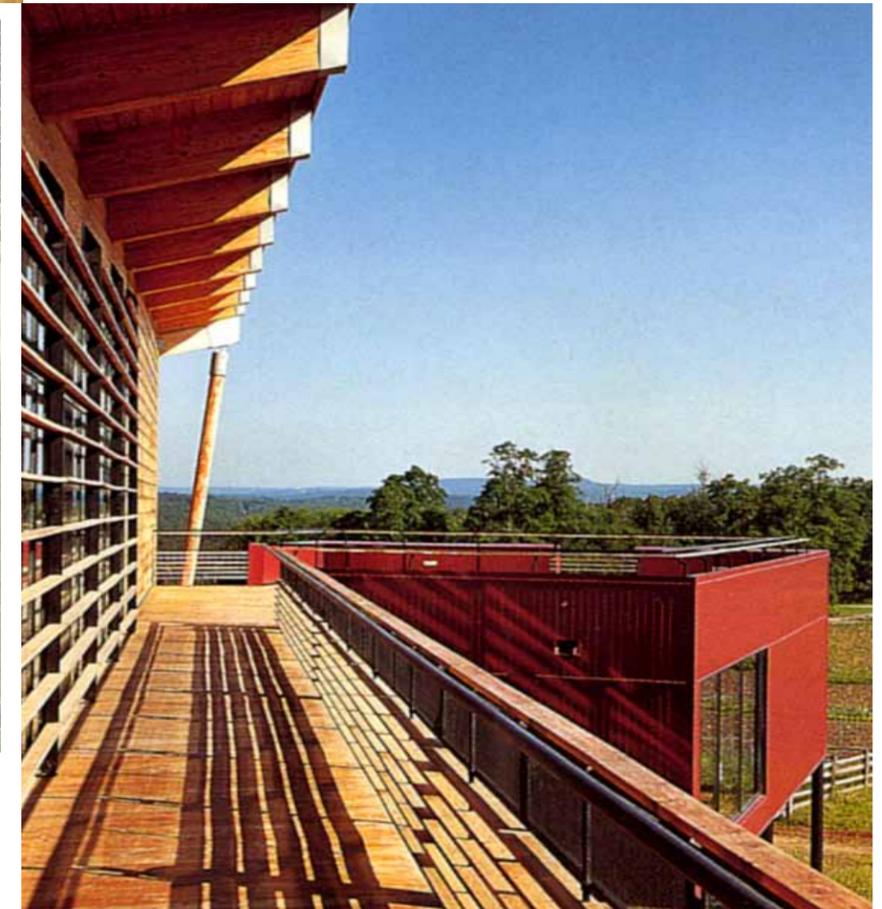


buildings that heal

the use of
energetic criteria
in the design of healing
environments



buildings that heal:

energetic criteria for healing environments

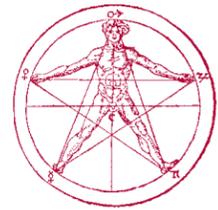
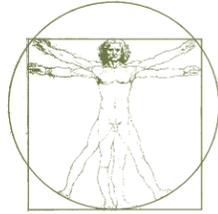


Healing is the process of re-establishing harmony within the organism. Illness implies a loss of this balance and the need for reintegration with the body's natural ability to heal and regenerate. Healing cannot be understood in isolation from the factors that operate in the dynamic life of an individual. These include the self, the family, the community, the environmental context within which life is carried forth, and the world of spirit or essence. Healing is dependent on reestablishing successful relationships and developing reciprocity between these factors. In fact, healing is not a process of curing or fixing, but rather a return to balance between all of these components. Health, therefore, is understood as the presence of this balance; illness is its lack.

Far from being inert containers, spaces can be understood to be fully participant in the healing experience. It *IS* possible to conceive and create structures that heal. Contrary to established belief, I see technology as only one aspect of this process. Although materials, structure, and equipment are part of this endeavor, equal footing can be granted to the land, the natural world, the community, our ancestors, and the spirit in all of this. Working with the totality of these forces can result in conscious co-creation of spaces that are not only useful, but which are vibrant and alive, and therefore capable of their own contributions.

This booklet represents an attempt to summarize my findings on the role of planning and architecture in the healing process. I have sought to convey the beauty and joy of my practice as a geomancer and feng shui practitioner through examples in which I have had the good fortune of being involved. I hope that you too may find inspiration and guidance from this.

metaphysical principles



THE ANTHROPOCOSMOS
The structure as a living entity has found many cultural manifestations: DaVinci's man as measure of proportion, a Renaissance ideal of man as symbol of alchemical transformation, and the Vedic Purusha of India. In all, space is the embodiment of cosmic man.



THE GENIUS LOCI
The spirit of place has been represented by many allegories. The dragon is by far the most common; it refers to the changing qualities of this spiritual force in the land. Others include the snake of Pre-Columbians, and the Sovereign Lady of the early Europeans.

■ A healing structure can be understood as a **holographic projection** of the larger cosmos and of its universal laws. This is because personal healing cannot be seen in isolation from the whole. Healing structures must therefore reflect these universal laws, embody their energy, and never stand against them. Holographic thinking postulates that every manifestation of reality is a reflection of the larger totality of existence and that the whole is contained in the part and vice versa. Based on metaphysical principles, holographic thinking is also connected to modern principles in physics and cosmology, most notably systems theory, field theory, chaos theory, and Rupert Sheldrake's morphic resonance

■ A healing structure is an **anthropocosmos**: it must reflect its relationship to the body of the earth and to human potential in its four aspects: body, mind, spirit and feeling. This concept argues that the larger reality is holographically related to the human body and to the body of the planet. It also argues that a structure is like a body: alive, conscious and responsive. Anthroposophy was used extensively by the Greeks. In the Orient it is related to the chakras of the body's energy field and the **Vastu Purusha** of the Vedas. This concept is also related to Da Vinci's, Serlio's and Palladio's notions in architecture, as well as to Pythagoras and therefore to all of sacred geometry. Notions of anthroposophy have ruled city planning and site planning for millennia, most notable in Medieval Europe, China, and Japan. This concept refers to both the form as well as the purpose of the structure and is related to the concept of the holographic universe.

■ Healing is achieved when an individual reestablishes balance within him- or herself and in concert with the spirit of the land, also known as the **genius loci**. The latter is the essence and power of the land. It refers to the energies which are specific to the site and which need to be honored in the process of planning and building. These include rocks, land formations, trees and vegetation, wildlife, and the spirit that animates them. This, furthermore, can only be achieved in concert with the **historical context of the land**. Building on sites that have been used as burial grounds, or which have seen traumatic events such as war, death, suicide, or crimes can have a detrimental effect on health and recuperation.

■ Form follows both **function and spirit**. A healing structure mediates between the Material Realm and Universal Reason (spirit or soul). It thus lies at the intersection of technology and spirit, science and compassion. Form must be considered in relation to its sacred and spiritual purposes.

■ A healing site is by its very definition a **sacred site**. Design should reflect this truth. The participation of spiritual forces in the healing process can be invoked through the construction of chapels, shrines, labyrinths, monuments, fountains, or pagodas.

■ **Sustainability** has spiritual as well as technological dimensions. Buildings hold a responsibility to Nature, Universal Reason, the **genius loci**, and the community's values. They should not cause damage through intent, ignorance, neglect, or inertia.

■ Therefore, a healing structure holds responsibility to:

- (1) **The Community**: to educate, to inspire, and to act as the repository for wisdom into the future generations;
- (2) **Nature**: to preserve and care for all of life and its material resources;
- (3) **Spirit**: to exalt all that is highest in human aspiration and intellect.
- (4) **The Site**: to preserve and honor the land and its ancestry.



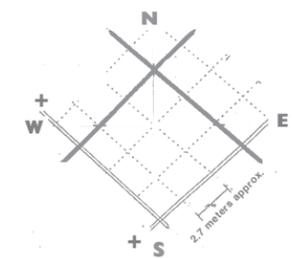
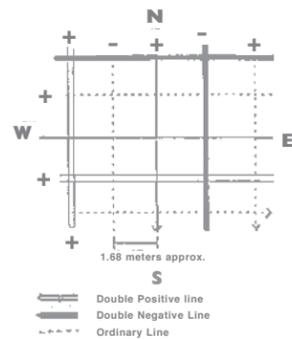
All of the spaces illustrated here have one thing in common: the ability to heal their users. They achieve this through a combination of design, intent, and geomancy.
From top: Trellised walk in Ayurvedic farm, Valle de Bravo, Mexico;
Healing garden and pool, St. George Hospital, London;
Therapeutic horse riding stable, The Center for Discovery, Harris, NY;
Healing garden, Kartause Monastery, Turgau, Switzerland;
Retention pond at the Patrick H. Dollard Discovery Health Center.



land energy & earth healing



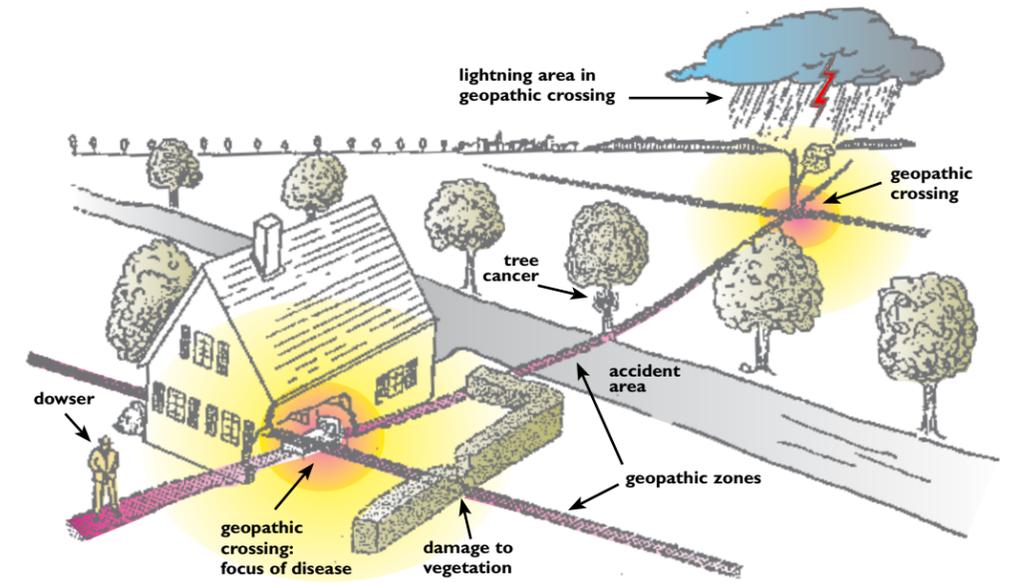
GLOBAL LEY LINES
Ley lines are lines of earth energy that can traverse huge distances. One of the longest lines discovered to date is the Apollo/St. Michael line that connects Skellig Michael in Ireland with Mt. St. Michelle in France (top), and the Temple of Apollo in Delphi, Greece.



GLOBAL MAGNETIC GRIDS
The German medical dowzers Ernst Hartmann and Manfred Curry have postulated the existence of magnetic grids that encircle the globe and which can have a significant impact on human health. The Hartmann grid (top) runs north-south and east-west. Curry's grid runs at a 45° angle to Hartmann's.

- The life force on this planet is the result of *cosmic energy* streaming into our planet from the sky and its interaction with the *biosphere*. This vast complex of energies that cross over the surface of the globe is fundamental to life, healing, and recuperation. This array of vibrations is so fundamental to life that without it life is impossible. Space travel, for example, requires special on-board resonators that mimic the frequencies of the earth, otherwise bone density is quickly lost.
- The energy of the globe is contained in the land, it is distributed by the topography, and held in reserve in mountains and lakes. Earth energies change with the seasons and are influenced by the phases of the moon, solar flares, and ambient temperature.
- Traditional peoples have chosen to conceptualize this energy complex as a *web of energy lines* interspersed with areas of rising or sinking energy. Earth energy is distributed by these energy lines, which are similar to the meridians of Chinese acupuncture. These include *ley lines* and *dragon veins*, which are concentrations of energy that follow discreet paths. Sites too removed from these lines have less potential for healing.
- Earth energy lines sometimes cross, forming *energy crossings* which are locations of vast potential for healing. Many temples and healing structures in the ancient world were intentionally located on such powerful places. The power of these sites was often associated with the *genius loci* (see page 4) and exalted in folk tales and myths.
- *Power spots* are localized concentrations of energy which may or may not be related to energy lines. Although residential use is discouraged on such powerful sites, they are the most desirable location for a healing structure. Traditional healers prefer to work on such spots as the healing potential of these places is unsurpassed.
- There are certain normally-occurring conditions in which earth energies can become injurious to human health. These include areas of magnetic deposits or underground streams. Earth energies can also be rendered harmful by human activities such as blasting for foundations, mining, and war. Known as *geopathic stress*, these forms of trauma to the earth are becoming ubiquitous. Research has linked geopathic stress to many illnesses, including cancers, immune disorders, sudden infant death syndrome, myalgic encephalomyelitis, arthritis, and rheumatic disorders. Because these forms of energy can be seriously injurious to human health, curing and controlling geopathic stresses is of fundamental importance in site planning.
- Geopathic stress can be cured with *earth healing* if the trauma is not too great (see opposite). Stone or metal monuments, crystals, and special rituals are sometimes used to perform *earth acupuncture* (see page 11). However, it is always best to locate healing structures in areas free of such negative influences.
- Earth energies interact with the *global magnetic grids* to create areas of greater or lesser potential for healing. Unlike earth energies, which are manifestation of geological processes, *magnetic grids* are created by the magnetic polarity of the earth. These are conceptualized as a regular grid of polarized lines that circumscribe the planet (diagrams at left). Under certain circumstances the lines in these grids form *negative crossings* which can be harmful to humans and should be avoided.

GEOPATHIC STRESS
This diagram illustrates the main criteria for geopathic stress diagnosis. Lines of compromised earth energy (in red) criss-cross the landscape, causing damage to hedges and cancer growth in trees. Geopathic zones are also notorious for the accidents they seem to attract. Wherever two lines of geopathic stress cross, lightning strikes are more likely and sickness is often found. Besides these and other diagnostic signals, geopathic stress is readily detected through dowsing, a technique that makes use of devices to amplify the dowser's own natural sensitivities.



EARTH ACUPUNCTURE
Cures for geopathic stress include earth healing techniques such as Earth Acupuncture. In the photo at right, a group of volunteers at The Center for Discovery pause after construction of a cairn (stone pile) used to anchor one end of a ley line. The boulders below anchor the other end. In both cases the cairns and boulders were used to connect two areas of the property that had been separated by the construction of a highway, which had caused massive geostress across the entire site.



the healing power of water



WATER MIRACLES
The Japanese researcher Masaru Emoto has taken laboratory photographs of water crystals. He discovered that polluted water from Fujiwara Dam (top) crystallized differently after a prayer was offered (second from top). Additional photos show the effects on the water crystals of such phrases as "Thank you", "I will kill you", and a Tibetan Sutra.

- Water is symbolic of the vitality in life and is key to the sacredness of a healing site. Water can be metaphorical of peace, tranquility and calm. Conversely, it is also associated with vitality, fertility, abundance, fluidity and movement. Water opens up the contemplative nature of the soul and helps to elicit memories and a sense of belonging. Because water is a feminine energy, it is also associated with the land and with the *genius loci*.
- Water helps to distribute vital *sheng chi* throughout the landscape, both as surface rivers, creeks, and lakes, as well as in underground streams. This force can be tapped by enhancing naturally occurring water in site planning or by introducing it into the site or the structure in gardens, water features, and vistas.
- **Surface water** has the ability to enhance both healing and prosperity, provided it is located on the proper direction in relation to the building and the site. Geomantic practices the world over (such as feng shui) refer to ideal locations for water in the landscape
- Surface water can be incorporated into a site in many ways: as a gushing stream in a fountain it is symbolic of the life force, of surmounting obstacles, and initiating new life. As a slow moving, meandering stream or creek, water is symbolic of the river of life and our personal life path, and is also allegorical of progress and attainment. As a waterfall, it is symbolic of a leap into the unknown, of courage, and triumph over fear. As a still pond, water is symbolic of contemplation, of the soul's yearning for truth, renewal and healing.
- Water that disappears into the earth, a cave, or crevice is allegoric of the cycles of life and death and can be a reassuring symbol of our ability to overcome even the most dire circumstances. Adding a bridge over moving water is a powerful symbol of our ability to overcome obstacles. It also helps to define our journey within the landscape and to create a sense of natural transition into more pristine environments.
- **Underground water** (rivers, aquifers) have the potential to greatly augment the healing power of a site. These can be reliably located by *dowsing*. Dowsing is a time-honored skill which allows its user to perceive energies such as underground water despite the fact that they cannot be seen. Experienced dowsers can locate underground water on site or remotely using maps.
- Water that rises towards the surface from below the site is particularly beneficial. If the water does not break the surface it is called a *blind spring* (see photo opposite).
- Underground water, like the energy lines, can also be traumatized; *geopathic stress* often involves compromised underground water known as *dark streams*. In such cases it is necessary to perform earth acupuncture in order to heal the problem. As with other forms of geopathic stress, it is important to cure or avoid such areas as they have been implicated with many serious medical conditions.
- The quality of water is of great concern in geomancy. This not only includes the potability and cleanliness of this valuable resource, but also its energetic integrity. There is growing evidence that water is capable of carrying spiritual information and that unless managed consciously, it can lose its power to nourish, regenerate, and heal. The illustrations at left demonstrate how ordinary water can change its crystalline structure in response to verbal stimuli.



UNDERGROUND WATER

Underground water was part of the site selection criteria for many of the world's ancient healing sites such as Santiago de Compostela and the temple of Apollo in Delphi. At the Kartause Hospital in Turgau, it is allowed to surface naturally (above). In the nearby town of Bischofszell, a labyrinth marks the spot where underground water rises to the surface but does not break (a "blind spring")



SURFACE WATER

Moving water in view of a structure can augment its capacity for healing and prosperity. Although this analysis requires a knowledge of compass feng shui, water can be activated in fountains, waterfalls, and internal pools and water features. Above, a retaining pond at the Center for Discovery; below, the Jardin d'Horta in Barcelona; at right a chapel fountain at Woodwinds Hospital in Minneapolis.



glossary of useful terms

geomancy

The generic attribution of all earth-based disciplines which deal with human settlement on the land. It derives its roots from **geo** meaning "earth" and **manteia**, meaning "understanding" or "divination". Geomancy has been used widely around the world since at least the Paleolithic era. The Roman *augur*, who was responsible for the demarcation of city limits and orientation in the landscape, was a geomancer and city planner. He was also in charge of the oracles. Geomancy has left brilliant examples of its craft at Stonehenge, Chartres, the great pyramids, Teotihuacan, Macchu Picchu, and in Medieval city planning. In various forms it is still used today in modern practice, particularly in Britain, Switzerland, France, China, India, and Africa. Chinese feng shui and India's Vaastu are but two of many local variations. Geomancy includes both time and space dimensions, which it considers to be part of a single continuum. Heavily based on cosmological and metaphysical principles, geomancy was a fundamental part of the building trades until historically recent times. Modern geomancy has found new relevance because it is an earth-based discipline which has a wide variety of tools to understand, manage and correct issues in the environment as well as in ordinary life.

feng shui

A Chinese geomancy discipline which is concerned with the placement, orientation, and distribution of architectural spaces in the landscape. It is used, in various forms, by millions of peoples in China, Taiwan, Indonesia, and Japan. Feng shui means literally **wind** and **water** and refers to the subtle energies (wind) and the more obvious physical energies (water) present in reality. Feng shui is used not only to design spaces but also to help in the generation of prosperity, good health, longevity, and success. Often referred to as "acupuncture of space" feng shui has grown to include Western geomancy, geobiology, green architecture, and sustainable economies.

vastu shasta

Vastu is the traditional Indian science of building design and spatial configuration. It is based on principles of measurement, rhythm and proportion as the basis for all material manifestation. It espouses principles which are both metaphysical and ecological, mythical and practical. Often referred to as the feng shui of India, vastu not only is concerned with placement and design but also with the sacred and hidden aspects of reality. It postulates that mind and spirit are capable of infusing life into space.

holographic universe

The notion that every manifestation of reality is a reflection of the larger totality of existence and that the whole is contained in the part and vice versa. Based on metaphysical principles, holographic thinking is also connected to modern principles in physics and cosmology, most notably field theory, chaos theory, and Rupert Sheldrake's morphic resonance.

anthropocosmos

The notion that the larger reality is holographically related to the human body and to the body of the planet. Anthroposophy was used extensively by the Greeks. In the Orient it is related to the chakras of the body's energy field. This concept is also related to Da Vinci's, Serlio's and Palladio's notions in architecture, as well as to Pythagoras and therefore to all of sacred geometry. More recently it was the basis for Rudolf Steiner's Temple of Healing in Germany and Keith Critchlow's Sai Baba Hospital in India. Notions of anthroposophy have ruled city planning and site planning for millennia, most notable in Medieval Europe, China, and Japan. This concept refers to both the form as well as the purpose of the structure and is related to the concept of the **holographic universe**.

genius loci

The spirit and power of the land. It refers to the energies which are specific to the site and which need to be honored in the process of planning and building. The **genius loci** is also associated to the communities, history, traditions, and other structures that occupy that land.

chi

The term for vital energy in feng shui. It describes the animating principle which imbues physical space with vitality. Chi nourishes and supports and is considered necessary for health, prosperity, longevity and success. Chi is categorized into three types. **Sheng chi** is positive or auspicious. **Sha chi** is negative, inauspicious or destructive. **Ssu chi** is stagnant or unmoving.

the pakua & the loshu

Feng shui design tools which correlate sectors in a floor plan to the movement of energies in space and of change in time. They are primary tools for understanding the correlation of space and time in the physical dimension. They have correlations with magical mathematical squares in Western mathematics.

flying star

An elaboration of the **loschu** which enables the plotting of change in time within architectural space. It is used to predict the likelihood of material success, good health, and good relationships within a given structure for any given period of time. Highly accurate, this technique is based on the orientation of the structure in space and on the time of its construction.

power spot

A concentration of vital energy. Usually it is experienced as an upsurge of **chi** and is often associated with open springs, **blind springs** or **energy lines** (see below). Such spots were actively sought throughout human history as locations for healing structures and holy sites.

blind spring

An upsurge of underground water which does not break through to the surface of the earth. Considered highly desirable for healing purposes, blind springs can be located through **dowsing**. They have been found under such notable sites as Avebury, Chartres Cathedral, Santiago de Compostela, and at all the major Asklepan healing temples in Greece.

energy lines

Pathways for energy which traverse the landscape and which serve to distribute the vital force of the land. Earth energies are considered to be alive in the landscape. Their movements are regulated by topography as well as time and follow patterns which are variously referred to as ley lines, energy lines, dragon veins, earth meridians, etc. **Ley lines** are polarized lines which traverse the land in roughly straight courses. **Dragon veins** are more connected to topography, tending to follow the high contours of ridges and mountain ranges.

geopathic stress

Trauma induced upon the earth by a variety of motives, and which is considered potentially damaging to human health, husbandry, and agriculture. Geopathic stress can be caused by compromised underground water, mineral deposits, or deviations or overlapping of the **global magnetic grids** (see below). Recent research points to correlations between geopathic stress and illnesses such as cancers, immune disorders and psycho-spiritual illnesses. Modern construction methods that damage the earth and the absence of **building rituals** have compounded this problem.

dark stream

A form of geopathic stress which involves compromised underground water streams. This is not related to water tables, although some interaction is possible.

global magnetic grid

A grid of regularly-recurring lines of magnetic energy which distribute the earth's polarity around the globe. They have been found to encircle the earth both longitudinally as well as latitudinally, and repeat at regular intervals. Their amplitude seems to be affected by telluric phenomena, moon cycles, and sun flares. Despite their unerring regularity, they are often absent within sacred enclosures, such as at Karnak and Chartres. Some interactions have been identified with illnesses of various types.

earth healing

The generic appellation for a series of techniques used to cure problems that affect the energy of the land. These are an important component of site planning and building practice. They are often called for in situations where there is **geopathic stress** or desecration to the land. It is also used when construction is contemplated on ancient burial grounds or areas that have seen war or crime. Techniques have been incorporated into this practice from Native American ceremonies, European mysticism, Balinese and Japanese house rituals, and Chinese **feng shui**.

earth acupuncture

One of many **earth healing** techniques that consists of inserting crystals, stone, or metal artifacts into affected energy lines in order to cure them. The multi-tiered pagodas of China are conscious examples of this craft. It is also believed that many of the megaliths of Europe, the Egyptian obelisks, Mayan stellae, and Buddhist stupas served similar purposes. Contemporary earth acupuncture uses crystals cut with lasers into precise and complex geometries (see page 20).

electromagnetic fields (emfs)

This term refers to the fields created by the electrical grids and equipment which deliver services to homes, offices, factories, hospitals, etc. Recent and controversial studies point to correlations between emfs and certain types of cancers (i.e. childhood leukemia, brain tumors) as well as infertility.

building rituals

The body of rituals and processes which are meant to connect the practice of architecture and planning to the power of the land, the cosmos, and to the ancestral influences of location and history. They invariably honor the **genius loci** as well as the **anthropocosmos** (see above). Performed by specialists, they include **ground breaking ceremonies, space clearing, blessings** and **earth healing**, among others.

dowsing

A traditional geomancer's technique for locating minerals, underground water, or **energy lines**. Dowsing is a respected profession in many cultures and is used by surveyors and builders worldwide. Dowsing is performed with special tools that allow the practitioner to amplify vibrations emanating from the materials or energies being sought, even though these may be buried deep in the earth. Skilled dowers can find materials by dowsing on site or remotely, by dowsing maps.