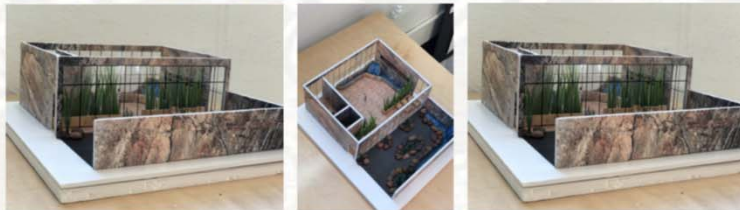


Fundamental Atmospheres: Designing for Spatial and Spiritual Experiences

MODEL IMAGES



DESIGN PROGRAM: to provide an experiential space for the empowerment of users to grow intellectually, spiritually, mentally or metaphysically

CLIENT: a non-denominational meditation space for UGA's Chinese Cultural Club situated in the Georgia Botanical Gardens

DESIGN GOALS: design a serene space for meditation through the incorporation of Nature and the Five Elements to promote community and self mental health and growth

DESIGN CONCEPT: Integration of Nature Within Through the Five Elements - Fire, Earth, Metal, Water, Air

INSPIRATION SPACES

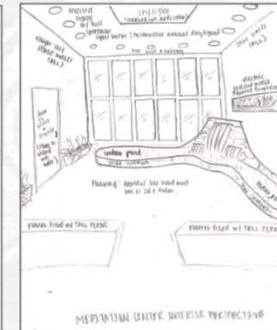
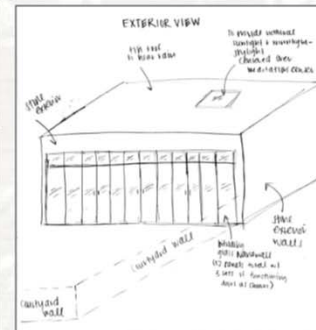
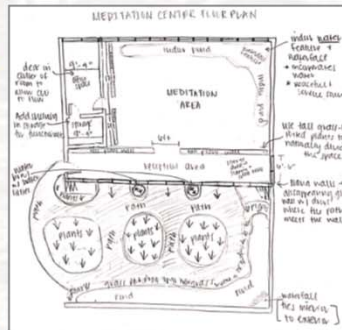


Curtain wall, stone interior, proximity to nature and nature within

Focal point of a water feature, stone walls, peaceful and serene natural scene

Chinese garden, strong focus on water, nature engulfing

DESIGN PROCESS IMAGES / SKETCHES

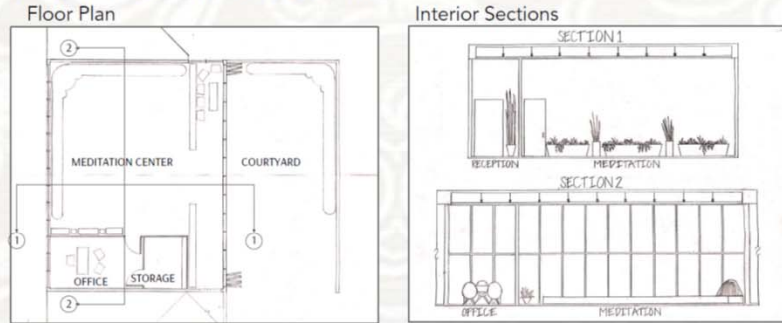


NATALIE MIES

2018 IDEC
NATIONAL
STUDENT
COMPETITION
REGIONAL
FINALIST

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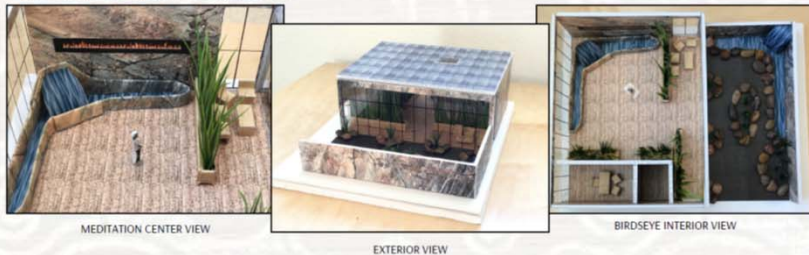
SCHEMATIC DESIGN PROPOSAL



MATERIALS



MODEL PHOTOGRAPHS



DESIGN CONCEPT

Integration of Nature Within Through the Five Elements - Fire, Earth, Metal, Water, Air - a key principle of Feng Shui

DESIGN STATEMENT

The basis of design is strongly influenced by nature and The Five Elements - water, wood, fire, earth, metal - and bringing this key principle of Feng Shui into the meditation space. Water is present through an indoor pond and waterfall, providing a soothing sound. Comfortable cork flooring grounds meditators to nature. The electric fireplace brings warmth to the room. The rough cut stone walls are cool to the touch, providing a balance to the fire. The tin roof and ceiling tiles allow for the relaxing sound of rain on the metal. Through these natural elements, the meditator feels one with nature.

DESIGN RESEARCH

In designing this non-denominational meditation space, I was inspired by the **Chinese practice of Feng Shui**, specifically it's principle of **The Five Elements - water, wood, fire, earth, metal**. To gain a deeper understanding of these elements and their significance in the Chinese culture, I attended a lecture on Feng Shui by Taian Wang, an interior designer in the Greater Atlanta Area. From this speaker, I learned that Feng Shui means "lucky", but that individually, Feng means "wind" and Shui means "water" and that it is a **"system for arranging your surroundings in harmony and balance with the natural world around you"**.

The two main principles of Feng Shui are Chi and The Five Elements. **Chi is energy**, and the **goal of Feng Shui is to have Chi gently flowing throughout your environment** rather than running straight through it or getting stuck or blocked. This is typically accomplished through **minimalistic furniture** arranged in a way that guides the energy through the space. I incorporated this into my design by having very minimal furniture and by creating space around the furniture, such as in the office of my design, to allow the Chi to circulate freely through the room.

The Five Elements are used to describe the colors, shapes and textures in a given environment. These elements represent both the natural world and the human health. They also each correspond to an emotion, and as I designed my meditation space, this is primarily where I drew inspiration from. **Water is connected to relaxation and inspiration**. I found this to be an important sensation in a meditation space so I designed an **indoor pond with a small waterfall to soothe during meditation**. **Wood corresponds with growth and expansion**, so I felt it appropriate to make this the source of flooring. Not only is **cork a sustainable and comfortable flooring option** but it is the element in my design which meditators will come in greatest physical contact with, signifying that one of the primary goals of meditation is personal, spiritual and mental growth. **Fire is associated with passion and emotion**, which I interpreted as the least important sensation of a meditation space, so I made this element minimal in my design with a **wall mounted electric fireplace**. Although I do not view this as the most important element in this space, I felt it was still important to include to **create the harmony and balance through the interaction of all five elements within**. **Grounding and stability are derived from the element of earth**, which I believe are largely important in a spiritual space. I chose to make earth, or stone, a prominent element in my design by using **rough cut stone slabs for all of the interior and exterior walls of the structure** and because walls provide the foundation, or the stability, for the building. **Metal is associated with strength and independence**. I find that many people tend to look up to something greater than themselves to find strength, so I found it fitting to make the **ceiling and roof out of tin**.

In Chinese culture, nature is very important. I wanted to incorporate nature into my design in all possible ways, extending beyond The Five Elements. I chose to create a **skylight centered over the meditation space** so that meditators would experience both the **natural sunlight and moonlight**, depending on the time of use. For the rest of my lighting, I chose to use recessed lights so as to not distract from the purpose of the space. In these fixtures, I have determined that **full-spectrum light bulbs** should be used to **simulate the effect and feeling of natural sunlight**. I also used **NanaWalls** for the wall facing the courtyard. This glass bifold wall allows for the entire wall to be opened up, **providing full access to the courtyard in pleasant weather, and to be closed during inclement weather while still providing the full view of the courtyard and the natural surrounding elements**. Another feature I included in my design is the **tin roof so that the sound of rain is clearly heard within**. Personally, I find this sound very soothing and inspirational so I incorporated it into my design as another way for those within to **connect to the natural world beyond the walls**. Lastly, I incorporated **planters full of plants** into the meditation space and to create a divider for the reception space. This **brings life to the space and ties together the incorporation of nature**.

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