



MEET YOUR
ARCHETYPE
STILL

CONSCIOUS HOME

BY BGD.

If Still is what you need, the imbalance shows up in your relationship with peace, both in how much you carry that isn't yours to hold, and in how safe it feels to simply be present.

If you're here, you've likely gotten used to thriving amid chaos, not because you love it, but because moving through it has felt easier than actually changing it. There's a version of "ignorance is bliss" living quietly underneath this pattern, where not looking too closely at something feels safer than facing it head-on. Somewhere along the way, peace and avoidance started to blur together, until it became hard to tell the difference between calm and simply not dealing with something.

That blur tends to show up most clearly in your struggle with the word no. You draw people in easily, and that energy is a gift, but it can also become a burden when you let others lean on it more than they should. This often traces back to a deep fear of conflict, one that makes you swallow your own needs just to keep the peace on the surface. But swallowing something doesn't mean it disappears. Underneath, it's still being mulled over, replayed, analyzed late at night, quietly draining you in a way that looks like nothing from the outside but feels like everything on the inside.

When your nervous system stays in that constant state of low-grade survival, it blocks the good energy from coming in too. Whether you realize it or not, your mind is always tuning itself to a frequency, and right now, that frequency has been set to bracing rather than receiving.

Your space often mirrors this too. Filled with things that were never really chosen, gifts you kept out of guilt, furniture bought because it was needed rather than wanted, each piece quietly holding onto energy that isn't fully yours. Cluttered corners that hold onto the past a little longer than they need to, not because you're attached to the objects, but because you're still working up the courage to release what they represent.

Healing from this isn't something that happens suddenly. It's the slow accumulation of quiet wins, the intentional choice to focus on the calm instead of the chaos, and the compassion to give yourself grace when things aren't perfect yet.

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 Still is balanced, it shows. You feel it in how steady you remain even when things around you aren't, how easily you can say no without guilt trailing behind it, how naturally peace settles in without you having to force it. Because the Still archetype carries the energy of a white heron, unhurried, weightless, moving through even the stillest water without disturbing it.

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

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

Like a single candle flickering in the darkness, peace starts to grow from within you. Slowly, everything else begins to orient around that flame: your routines, the company you keep, the decisions you make, all of it finally has a compass to follow.

In the quiet Still brings you, you start to hear your own truth again. Not the noise of everyone else's opinions or the anxious chatter that used to fill every gap, but the steady voice underneath it that's been there all along. You learn to trust that voice, and once you do, you realize that kind of trust in your own intuition is priceless, something no external validation could ever replace.

Your nervous system stops running on high alert. Things that used to feel urgent start to reveal themselves as simply present, worth attention, but not worth panic. You notice more space between what happens and how you respond to it, and in that space, you get to choose instead of just reacting. You become easier to be around, in a way that has nothing to do with being agreeable. People feel like they can exhale near you. Conversations slow down. You stop filling silences just to avoid discomfort, and you find that most silences were never uncomfortable to begin with, just unfamiliar.

Your attention stops being pulled in a hundred directions. You do one thing at a time, and you're actually there for it, whether that's a meal, a conversation, or twenty minutes of doing absolutely nothing. Rest stops feeling like something you have to justify or earn.

Your home slowly becomes less of a space you manage and more of a sanctuary you return to. The clutter that used to hold onto old energy starts to clear, not all at once, but piece by piece, as you let go of what no longer serves you. What's left feels chosen. A quiet corner for nothing but breath and stillness. Muted colors that soothe instead of stimulate. Walking through the door starts to feel like the exhale you've been needing all day.

This is the quiet gift of a balanced Still: a life that doesn't need to be controlled to feel peaceful, because the peace is already coming from inside.

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

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

GIVE YOURSELF PERMISSION TO HEAL

Learning to nurture your own energy starts with setting healthy boundaries, so you can build a real sense of peace without quietly neglecting your own well-being. Start by getting familiar with your own limits, and communicate them clearly to the people around you.

Assertiveness isn't the same as aggression; taking a stand with empathy and openness actually strengthens your relationships rather than threatening them. Being so focused on your own time and energy isn't selfish; it's necessary for protecting your peace. You're allowed to say no when you need to. If someone reacts poorly to a boundary you set, it's often a sign they were relying on your lack of one.

LET YOUR HOME BE YOUR SANCTUARY

Your home should be more than a place you live in; it should be somewhere you can genuinely rejuvenate. Every item in your space carries its own kind of energy, and living surrounded by things that hold heavy or unresolved history, or gifts you never really wanted, has a quiet way of keeping that same unsettled energy circulating through. Start small. Choose furniture that sits a little lower to the ground. Layer soft, enveloping textures like cable knit, faux fur, or linen into your space that invite you to slow down and settle in. Pay attention to sound, too; rugs, curtains, and upholstered furniture all help absorb noise, giving your home a quieter, more cocooned feeling. None of this requires a full renovation. Small, intentional swaps, made room by room, are enough to help your space reflect the same peace you're working to build within yourself.

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PRACTICE PRESENCE, NOT PERFECTION

Incorporate mindfulness practices, like meditation, deep breathing, or yoga, in whatever way genuinely fits your life. This helps nurture your inner tranquility and strengthens your ability to stay present, even in the face of difficulty. Create a small space in your home dedicated to this practice, layered with soft textures like eco-friendly rugs, cushions, or blankets.

Let go of any preconceived idea of what meditation is supposed to look like. There's no required posture, no mandatory sound, nothing you have to perform. It's simply about discovering what feels right for you, and giving yourself permission to return to that, again and again.

CONNECT WITH YOUR CROWN CHAKRA

Still is closely tied to the Crown Chakra, located at the very top of your head. It's considered the seat of pure awareness, the part of you that exists beyond the noise. When this chakra is balanced, it's what allows you to feel connected to something larger than your immediate circumstances, a quiet knowing that you are safe, whole, and at peace.

You can nurture this chakra through meditation, quiet reflection, time spent in nature, or simply moments of intentional stillness where you let your mind rest instead of problem-solving. It's the practice of returning, again and again, to the quiet space above the noise, and remembering that peace was never something you had to create from nothing. It was already there.

STILL'S ESSENTIALS FOR THE 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.

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

STILL'S ESSENTIALS FOR THE 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.

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.

STILL'S ESSENTIALS FOR THE 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)

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).



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