



STILL

PEACE & MINDFULNESS

“I AM PRESENT. I AM AT PEACE
WITH WHO I AM AND WHERE I AM
AT THIS VERY MOMENT.”

STILL: /still/ Derived from the word ‘stillness’—deep silence and calm—Still takes the time to foster peace in their mind, body, and soul. The Still archetype is open to self-improvement opportunities, embracing growth, both emotionally, physically, and spiritually.

COLORS

SERENE
Blues

MIDNIGHT
Blacks

SOFT
Lavenders



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

If Still is what you need, your limitations often manifest as equating peace with avoidance, or being overly affected by the everyday ebbs and flows of life. You've grown used to thriving amongst chaos, feeling like it would take too much energy to change something, so instead you move through them. As things happen around you, you tend to take them on a personal level, even when they bear no direct relevance to you. You find yourself in a constant problem-solving mode, hopping from one crisis to another. People that need Still tend to feel like a helpless pawn, being tossed by fate's unpredictable winds — it's a tad melodramatic, isn't it? But it's central to the truth, particularly when there's a scarcity of boundaries in your life. You struggle with the word 'No', allowing others to drain your energy. You may often exhaust yourself, bending over backward to meet external expectations at the expense of your own tranquility.

Each morning, before your feet even hit the floor, you're rifling through your phone, scanning for any disasters that may have cropped up overnight. At the heart of your journey is an endless need to keep everyone around you happy, often forgetting to take care of yourself. This ever-spinning carousel of people-pleasing just to dodge any uncomfortable situations can mute your own voice and push your needs aside. A deep fear of conflict stops you from standing up for yourself, and in a strange twist, it can stir up more mess and miscommunication. In your push for calm, you might find yourself running away from problems, which only causes more confusion. Plus, the kind of peace you try to force into situations that plainly lack it, can end up feeling fake and unstable, ready to crumble at the hint of any disturbance. The term "Peace begins with me" is truly where it starts, and so trying to force peace into the external without doing the much needed work on the internal, will be fleeting.



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

For someone yearning for Still, their home might be filled with remnants of their past and possessions that no longer hold purpose. Furniture bought out of necessity rather than preference, decorations received as gifts rather than chosen— each carries an echo of someone else’s intention. Cluttered corners bear silent testimony to your unwillingness to let go of things, creating a tangle of energy that weighs down your space and blurs your peace. Every room might carry lingering memories and energies of past relationships or conflicts, trapped in the objects they left behind. Despite the outward calm, the clutter reflects a subconscious struggle to purge what’s no longer needed – and it’s not just physical. The emotional clutter in your space embodies your fear of confrontation and relentless battle to impose tranquility where it’s not naturally present. This results in a home that’s not just filled with tangible clutter, but also fraught with unresolved emotions and echoes of the past.

If you crave Still, you might have a nagging feeling that lurks in the back of your mind- that you will remain the same person for the rest of your life and a future with success and growth is beyond their grasp. This mindset doesn’t only burden you; it starts to infect those around you. Their optimism meets your anxiety, and more often than not, it’s optimism that caves. Ignoring those boxed-up feelings might seem like the easier option right now, but in the long run, it’s a ticking time bomb. For this transformation to take place, you’ll have to confront the reality that you often avoid dealing with these emotions and instead let fear steer your ship. This vicious cycle of negativity not only inhibits your own potential but also impedes your ability to nurture healthy relationships with others. What’s more, this self-destructive pattern prevents you from realizing the true extent of your greatness, ultimately stifling your inner growth.



THE EMBODIMENT OF STILL IS SOMEONE WHO

The embodiment of Still is someone who takes the time to foster peace in their mind, body, and soul. They're an unyielding rock amidst a rushing stream, standing steady and strong. Still acknowledges that their peaceful state begins when they choose not to let outside influences control their emotions. Along with this strength, they exude an ethereal and calming aura, immediately bringing a lighter energy to a room or conversation. The Still archetype is open to self-improvement opportunities, embracing growth, both emotionally and spiritually. Rather than resist change, the Still archetype acknowledges the natural ebb and flow of life, delving into each experience with mindfulness and curiosity. Committed to attaining equilibrium, they prioritize self-reflection and genuine connections with others.

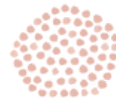
Whether it's people they work with or a stranger seated next to them, Still perceives each person as a unique bundle of energy, waiting to be discovered. By nurturing their surroundings and engaging in meaningful, intentional conversations, they inspire those around them to cultivate balance and inner peace. Still doesn't hold grudges, understanding that everyone has their moments and can easily move through conflict. Nurturing relationships and energies, the Still archetype thrives on sharing knowledge and practices that can guide others towards a better way. Because they regularly practice meditation, they radiate serenity, creating an environment of calm that is infectious. The Still archetype embodies resilience, compassion, and wisdom in its pursuit of peace and balance, making them a beacon of positivity for those around them. Always upholding their serene state, they continually reaffirm the power in finding one's stillness amidst the chaos of life.



THE EMBODIMENT OF STILL IS SOMEONE WHO

True to their tranquil nature, Still is deeply connected to their intuition, which fuels their decision-making process. They find stability and assurance in their inner voice, giving them confidence when articulating their responses. Due to their profound intuition, their answers stem from a place of complete certainty, instilling a strong sense of conviction. However, in alignment with their pursuit of lifelong learning and growth, Still remains unafraid to admit when they need more information or understanding. They perceive such instances not as annoyances, but as valuable opportunities to expand their knowledge and deepen their wisdom. This blend of surety and humility makes the Still archetype both reliable and admirable in their quest for constant self-improvement. Still's nurturing nature carries over into their home.

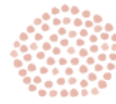
All aspects of their home, from the inviting living spaces to the tranquil corners for solitude, enable the fostering of a peaceful mindset. The interior design leans towards minimalism, with an emphasis on functionality and simplicity. The color palette leans towards soft, earthy hues, cultivating an atmosphere of warmth and peace. The furnishings are ergonomically sound, offering comfort and relaxation. Natural elements like indoor plants, wood textures, and abundance of natural light are integral to Still's aesthetic, bringing an essence of the outdoors inside. Their home also includes designated spaces for self-reflection and relaxation, where mindfulness practices like meditation and yoga can be performed. In this sanctuary of peace, every element, every corner speaks to Still's way of life, their choices reflect their deep relationship with both their inner self and the world that surrounds them.



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

To progress on the path of Kin, it's essential to give yourself permission to heal and learn to nurture your energy. It's crucial to set healthy boundaries, so that you can cultivate a true sense of peace without neglecting your own well-being. Start by learning to recognize your limits, and clearly communicate them to those around you. Assertiveness doesn't equate to aggression; taking a stand with empathy and openness actually fortifies your bonds with others. Keep in mind, if someone is offended by your boundaries, it's likely they were exploiting them in the first place. Understand that being self-focused when it comes to your time and energy is not a flaw, but rather a necessity for maintaining your peace. It's perfectly acceptable to say 'no' when you need to – you aren't obligated to meet everyone's expectations or demands at the expense of your own well-being. Remember, it's not about denying others of your time, but about prioritizing your peace.

It's important for you to practice connecting with yourself and your emotions, facing those feelings you've been tucking away. Why would you confront those feelings you've carefully hidden from sight? Here's why – if you don't, eventually they will burst out of their hiding place in a powerful torrent. You've been mistakenly sweeping things under the rug for the sake of peace, but that's not how it works. It's like lighting a fuse and hoping it'll fizzle out on its own – it won't. Sometimes things have to shatter and devolve into chaos before sunlight finds a way through. Don't fear discomfort, because change doesn't come from clinging to the familiar. Embracing change is like wading into uncharted waters; it may be unsettling at the start, but it gets easier over time. Embrace the beauty of a spontaneous check-in with yourself throughout your day. Recognize areas of tension, physical or emotional, consider their roots, and allow yourself to release that tension. When your body is tense, it signifies a disruption in your flow of energy. The process of observing and releasing can bring back harmony within you.



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

Your home should serve as your sanctuary—a haven where you can rejuvenate and find serenity after a long day. It's more than just a place of residence; it's your personal retreat for replenishment and harmony. It's time to let go of the things that no longer have a purpose in your life. In terms of décor, favor a minimalist or pure design as your baseline, adjustable according to individual taste. Opt for uncluttered spaces, neutral colors, or soothing shades like serene blues, soft lavenders, and blush tones. Even midnight black walls, which can absorb energy, contribute to a warm and peaceful ambiance. Balance and symmetry in placing items, especially in harmony numbers such as 3, 6, and 9, further enhance the tranquility of your space.

To embrace Still and further enrich your life, consider incorporating mindfulness practices, such as meditation, deep breathing, or yoga, that align with your lifestyle and personal preferences. By doing so, you'll nurture inner tranquility and improve your ability to remain present and grounded, even in the face of adversity. Create a space where you are able to practice meditation. Incorporate plush eco-friendly rugs for a tactile experience that furthers the relaxation, couple this with meditation cushions, blankets, and floor pillows. As you start this journey of mindfulness, it's imperative to let go of the stereotypical image of meditation that's been portrayed in pop culture. There is no prescribed posture, no mandatory humming, no mandatory anything really. Your self-discovery does not need to fit into a certain stereotype or expectation – it's about what feels right for you. Still at its core is about living with intention, being present, and honoring who you authentically are, only allowing what truly holds value for you to exist in your life. It's astounding what you will discover when you truly take a moment for yourself. Find solace in the environment around you; find solace in silence. Large revelations often reside in small moments of quiet. Remind yourself: You are worth the quiet moment. You are worth the deeper breath. The world can wait.



HOME

Symmetry of Objects (e.g., 3, 6, 9): Harmonizing numbers in your choice of decor can instill a sense of balance and tranquility in your space. Each combination symbolizes something distinct and should be tailored to your personal journey and needs.

Restorative Spaces: Try to designate a space in your home solely for rejuvenation. This doesn't need to be a full room, it could just be a corner of your bedroom or office populated with floor cushions, some crystals, and a diffuser with your preferred essential oil.

Thermal Comfort: As humans, temperature can directly affect our comfort. Thermal comfort is a state of mind where you are satisfied with the surrounding temperature. This feeling can be cultivated in your home through décor such as insulating curtains, wooden paneling, functional windows, and even a plush rug.

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.

Enveloping Fabrics: Decorate with fabrics that feel like a warm hug and invite you to snuggle in. Think large cable knit sweater material, lush velvets, furry faux furs.

Declutter: When the space you occupy daily is in disarray, your mind can mirror that chaos. Clutter in your home can block the flow of positive energy towards you. Simplify your living environment to replenish its energy as well as to alleviate your mind.



HOME

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.

Sound Absorbing Materials: Sound absorption aids in noise reduction within your home, fostering a more serene environment. This can be achieved by incorporating acoustic panels, noise-dampening wall insulation, carpeting, window treatments, and area rugs. Layering is key!

Hidden Electronics: Seek furniture proficient at concealing certain media equipment and devices throughout your home. Decreasing the volume of electromagnetic waves can significantly affect your mental health and well-being. Refrain from having TVs in the bedroom as they can interrupt sleep cycles.

Materials: Silk, Linen, Faux Fur, Cable Knit Wool, Velvet and Cotton

CHOSEN ITEMS





BODY

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.

Valerian Root: Employed since the time of Hippocrates as a calmativ, excellent for alleviating sleeplessness and anxiety stemming from tension. Consider incorporating it as a tea into your routine 1-2 hours before bed to unwind.

Chamomile: One of the most prevalent herbs associated with calming teas, promoting tranquility and fostering a healthy stress response. Its sweet fragrance also provides immediate soothing effects.

Lemongrass: Also known as 'citronella', it's widely used as a culinary spice and tea to bolster inner health, encourage deep sleep, and alleviate tension. Its aroma also offers stress-relieving benefits.

Gotu Kola: A member of the parsley family, known as one of the most spiritual herbs. It assists in nourishing and establishing balance in your nervous system. Additionally, it enhances mental alertness. Pair it with a focused meditation, such as mantra repetition or mirror affirmations.

CHOSEN ITEMS





SOUL

Crystals: Fluorite (*Inner Peace*), Celestite (*Deep Harmony*), Red Muscovite (*Release Exhaustion*), Kyanite (*Clears Energy Blockages*), Blue Lace Agate (*Peaceful & Cooling*), Dumortierite (*Calming*), Iolite (*Aids Intuition*), Tanzanite (*Calms & Opens Mind*), Lepidolite (*Aids Relaxation*).

Essential Oils: Bergamot (*Calming*), Calcite (*Psychic Protection & Energy*), and Frankincense (*Increase Spiritual Awareness*)

Plants: Chamomile (*Eases Stress*), Morning Glory (*Peace & Tranquility*), and Golden Pothos (*Positive Energy*).

CHOSEN ITEMS



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