



MEET YOUR
ARCHETYPE
VIGOR

CONSCIOUS HOME

BY BGD.

This is what your life looks like when **Vigor** is in balance.

You wake up already feeling like yourself. Not perfect, not without effort, but steady, like your body is a place you actually want to be in rather than something you're constantly negotiating with. Movement starts to feel good instead of obligatory, a walk because your body's asking for it, not because you're punishing yourself for something you ate.

Your energy stops being unpredictable. You know roughly what fuels you and what drains you, and you start making small choices throughout the day that keep you steady instead of crashing by 3 pm and running on caffeine and willpower for the rest of it. Sleep stops feeling like something you sacrifice for productivity and starts feeling like the foundation that makes everything else possible.

You get pickier, in a good way. About what you consume, not just food, but the shows you watch, the conversations you sit in, the people whose energy you let into your space. Saying no stops feeling like conflict and starts feeling like basic maintenance, the same way you'd never skip an oil change and expect the car to keep running well.

Your relationship with your body shifts from criticism to partnership. You start noticing what it's telling you before things get loud- tension, fatigue, that low-grade off feeling- and you actually respond instead of pushing through. Health stops being a project with a finish line and starts being a rhythm you live inside of.

Your home starts to support that rhythm too. A kitchen that makes the easy choice the healthy one. A bedroom built for actual rest, not just sleep. Some kind of space, even a small corner, where you can move your body or sit in quiet for a few minutes without needing to go anywhere else to find it.

This is the quiet gift of a balanced Vigor: a body and a life that feel like they're working with you instead of against you.

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

VIGOR'S ESSENTIALS FOR THE HOME

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.

Wood Furnishing: Wood, a renewable material, grounds 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.

Lighting: Implement a Circadian Lighting Design using timed sensors for a gentle wake-up call. Adjust light levels for a warm ambiance, keeping the temperature at 2500-2700K for most tasks. Sconces, floor lamps, and chandeliers are excellent methods for enhancing your home's beauty.

Mindful Dining Room: Maintaining tranquility in your dining area is crucial to your wellbeing. A serene dining environment sets the mood for appreciating your prepared meal. Furthermore, it aids in increasing hunger awareness, reducing overeating, and diminishing stress related to negative food associations. To really reap the benefits of mindful dining, be purposeful with each bite, giving gratitude for the nourishment that the food gives you.

Low VOC Paint: VOC means "volatile organic compound", a category of substances that start to vaporize at average indoor temperatures. VOCs exist in countless products, such as paint, carpet, air fresheners, and even magazines. Selecting materials such as paint with low VOC content can enhance your home's air quality.

Healthy Office: Establish a workspace beneficial to your mind and body. The most effective approach to this is to design these spaces with adjustable furniture attuned to your needs. Ergonomic furniture such as standing desks can accomplish this, promoting less sitting and increasing mobility during work.

Terracotta Décor: Clay, prevalent in décor, protection, and design since ancient times, retains its color and functionality through centuries when fired into terracotta, creating a contemporary aesthetic. Wellness Bonus – Terracotta earthenware holds benefits that can positively affect your health and metabolism.

Circadian Lighting: Light alone can have a huge impact on your life. Creating a circadian lighting system in your home – where timed sensors gradually increase brightness to gently wake you in the morning – is beneficial. Modulate light levels for a warm ambiance, maintaining a temperature between 2500–2700K.

Materials: Cotton, Vegan Leather, and Wool

VIGOR'S ESSENTIALS FOR THE BODY

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

Coconuts: Use coconut oil in your cooking to boost your immune system, or enjoy electrolyte-rich coconut water for optimal hydration.

Lion's Mane Mushroom: Offers numerous benefits, such as reducing high blood pressure and preserving liver, kidney, and heart health. It can be taken as a supplement or used fresh in your cooking.

Black Pepper: Known as 'The King of Spices,' it's great to incorporate when embarking on a new health journey, as it cleanses your intestines and stomach. It's also beneficial for your skin, hair, mental health, and much more.

Mustard Seeds: Symbolize courage, faith, and endurance. Excellent for disease prevention, blood pressure reduction, and a valuable source of fiber. They can even be used as a scrub to exfoliate and moisturize your skin.

VIGOR'S ESSENTIALS FOR THE SOUL

Crystals: Amethyst (Personal Willpower), Clear Quartz (Master Healer), Obsidian (Inner Progress), Brown Agate (Helps with Mental & Physical Digestion), Tiger Iron (Increases Stamina), Amethyst (Encourages Self-Control), Turquoise (Protects Immunity)

Essential Oils: Eucalyptus (Healing), Lemongrass (Promotes Good Energy), and Juniper Berry (Lifts Mood & Spirit), Lavender (Calms the Mind & Promotes Restorative Sleep).

Plants: Calendulas (Healing), Gladiolus (Strength), and Aloe Vera (Promotes Healing & Happiness).



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