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The Living Architecture Experience

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LIFE & ARCHITECTURE...

Human life consists of maintaining the aliveness of the physical body and of cultivating the mind and the spirit.

Architecture, particularly the design and construction of dwelling places - sheltermaking - is central to that quest.

The nature of the human body is reflected in the nature of dwelling places, each having both a visible physical as well as invisible metaphysical aspects.

Life & Architecture both:

- » consist of matter and energy
- » are solar attuned
- » are sensitive to energies
- » require programming
- » have sensual qualities
- » have heart, brain, skin, intestines, kidneys
- » contain the 4 dimensions
- » have yin-yang qualities
- » are recyclable
- » have imaginative qualities
- » contain archetypes
- » have important relationship with food
- » suffer from severe imbalances
- » have inner-outer aspects
- » are sensitive to growth and development
- » have circulatory systems

'Living Architecture' articulates the idea that buildings are a reflection of people. When this realisation is introduced into the eco-building design+construction process it facilitates us getting in touch with what might best be described as 'the dream of our life' – in other words, who we are, where we are going and how we plan on getting there!

DESIGN

When we wish to design eco-buildings, in particular dwelling places, we must first express what this means to us before we can hope to construct it successfully. To do this we must engage with the physical as well as the metaphysical dimensions of our lives – our physical bodies, the environment, our feelings, our aspirations, our hopes, our imaginations and our dreams.



The similarities between people and buildings inform the Living Architecture processes of design and construction which are also influenced by the Earth, by nature, by gravity, by the Sun and by Space and its consort - Time.

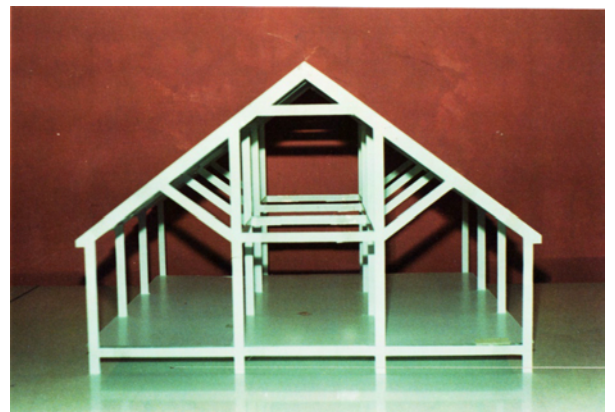
The mirroring of physical and metaphysical aspects of people and buildings allows the architecture to be imagined as a 'third skin' and as a vital component of a healthy, integrated and consciously lived life.



Generally, architecture is presented as being complex when, in fact, it can be very simple – literally four walls and a roof. It is life which is complicated and full of hidden meaning. When we accept this fact, and the nature of this invisibility, we can begin to distinguish between the visible and invisible aspects of buildings. This allows us to interpret the abstract nature of inner space as a reflection of our own 'invisible', or, inner selves.



Essentially, the interior of a building represents our emotional inner world, the vehicle of our meaningful progression through life, while the exterior forms the protective interface where inner and outer worlds meet. The emotional engagement made possible by such a 'living' architecture allows one to establish or enhance connections with the higher dimensions of life.



The conscious design and construction of eco-buildings appropriate to the living of a conscious and integrated life – eco-living – provides context for the potentiality inherent in an individual's life to be experienced, nurtured and assisted in developing. This aspect of architecture is generally overlooked because property, and the debts normally associated with it, have become the cornerstone of the prevailing economic system.

By articulating the vital link which exists between architecture and life the resulting synthesis of abstract and physical considerations has shown itself in practice to be an ideal means to address many of the demands of modern life, particularly how to live 'sustainably' and, most importantly, should one wish it, to live debt-free. It is also an easy and fun way of engaging with what are, in fact, the mysteries of life. How so? Because buildings are mostly made of space which is the stuff of the Universe! When we hive off a portion of this space (or properly-speaking this 'spacetime') it allows us to manage our connection to what in reality is a 'scaled down' Universe.

For further information all aspects of Living Architecture and on topics covered in this Workshop go to livingarchitecturecentre.com, click on 'Sheltermaking' then go to: ARTICLES & COURSE HANDOUTS from where you can read and download pdf's.

Also, by clicking on 'Sheltermaker's Manual' on the Home page you can view and download THE SHELTERMAKER DESIGN PROGRAMME, a copyright free summary of the unique Living Architecture design methodology in .pdf format.

You will also find other items of interest on that and other pages on the website.