



HEALING
ARCHITECTURE

the power of environmental medicine

WHAT IS HEALING ARCHITECTURE?

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

We, as architects, have the big responsibility of generating the man-made material world we live in. Healing Architecture concerns the creation of new and the rearrangement of existing building spaces that are healing to its users.

The main aim of the architect is to succeed in harmonizing all the factors which constitute the quality of a space. Healing is the process of re-establishing harmony in an organism, and it is the loss of harmony that leads to sickness. Healing cannot be understood apart from the dynamic factors of a person's life. It includes the person itself, the family, the community and the environmental frame as well as the immaterial world of energy- the quantum fields as named by Modern Physics.

A healing structure is a representation of the wider universal world. It is important that it resonates with the universal laws, as explained in different theories like the Systemic Theory, Field Theory, Chaos Theory and Morphogenetic Field Theory, among others.

In our time we spend more than 90% of our times indoors. Architecture, through specific choices influences the environment as a whole, and consequently humans as a part of it.

The influence of buildings on the physical and psychological health of people depends on some of the following factors and we must be aware of them and have the knowledge to correct them:

- 1) The choice of building materials.
- 2) The integration of the building in the local climate and microclimate.

- 3) The energy sources and energy autonomy
- 4) The relationship of the building to the solar orientations.
- 5) The layout, form and geometry of the building and the internal spaces.
- 6) The natural and manmade electromagnetic fields, the location and the relationship to the underground geology.

Physics has proven that the universe is holographic. That means that the very little is found in the middle and macro scale. This concept is known as fractality. Therefore, whatever takes place around us is a reflection of that which takes place within us. In order to realize what is taking place within us we just need to observe our environment.

Correspondingly, the space which we choose to live or work in, has the qualities that are in resonance with our inner self. Observing the space and its qualities, we can realize the problematic areas and the corresponding qualities of our life.

Consequently, by changing our environment and harmonizing it, we change the vibration of our life's reflection. This gives us the opportunity, whilst in resonance with this new vibration, to change the corresponding parts within us.

The building is our third skin, since clothing is the second after our own skin. We shape our buildings and following our building shape us. Changing the way we design it is possible to influence positively the health and well being of a larger amount of people and the consequences of that is a better health for the planet.

