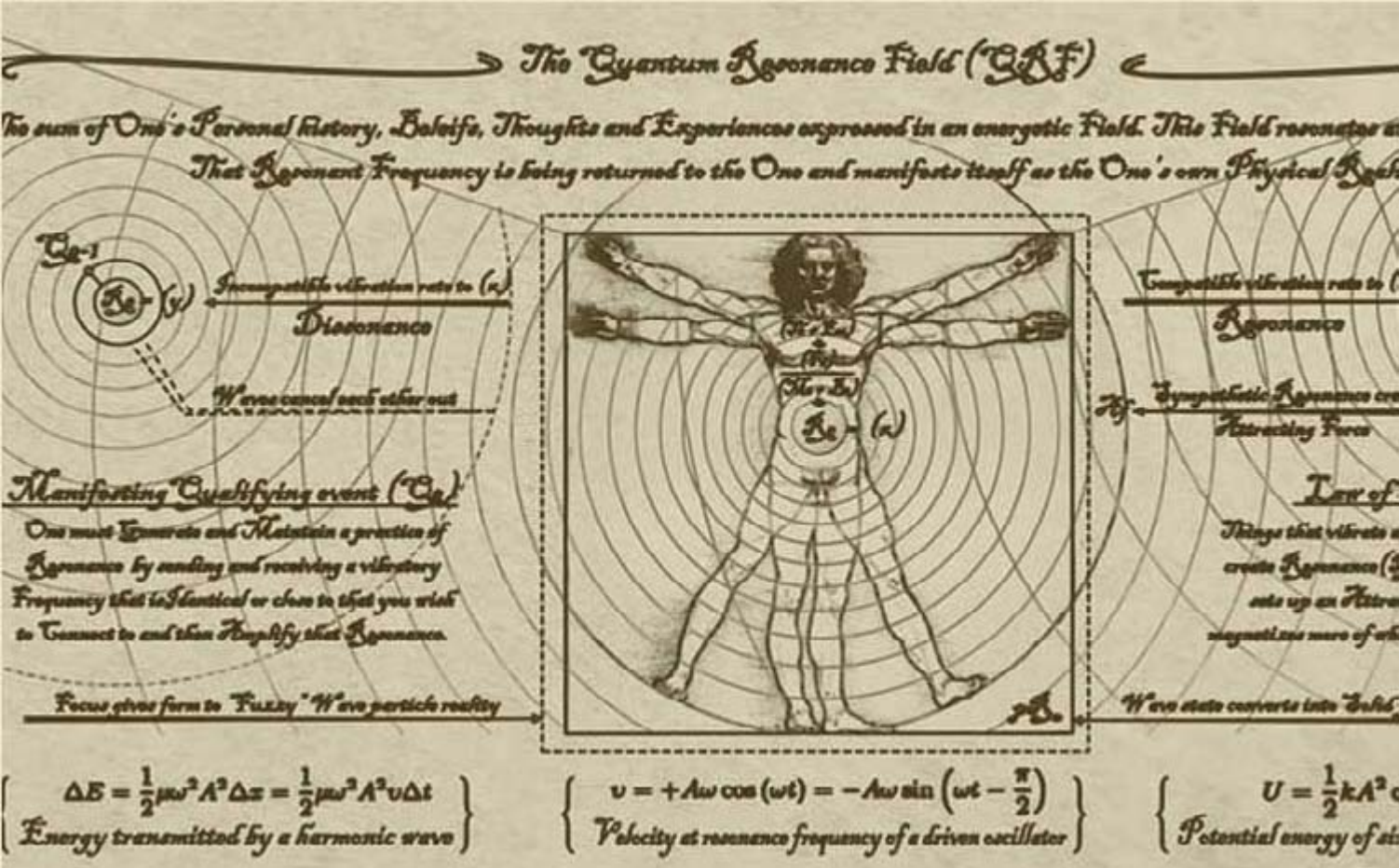




HEALING  
ARCHITECTURE

the power of environmental medicine



# THE 6 PILLARS OF HEALING ARCHITECTURE

## 3. Harmonizing Spaces

by Lydia Yiannoulopoulou, 2017

Through this synthetic process we deliver specific information to improve your space.

The universe, material and immaterial, is a time-space continuum. Different theories like Quantum Physics have proven that the observer can influence the experiment and vice-versa. Man and building space are two energy systems that are in constant interaction, providing each other with information. Space layout, the placement of a building in a location, and the inner arrangement of individual rooms in the building, can greatly influence the architectural result.

The crucial parameters in a macro-scale are: the relation of the building with the earth, the mountains, water bodies and sun orientation; in a micro-scale, the functionality, lighting, colors, shapes, movement, and privacy. The influence for example of colors on the body

takes place due to their emission in specific frequency of the electromagnetic spectrum, and consequently they interact with the brain waves, influence the heart pulse, the breath and other functions of the autonomous nervous system.

Taking the aforementioned into consideration, the use of healing space layouts is aimed to create new or rearrange existing buildings that are in harmony with their environment and their users. Solar orientations, according to ancient sciences of the planet, are linked to different building functions and correspond to specific body organs.

Architectural space is able to influence human psychology and consequently health in various ways. Modern medicine has now evidence that our psychological state is probably the most important factor that modulates our immune system. Therefore, it is seen that optimal architecture is created in harmony with the earth and people