

Contemplative Architecture

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Abstract: Relaxation and contemplation are becoming essential for living a healthy lifestyle. This study explores the influence of physical environment and architectural features which help to enhance the environment of healthy living in India. Contemplative spaces can help people who are suffering from a stressed lifestyle, depression and mental illness. The study is carried out by observing various behaviors of people suffering from disturbed and stressed lifestyles. The key findings on healing the lifestyles of people are noted.

Keywords: Relaxation, contemplation, contemplative spaces.

1. Introduction

Designing such a building which can affect a person physically and mentally as it focuses on both functional and psychological needs. Making such a contemplative space is a big task in itself, as it will affect the individuals who are already seeking mental peace. An area full of natural lighting and peaceful landscape will help one's mental state.



Meditation improves the quality of our lives not only because it helps getting rid of bad feelings related to stress anxiety and Depression, but it is instrumental to achieve or improve specific required skills. In working environments, a short break devoted to the practice can help staff recover from mental fatigue or improve creativity, while at school's kids can balance hyperactivity with improved concentration improve specific required skills.

2. Key to connect with self

A person seeking some mental peace and connecting oneself with god a positive and natural environment is supposed to be built where they can think, pray, meditate or simply just live the moment and feel the nature so that they can connect to themselves in deeper ways.

Building them an environment where they can speak and listen. It is important to have architecture that 'speaks' and 'listens'. This is how one can feel connected between environment and itself.

3. Related works

Karunashrya, Bangalore: home for terminally ill people. It is a care centre for cancer patients who are beyond cure. The balance is maintained between the sizes and forms of the courtyards with relationship between the green spaces and water.

One of the best examples showing contemplative architecture is Fallingwater by Frank Lloyd Wright. This is a good example showing harmony between man and nature.



4. Proposed methodology and discussion

Table 1
 Survey of people suffering from mental illness and anxiety

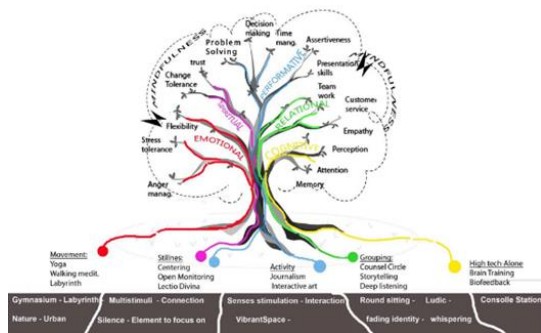
	Little sunlight	Ample sunlight
Stress level	63%	52%
Sleeping performance	75%	80%
Positive willingness	80%	94%

5. Results

- *Daylight:* The research shows that the exposure to sunlight gives better health outcomes. Natural light also affects a person's behavior.
- *Access to nature:* Nature has healing powers. It gives sense of freedom to the individual and connects to itself. It increases the recovery rates and decreases stress.
- *Creating positive distractions:* distractions such as painting, music, yoga, meditation and good aroma help in healing.
- : study has proved that difficult way findings may lead to depression and anxiety. It should have easy way

findings by use of colors, textures and materials.

- Arcaded walkways, serpentine pathways with water fountains, water body spatially and visually linking with the balcony and exterior space. Seating in the garden could vary from movable chairs and tables to a curvilinear seat-wall, for different comfort levels and positions in sun and shade. Use of earth-toned tint for decreasing the amount of glare.



6. Conclusion

Following points can be observed:

- Connection with day lighting
- Connection with nature
- Connection with self

In an attempt to explore the ability of environments to augment healing, design considerations were proposed. It focused on a communal usage. The gardens encourage patients to feel part of a larger group and offer an opportunity to focus on living plants that represent hope, growth. Presently, the healthcare center design includes the very strict regulations to

meet health standards. This dissertation focused on the exploration of potential designs that could stimulate the senses to reduce stress and aid healing. In fact, reflection on any invented landscape, in terms of the psychological or mental states they induce, ultimately leads to the concept of contemplation. Contemplation is a major part of passive recreation, including activities requiring a minimal use of facilities and which have a low environmental impact on the recreational site, i.e. walking, hiking, bird watching, and all sorts of sedentary activities.



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