path. This can translate into numerous issues, such as scarcity mentality, social anxiety, or impostor syndrome, which causes a persistent restlessness lurking just beneath the surface. You may struggle with financial stability, regularly feeling a scarcity of funds and uncertainty about your next paycheck. Consequently, you might resort to impulsive shopping for external validation—which, even though initially satisfying, only offers a fleeting joy. Or the opposite, you may overanalyze every purchase, often feeling it is unnecessary and doubting whether you genuinely even like it. Maybe not out loud, but there's an inner whisper that prevents you from trusting yourself, sowing uncertainty. You often swing back and forth between extreme highs and crushing lows, leading to a sense of instability. At times, you may even see yourself as the unreliable narrator of your own life story.

Instead of praising yourself for the remarkable accomplishments you achieve, you find yourself lying awake at night—micro-analyzing your mistakes and contemplating if there's more you could be doing with your life. Your bedroom tends to reflect your emotional state: tidy when things are going well, but resembling the aftermath of a tornado when you're unstable. Establishing routines to maintain your home—and by extension, your life—in an orderly manner tends to pose a challenge. Forgetfulness is another characteristic you might have; focusing on one thing at a time is challenging, and you frequently scramble to collect your thoughts. Although you're drawn to the concept of a cleaner and more sustainable lifestyle, it currently feels unattainable, with the products seeming like an unnecessary expense you're unwilling to take on at this time. When you feel off, it's pretty obvious, appearing as a stark contrast to your usual charismatic self – people are likely to point it out, which feels like a direct attack on the award-winning performance you thought you were delivering within your mind.



## THE EMBODIMENT OF KIN IS SOMEONE WHO

The embodiment of Kin is someone who truly values staying connected and grounded; with nature, like-minded individuals, and their own authentic self. Whether it's someone deeply rooted within themselves, standing firm like a resilient rock disrupting the smooth flow of a stream, or someone who is unwavering in their decisions, or even someone fostering profound connections with those around them, the embodiment of Kin can take many forms. Safety and comfort are Kin's most important needs—whether this sense comes from friends, material goods, or the space they inhabit, it's something they require in order to thrive. With Kin's feet planted firmly on the ground, they have a unique gift for clear communication and often play the role of the voice of reason. Kin radiates a soothing and relaxed aura. Kin is that person you turn to when chaos erupts around you, and you'll find them casually whistling a tune as if it's just another day, nudging you to simply go with the flow. Rarely caught in stress unless compelled by extreme circumstances, Kin typically finds security in their core self. Even when situations decline, they find a way to stay positive. Every setback that the universe presents is a lesson that they willingly accept and use as a catalyst for personal growth and evolution. They don't chase—they attract.

Feeling solid and connected with their true self, Kin is secure in the choices they make. They trust that whatever comes their way is part of a larger plan laid out for them and are excited to see where the journey will take them. Picture them happily outdoors, spending time with close friends, or picking up fresh produce at the local farmer's market for their newest Pinterest discovery. Kin loves hosting, gathering their closest friends for a game night or to sample the latest recipe they've been eager to test out. To them, the people they hold close are like gardens to nurture and shower with love and care, understanding that these are the elements that make relationships stand the test of time and bloom.

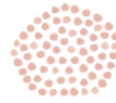


## THE EMBODIMENT OF KIN IS SOMEONE WHO

Kin tends to naturally have a green thumb – their home is overflowing with biophilia. With plants and flowers embellishing every nook and corner, they may even be planning to start their own vegetable garden. Even when they don't embrace that hobby, they still appreciate the beauty of nature. In fact, you might find them coming to a sudden halt just to take a photo of a flower or a rainbow. Kin's home brims with the latest organic modern decor pieces, usually featuring unique vintage furniture as well. This archetype connects deeply with their possessions, valuing pieces that have longevity and were crafted with attention to detail. Even if their lifestyle doesn't completely align with sustainable living, they make an effort to adopt and incorporate sustainable habits.

The moment you step into their space, an immediate sense of ease washes over you – that's the environment they've consciously crafted.

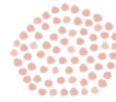
Complemented by dim lighting, cozy blankets, the aroma of old books, and brewing coffee, their home embodies genuine comfort. They always seem to have everything together, but that's just because they're well-versed in the systems they need to have in place to flourish in the way they need. Kin finds tranquility in self-care rituals, indulging in a nighttime skincare routine, unwinding with a warm bath coupled with their favorite playlist, or participating in activities that evoke inner peace, such as sipping a glass of wine while immersing themselves in a new adult coloring book for the evening. The soothing warmth of a fire or the aroma of burning wood truly resonates with them. Kin understands that prioritizing their own needs and nurturing their well-being is essential to protect their energy and thrive in their day-to-day life.



## TO PROGRESS ON THE PATH OF KIN, IT'S ESSENTIAL TO

To progress on the path of Kin, it's essential to nurture your connection with nature, but more importantly yourself. Just how you manage to carve time out for everyone else, you have to do the same for yourself and your home is the best place to start. Natural elements, like plants and daylight, are associated with health-promoting benefits, including reduced levels of depression and anxiety, enhanced attentional capacity, and psychological well-being. Enhance your living space by integrating decorative plants, not just for the beautiful aesthetics, but also to boost your cognitive, physical, and mental health. Wood roots us as human beings. Embrace expansive and elongated wood grain patterns in furniture and flooring. With your world and mind being at this constant anxious pace, it's vital for you to create spaces in your home that recharge you at a soul-based level. Try to designate a space in your home solely for rejuvenation. This can range from a cozy corner in your room equipped with floor cushions to your bathroom, enhanced with eucalyptus and essential oils. Incorporating aesthetically pleasing items into your space can bring comfort and joy to your surroundings. Consider purchasing large-scale artwork that depicts landscapes or fertile grounds to foster a stronger tie with the earth and promote grounding in your home. This style of imagery symbolizes growth, sustenance, and stability—all key attributes of Kin.

As a Kin Archetype, your emotional state is often directly influenced by your environment, and disarray can only amplify the turmoil in your mind. There is a direct correlation between decluttering your home and stress reduction. It's essential to assess whether the items consuming your living space serve a valid purpose. If not, it's time they leave! Choose furniture with hidden storage to reduce clutter and enhance the aesthetic appeal of your environment.



## TO PROGRESS ON THE PATH OF KIN, IT'S ESSENTIAL TO

It's not just about the outside, but the inside too. Your body needs to be feeling great for you to feel good as well, and although it's not something that will happen overnight, it's definitely something you can achieve by taking little steps at a time. Eating attentively and being present when you're eating promotes a positive relationship between nutrition and mental well-being. Increasing the availability of fresh fruit and vegetables enhances the likelihood of consuming them—it's that simple. Where this can be significantly beneficial at home is by ensuring that your refrigerator is consistently stocked with organic fruits and vegetables. Incorporating sea salt into your diet can be great for cleansing, it also brings forth grounding and protection, absorbing negative energy. Adding cocoa to your diet can provide numerous benefits, such as enhanced heart and brain health, better blood sugar regulation, and improved mood and overall well-being. Introducing its warm hues into your living spaces can contribute to an ambiance of tranquility and earthly harmony, creating a nurturing environment closely connected to nature.

Try to engage daily with the outdoors—allow the grass to brush against your bare feet as a grounding practice. Keep in mind the vital role of the Root Chakra: Located at the base of your spine, the pelvic floor, and the first three vertebrae, its purpose is to create a sense of safety and worldly security. Envision a vibrant red cord extending from your root chakra to the center of the earth, a meditation to perform whenever you feel scattered or stressed, as it will assist in maintaining your grounding.



## HOME

**Restorative Spaces:** Try to designate a space in your home solely for rejuvenation. This can range from a cozy corner in your room equipped with floor cushions to your bathroom, enhanced with eucalyptus and essential oils.

**Declutter:** Decluttering your home directly correlates with stress reduction. 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.

**Large-Scale Art:** Selecting large-scale art pieces can fortify and ground your space, instilling a sense of warmth. Buy artwork that portrays landscapes or fertile grounds to nurture a stronger bond with the earth and encourage grounding in your home.

**Wood Pieces:** Wood roots us as human beings. Embrace expansive and elongated wood grain patterns in furniture and flooring. A stable headboard combined with an exquisite custom-made timber bed frame exudes tranquility. Look for dense, substantial pieces featuring wood grain.

**Low Lying Furniture:** Choose furniture that sits closer to the ground, ensuring a clear view from one end of the room to the other. Opting for pieces like a lower-height sofa will bring a more relaxed and comfortable feel to your home, creating a laid-back ambiance.

**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

**Lighting Control:** A customizable and layered lighting plan is desirable. Being able to control the volume of light you receive, along with the intensity, can enhance productivity, mood, and overall well-being. Sconces, floor lamps, and adjustable light levels are key.

**Terracotta Decor:** This hue is deeply appealing with its natural look and feel, invoking potent grounding energy. It stimulates wealth, joy, love, and progress. Terracotta also serves as an excellent sustainable, natural material for decor, planters, and even utensils and dishes.

**Weighted Blanket:** Proven to alleviate stress, ease anxiety, and provide comfort. Weighted blankets can aid in relaxation and enhance sleep quality. The pressure can induce nervous system responses that decrease your heart rate and respiration rate when you're stressed.

**Area Rug:** Incorporating a rug into your area can lend a softer, more grounded atmosphere, while also introducing another visual layer to the room. Make sure to size the rug to your space; if an area rug is too small it can disrupt the overall flow of the room.

**Materials:** Cotton, Silk, and Wool

## CHOSEN ITEMS





## BODY

**Sea Salt:** Used for cleansing, grounding, and protection. Banishes negativity and absorbs negativity.

**Cocoa:** Incorporating cocoa into your diet can provide numerous benefits, such as enhanced heart and brain health, better blood sugar regulation, and improved mood and overall well-being. Introducing its warm hues into your living spaces can contribute to an ambiance of tranquility and earthy harmony, crafting a nurturing environment closely connected to nature.

**Holy Basil:** It can soothe your anxious mind by slowing down the release of cortisol, overriding your typical 'fight or flight' anxieties.

**Rhodiola Rosea:** Also known as 'The Golden Root', this is a natural calming remedy for anxiety and stress, further supporting your cardiovascular and metabolic health.

**Lavender:** Buy a scent roller infused with the oil of this herb or incorporate it into your cooking to leverage its stress-relieving properties and calm your nerves throughout the day.

## CHOSEN ITEMS





## SOUL

**Crystals:** Smoky Quartz (*Balancing*), Black Tourmaline (*Grounding*), Kyanite (*Clears Energy Blockages*), Iolite (*Aids Intuition*), Tanzanite (*Calms & Opens Mind*), White Jade (*Concentration*), Tourmaline (*Brings Balance*), Amethyst (*Encourages Self-Control*), Opal (*Balances Emotions*), Shungite (*Assists with Karmic Lessons*), and Garnet (*Protection*).

**Essential Oils:** Frankincense (*Calming*), Ylang Ylang (*Increases Focus*), and White Angelica (*Security & Optimism*)

**Plants:** Red Lily (*Grounding*), Lavender (*Calming*), Gladiolus Flower (*Strength & Integrity*)

## CHOSEN ITEMS



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