Spirituality Is Weaving Its Way Back Into Mainstream Architecture

ACSF Architecture, Culture, and Spirituality Forum

Bring the topic of Spirituality Into The Conversation With Your Client

Architects, such as Michael Graves Architecture and Design Group, Frank Lloyd Wright Foundation and many others from around the world representing over 50 countries, are focusing on and believe that design and experience of the built environment can assist the spiritual development of humanity. Those architects are members of the international Architecture, Culture, and Spirituality forum or ACSF organization. Most recently the ACSF 2019 symposium was held this month (May 16-19, 2019) at Taliesin West in Scottsdale, AZ sponsored by the Frank Lloyd Wright Foundation. Click on this link to learn more about this organization. http://www.acsforum.org/.

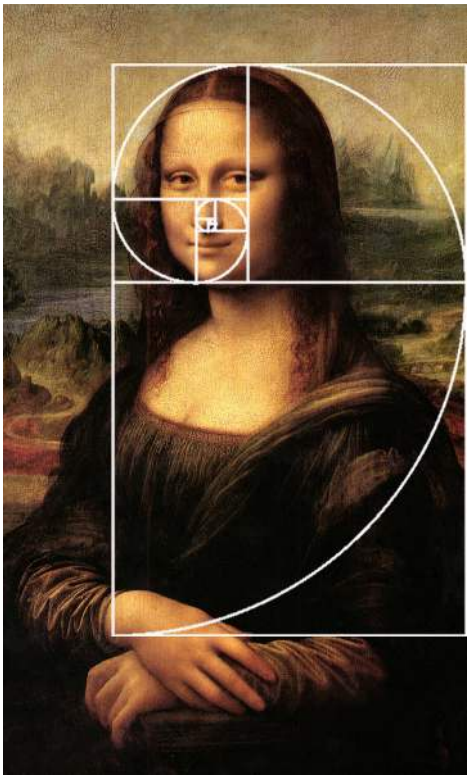
Wellbeing model by Mary Jo Kreitzer, RN, PhD, FAAN
Director, Center for Spirituality & Healing

Spirituality And Wellbeing Are Intertwined

Now more than ever, the idea of being spiritually focused has made it into the mainstream. From yoga, to prayer, to meditation, to mindfulness retreats and more. Society is so focused on their mental and physical wellbeing the industry is now a 3.4 trillion dollar industry. People are spending thousands of dollars a year driving around to find the right environment to advance their wellbeing. Unfortunately the environment which includes our home is a big part of ones physical and spiritual wellbeing, but constantly overlooked. While most of our lives are spent at home it begs the question, why wouldn't you design your home in a way that maximizes spiritual and physical wellbeing? For an architect, the question is how do I accomplish this?

Personal "Home" Environment

The simple definition of the word “home” by the Merriam-Webster dictionary reads: “the place (such as a house or apartment) where a person lives.” My definition of home is: "Home is where the heart is."
Heart is where your emotional, physical and spiritual balance resides and your home should be designed and built to allow for your maximum growth and wellbeing. So what if your soul/spirit does not feel at home in your home? This can create a painful paradox, one that many are being forced to explore now more than ever.



Science Of Architecture

Anyone will agree to the fact that we, humans, spend most of our time inside of a dwelling. Be it our home, office or some other structure. It's also a fact that all things in the universe have a level of energy associated with them. Hence it's apt to say that all buildings and even the land on which a building is erected has vibrations of energy associated with it.

Drawing a conclusion from above, it's easy to visualize that we are constantly bombarded with energies 24×7. Some energies are positive with helpful effects while others have adverse effects on us.

The science of architecture has been around for decades, illustrated by the Golden Ratio imposed over the Mona Lisa. These specific principles of design, layout, measurements, ground preparation, space arrangement, and spatial geometry are at the architects disposal and when used correctly they help to create a positive environment. Now when you take these design elements and marry them together with the understanding of energy flow, they integrate architecture with nature and harmoniously work to ensure the natural flow of positive energy throughout the building. This ensures that those living within the building are being supported and uplifted in their spiritual and physical wellbeing.

Personal Spiritual and Wellbeing

Gary Fuller, owner of ONE Residential, has embraced his personal journey in spirituality and physical wellbeing over the last 10 years. And for the last 2 years he has incorporated his spiritual understandings into his projects. His personal studies in Vastu Shastra - Science of Architecture - and other styles have reinforced the enormous impact energy and the principles of design has on those living and working in such buildings. Gary welcomes new projects that incorporate the science of architecture and principles of spirituality and wellbeing.

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