

ARCHITECTURE+DESIGN

A N I N D I A N J O U R N A L O F A R C H I T E C T U R E

ISSN 0097-0239



9 770097 023695

THE ACCIDENTAL ARCHITECT

VINU DANIEL

**INNOVATION
IN ARCHITECTURE**



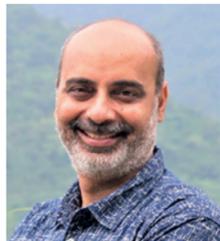
FOSTER + PARTNERS **GPM ARCHITECTS** MAD ARCHITECTS **MORPHOGENESIS**
MVRDV + GRAS REYNÉS ARQUITECTOS



ARCHITECTURE FOR WELL-BEING

9 Precepts of Bio-energetic Architecture

AUTHOR: Ar. Raman Vig



Ar. Raman Vig

Ar. Raman Vig specializes in designing Architecture for Well Being. Based in New Delhi, he is a certified Building Biology consultant from IBN Germany and specializes in Aayadi Vaastu—a little known arm of Sthapatya Veda that deals with design of harmonious spaces through dimensional resonance. After more than 25 years of domain experience as Design Principal at Studio Lotus and Associate Director at RSP Design Consultants, he decided to deep dive into his passion of designing architecture for holistic well being. In 2018, he founded the domain of 'Bio-energetic Architecture'

Spaces we build....

*Spaces that we build
They touch our lives so
Some 'effects' we sense
But much we still don't know*

*There's more to life than touch
Or what is known by 'sight'
Much happens in the 'realm beyond'
With passing day and night*

*Buildings are not just 'shells'
In which we live and grow
They deeply touch our 'Being'
More than there's to show*

*Like body holds our soul
And the two behave in sync
Spaces too resonate with us
Beyond what we can think!*

*Creating 'energetic spaces'
Is the way to go... for sure
It holds the key to a healthy life
a smile, peace and more.*

-author-

It was during the early days at School of Planning and Architecture, New Delhi, nearly three decades ago, that I came across these words by Winston Churchill:

'We shape our buildings and thereafter they shape us'

Nearly a decade ago, while diving deeper into the finer aspects of Vedic Vaastu precepts, I came across a similar quote:

*यत् पिण्डे तत् ब्रह्माण्डे
yat piṇḍe tat brahmāṇḍe*

As is 'the microcosm' so is 'the macrocosm'
(Quoted in context of habitat and human body and mind!)

Some part of me knew that it was no coincidence to come across similar 'quotes and messages', all of which seemed to tell me that our buildings and built environment influence the qualitative aspects of our lives in ways more than we credit them for. The manner in which our built environment molds us and our lives, became my seeking and subsequently the direction of my quest for an answer to some burning questions:

- Can the spaces we live in influence the quality of our life, to an extent that really matters?
- Is human well-being dependent on the built environment, beyond the realm of physical reality?
- If buildings 'communicate with us and our bodies', then what is that mode of communication?
- Finally... How can we develop 'architecture of well-being' and utilize the science and art of architecture to facilitate health, happiness and harmony in the lives of inhabitants.

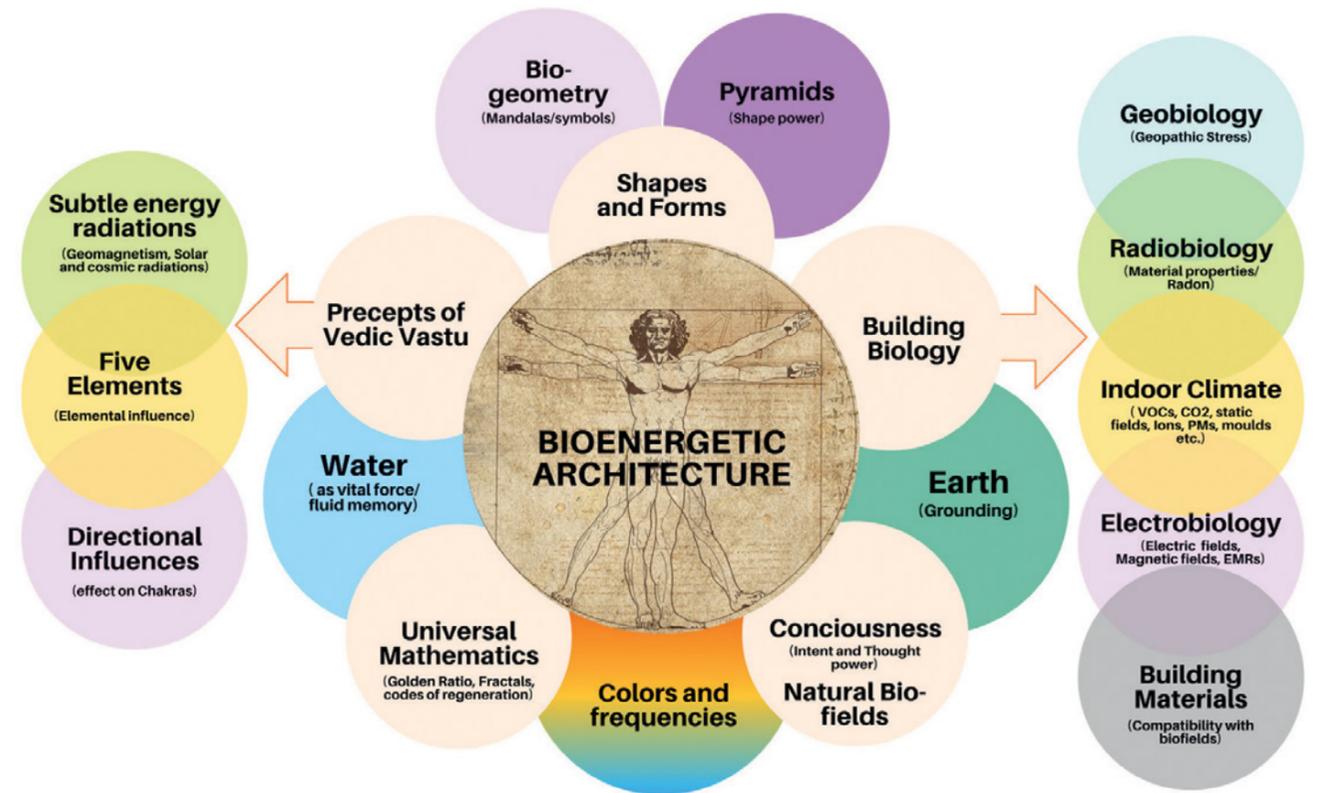
Through the journey to find answers to the above, it became apparent how the 'outer space' that we inhabit resonates with and impacts our 'inner space' (our thoughts as well as physical well-being). First step was to understand: What is well-being?

Six concepts of understanding 'Holistic Well-Being'

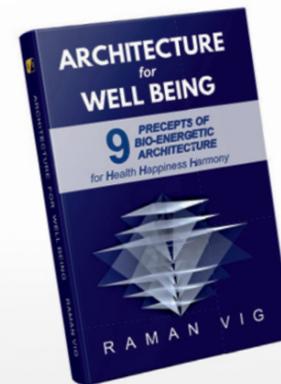
The essence of 'Well-Being' is captured most succinctly in the words of Sri Sri Ravi Shankar as: *"A disease-free body, quiver-free breath, stress-free mind, inhibition-free intellect, obsession-free memory, ego that includes all, and soul which is free from sorrow"*

For purpose of our discussion and scope of this book, we can stay with the following definition: "Well-being is achieving a state of health, happiness and harmony (within oneself and with the outside world) such that an individual can live the 'best-version' of himself or herself."

'Well-being' is enhancing one's life and faculties by being in sync with both nature and in complete harmony with life. A spontaneous outcome of well-



Multiple realms of Bioenergetic Architecture



Book: Architecture For Wellbeing: 9 Precepts of Bio-energetic Architecture
Author: Ar. Raman Vig
Publisher: Adhyyan Books
ISBN: 978-93-91374-35-8
No. of pages: 300 (63 coloured)
Year of Publication: 2021

being is an inner joy without any external stimulus.

Only 'Being-Well' does not define 'Well-Being'

The book explores 'six distinct concepts' to understand Holistic Well-being, which may seem disjointed at first glance, yet they collectively formulate the 'grammar' for a new paradigm for the integrated

dimensions of space design and well-being.
Concept 1: The idea of 'well-being'
Concept 2: The 'subtle' governs the 'gross!'
Concept 3: Matter – the 'frozen' Energy
Concept 4: Vibrations – the 'ballet' of energy
Concept 5: We are 'energy beings'
Concept 6: Toxin overload on Earthlings!

With this 'holistic understanding of well-being' subsequent chapters of the book explains how we can achieve well-being by taking simple yet impactful measures for designing spaces we inhabit and the way we live in them.

Bio-energetic Architecture: A paradigm shift in design consciousness

BIOENERGETICS is the science of energy transformations and energy exchanges within and between living things and their environments.
Merriam-Webster dictionary

'Bio-energetic Architecture' is a translation and application of the aforementioned concept (of energy exchange between human beings and their environment) to space design. It is a holistic design approach for the built environment, which focuses on creating spaces that are 'energetically aligned to have benign effect on human bio-fields' in addition to imbuing all desirable qualities of 'conscious and responsible' architecture.

In April 2019 Bio-energetic Architecture was

The aim and core approach of Bioenergetic Architecture is to 'enhance, expand and reinforce' the bio-field (Prana-shakti) of inhabitants, thereby facilitating health, happiness and harmony in the lives of inhabitants.

The 'Nine Precepts of Bio-energetic Architecture' articulate in a systematic framework, key aspects of space design and architecture. Each precept may be imagined like a 'nugget that addresses a unique aspect of space design'.

founded by the author as a 'Distinct Domain of Space Design' with the vision to offer a comprehensive framework for designing Architecture for Wellbeing.

What is Bio-energetic Architecture?

Bio-energetic Architecture is a multi-disciplinary approach to create spaces that can facilitate 'health, happiness and harmony' in the lives of those who

NINE PRECEPTS OF BIOENERGETIC ARCHITECTURE



Nine Precepts of Bio-energetic Architecture

inhabit such 'conscious spaces'. It is a discipline that seamlessly integrates through 9 Precepts of design in the domains of 'subtle energies', Shape Science, Vedic Vaastu, Building Biology and more with the process of habitat design.

How Bio-energetic Architecture works?

A strong and balanced 'Bio-field' (Prana-shakti) is the secret key to physical, mental and spiritual health and well-being. Happiness and harmony (within and with the world around) are spontaneous outcomes of holistic health.

The aim and core approach of Bio-energetic Architecture is to 'enhance, expand and reinforce' the bio-field (Prana-shakti) of inhabitants, thereby facilitating health, happiness and harmony in the lives of inhabitants.

Nine Precepts of Bio-energetic Architecture

The 'Nine Precepts of Bio-energetic Architecture' articulate in a systematic framework, key aspects of space design and architecture. Each precept may be imagined like a 'nugget that addresses a unique aspect of space design'. Each precept has been dedicated a sub-section in the book. The nine precepts of Bio-energetic Architecture are as follows:

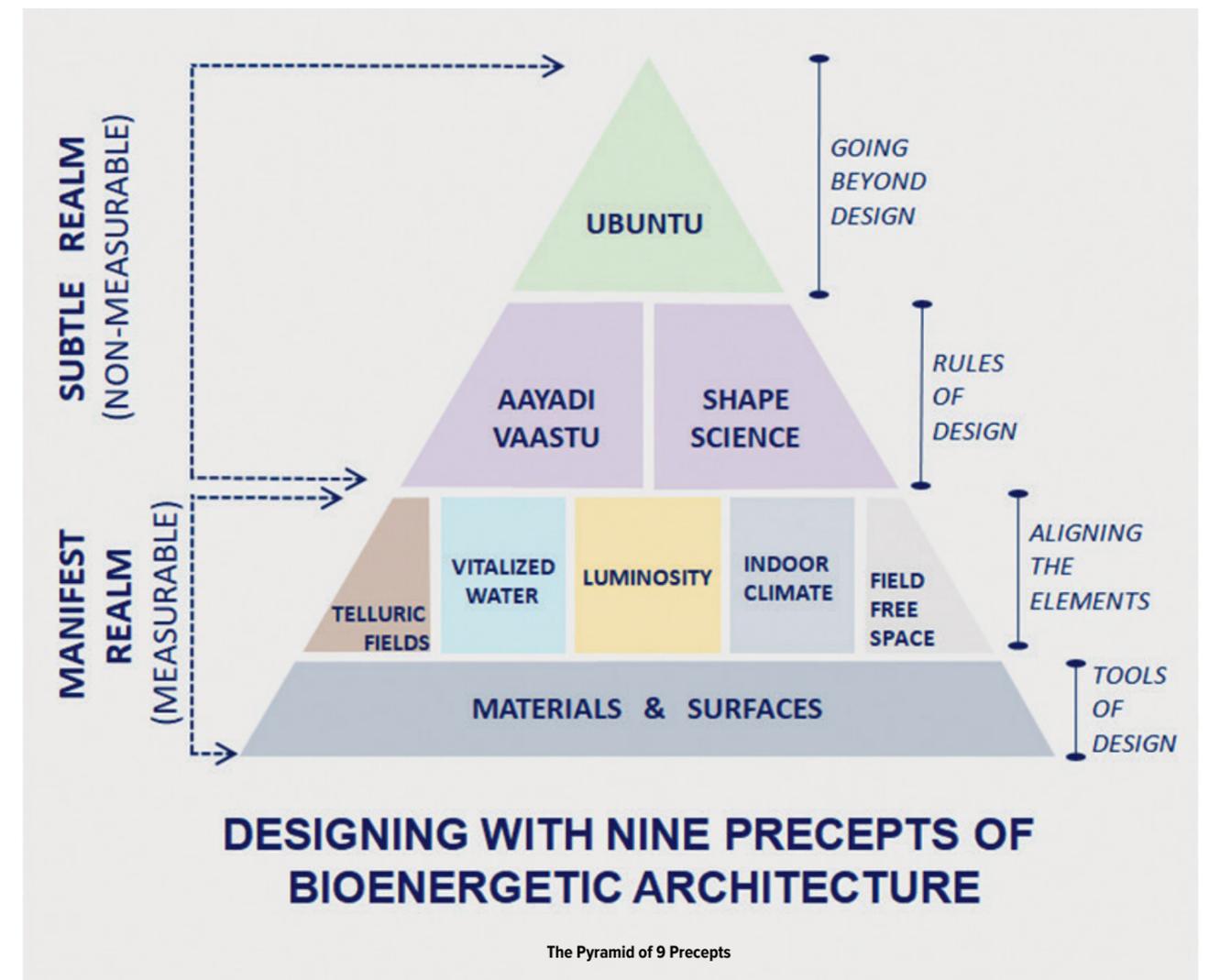
The first five of aforementioned precepts relate to the five basic elements (panch-maha-bhutas: earth, water, fire, air and space) that are known to be the causal components of the 'manifest world'.

- The precept of 'Telluric fields' is about earth element
- The precept of 'Vitalized water' looks at water element
- The precept of 'Luminosity' is about fire element in the form of light
- The precept of 'Indoor climate' focuses on air element and
- Lastly, the precept of 'Field free space' looks at the space element

The way man used to live in 'intimate connect' with nature, even as recently as a century ago, the balance of these five elements within human life was spontaneously maintained. With the advent of time, 'development and technological advancement' brought changes in the man-nature relationship. The 'apparent evolution of mankind', seems to have offered besides its numerous advantages two drastic side-effects: Firstly, pollution of all fundamental elements (except fire) and secondly 'a lifestyle' to most mankind that has disconnected the human body and mind from the natural elements.

Creating a built environment that helps re-establish connections with nature and facilitates re-alignment of body-mind-spirit with the five basic elements (in as pure a form as practically possible) is the greatest task for any 'conscious space design'.

The sixth precept of 'materials and surfaces' deals with the building blocks, the raw material and



finishes that are used in construction of spaces.

The last three precepts of Bio-energetic Architecture, however, are in a completely different league. These are:

- The Precept of Aayadi vaastu
- The Precept of Shape science
- The Precept of Ubuntu

These three precepts of design are about the 'subtle and non-measurable' realm of our existence. Present day science has no 'universally accepted' tools to quantify their effects, and more research is needed to actually be able to decipher the 'mechanism of impact' of these precepts.

The Pyramid of 9 Precepts

Since time immemorial, man has been aware of the 'subtle forces' and their impact on well-being. Yet these aspects remain excluded from present day design consciousness. As designers and as users, the focus on material reality is so 'intense and unwavering' that the aspect of 'subtle energies' is never considered as a design determinant.

Sensory architecture and design still remains the crux of most design evaluations even though most of us have experienced in our lives how potent and impactful 'abstract and subtle' realms can be when it comes to achieving healing, health, inner peace and bliss.

Precepts of design that address the subtle dimensions can enrich the experience and outcome of space design in ways that cannot be proven even though these can be (and have been) conclusively experienced by many who have imbibed these precepts in their built spaces.

The book attempts to 'introduce and integrate' each precept as scientifically as possible (along with examples of design application) and offers generic guidelines and tips at the end of each chapter, which can be applied by all—designers as well as non-designers—in daily life to achieve well-being.

The objective is: Incorporate and assimilate as many precepts in the design process and in lifestyle choices as possible. More the merrier! ✚

As designers and as users, the focus on material reality is so 'intense and unwavering' that the aspect of 'subtle energies' is never considered as a design determinant.