



MEET YOUR
ARCHETYPE
BLISS
CONSCIOUS HOME
BY BGD.

If Bliss is what you need, the imbalance shows up in your relationship with joy, both in how easily you let yourself feel it, and in how safe it feels to hold onto once it arrives.

If you're here, you might put a high value on happiness, but somewhere along the way, you developed a bit of a grey outlook on life. This tends to happen when you spend so long tuning into everyone else that you slowly lose the habit of checking in with yourself.

That same instinct shapes how you love, too. You love deeply, sincerely, with your whole heart, and once you find something that gives you that warm, fuzzy feeling of comfort or connection, you hold onto it tightly. Not because you're trying to control it, but because you know how rare and fleeting real joy can feel, and some part of you is terrified of watching it slip away before you've had your fill.

A person in need of Bliss often wasn't given the space to be their truest, happiest inner child. Maybe home never felt fully steady, or you were made to grow up faster than your age called for. Either way, somewhere along the line, unfiltered joy started to feel unsafe, so you learned to read the room instead of feeling your own feelings first. That's not a personality trait. That's Bliss energy asking to be let back in.

This can look like struggling to celebrate other people's wins, not because you don't care about them, but because their joy can feel like a mirror held up to whatever you feel is missing in your own life. That flicker of "why not me" isn't cruelty. It's a sign your own joy has been on pause for a while, and it wants back in.

Your space often feels stuck in time. The same furniture you've had for years, maybe a few hand-me-downs, more practical than personal. The room you actually picture for yourself looks nothing like the one you're living in, but you keep telling yourself the makeover will happen eventually, once things settle down, once there's time.

That eventually keeps moving further away, the same way your own joy has.

Even now, letting yourself feel unfiltered joy, without guarding it, without waiting for permission, does more to soften that old nervous system pattern than almost anything else. It's a practice, not a switch, but every small moment counts.

None of this means something is wrong with you. This is a moment almost everyone can relate to at one point or another. But when your Bliss is balanced, it shows. You feel it in how easily joy moves through you, how genuinely you can celebrate someone else without it costing you anything, how light you feel even on an ordinary day. Because the Bliss archetype carries the energy of a full sun at midday, shining through even when there are clouds.

THAT'S THE VERSION OF YOU WAITING IN THE NEXT SECTION.

This is what your life looks like when Bliss is in balance.

Your days start to feel lighter, not because everything is suddenly perfect, but because you stop needing them to be. You laugh easily. You find yourself smiling at things for no particular reason: a good song, a stranger's dog, the way the light hits your kitchen in the afternoon. Joy stops being something you wait for and becomes something you notice is already here, most of the time, if you're paying attention.

People are drawn to you without you trying to earn it. Your energy does the work on its own. You walk into a room, and something in it shifts, gets warmer, gets a little more fun. Friends start describing you as the person who makes ordinary plans feel like an event, and you start to believe them.

You become more spontaneous. Saying yes to the last-minute trip, the new restaurant, the spontaneous dance party in your kitchen while dinner's cooking. Life stops feeling like something you're managing and starts feeling like something you're genuinely enjoying, moment to moment, without overthinking whether you deserve to.

Your relationship with your own emotions gets easier too. You still feel things deeply; that never goes away, but the highs and lows stop swinging quite so far apart. You learn how to come back to center faster, how to let a hard moment pass through you instead of consuming your whole day.

Your home starts to reflect that same aliveness. Color everywhere. Music playing more often than not. Little things that spark joy just by existing in your space, displayed instead of tucked away. Guests feel it the second they walk in, the same warmth and ease that radiates from you now, built right into the walls around you.

This is the quiet gift of a balanced Bliss: a life that feels genuinely good to be inside of, not because nothing goes wrong, but because your default setting has shifted from bracing to savoring.

**THE NEXT SECTION WALKS THROUGH EXACTLY HOW TO GET THERE,
ONE JOYFUL STEP AT A TIME.**

In order to balance your Bliss, it's essential to...

RECONNECT WITH YOUR INNER CHILD

Getting to know your inner child again means gently returning to the parts of you that used to feel joy without needing a reason for it. Think back to what genuinely delighted you before you learned to filter it. Maybe it was building something with your hands, or dancing without caring who was watching. You don't have to recreate your childhood exactly, but you can borrow its energy.

Let yourself do one thing purely because it's fun, not because it's productive or impressive. Keep a coloring book on your coffee table. Say yes to the silly plan. Let a Saturday stay unstructured, just because it can be. This isn't about becoming irresponsible or avoiding your adult life. It's about proving to that younger part of you that joy doesn't have to be earned or justified anymore.

CULTIVATE GRATITUDE

Practice shifting your thoughts toward positivity, and try to avoid dwelling on past events or feelings of regret. We know what you're thinking: that's easier said than done, and it's true, this kind of change doesn't happen overnight. It takes regular practice, and at first, it might even feel a little silly, like you're acting out a happiness you don't quite feel yet. But surprisingly, it gets easier, almost like second nature.

This is not to bypass natural feelings such as sadness and unhappiness, but there is a big difference between experiencing the emotion and living in it.

Consciously look for moments to express gratitude. Even the small ones. When you sense happiness stirring, pause and let yourself fully feel it instead of rushing past it. Build a habit of acknowledging your daily blessings rather than getting swept up in concerns and uncertainty. The more you value what's already good, the more the universe seems to meet you there.

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LET YOUR SPACE BECOME A HUB FOR JOY

That same sense of gratitude can start before you even step through your own front door. A tidy, inviting entrance sets the tone for everything that follows, and a few plants near the entryway can welcome that same sense of ease the moment you walk in.

Natural sunlight helps too, wherever you can let it in. Research shows sunlight exposure boosts your immune system, strengthens your bones, and genuinely lifts your mood. Layer your window coverings so you can control when and how light enters your space: blackout curtains for rest, sheer curtains to let the light filter through during the day.

CONNECT WITH YOUR SACRAL CHAKRA

Bliss is closely tied to the Sacral Chakra, the center of pleasure, creativity, and joy, located just below your navel. When this chakra is balanced, it allows you to feel genuine delight in life's small pleasures, to move through your days with ease instead of restriction, and to stay connected to your own sense of aliveness rather than just going through the motions.

You can nurture this chakra in a number of ways, through meditation, yoga, affirmations, essential oils, or journaling. There's no single right method, and no need to master all of them at once. This isn't about perfecting a routine or adding one more thing to your to-do list. It's about learning to stay gently connected to your own inner self, so that joy doesn't feel like something you have to chase, but something you can return to, again and again, simply by coming back to your body and your breath.

BLISS' ESSENTIALS FOR THE 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.

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 nice warm feelings to your stomach. Achieve this through art, pillows, rugs – essentially, the possibilities are boundless. Colors that inspire joy are citrus tones, marigolds, crisp whites, bright greens, and bold blues.

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 strategically throughout your home, allowing your favorite music to permeate your spaces. An easy way to start the day off right is to program your alarm with your own personal feel good anthem.

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

BLISS' ESSENTIALS FOR THE 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.

BLISS' ESSENTIALS FOR THE 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).

