

Meditation and Spiritual Center

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Abstract - The topic has covered all the required information on hand from what is meditation and spiritual center to the specification to history to performance and so on. Aim, objective, and Methodology has the whole coverage of this project it contains the process of building a new meditation center and some of the case studies which has cover all the following information about color, lights, and material required for meditation and spiritual Centre. Project plan, elevation, 3D has also been fully covered.

Key Words: Meditation, Spiritual, performance, Specification.

1. INTRODUCTION :-

A meditation and spirituality center are a relaxation place specifically designed and built for the basic purpose of relaxation and calmness (where the interior does most of the work) of mind. A place where meditation and spirituality related activities are practiced either individually or as a group. Meditation is the process of training your mind to be focused; and spirituality is a learning process to connect with Divine energy it is also related with human emotions. Architectural way to handle this by providing meditation center and spiritual center unlike open halls, creating a meditation center with acoustic and landscape features would enhance this art of practice and learning of Devine energy.

So, I chose this topic to provide a space for mediators all over the world and to exchange their peace of mind through education and experience.

2. Body of Paper

HISTORY: Hindu ,Vendatism is from around 1500BCE . Vendatism is a school of spiritual enlightenment of the earliest known Indian paths of spirituality. The other form of

meditation states around 5th and 6th centuries BCE within taoist China and Buddhist India .

How old is meditation?

The two main meditation place and how far they date back .

INDIA - In the oldest record from 1500 BCE in India, Dhyaan and Jhana is referred as the training mind or we can say it meditation.

This record came from Hindu tradition of Vendatism and the various meditation practices around India.

PROBLEM IDENTIFICATION:

People need relief from daily life humans sometime needs a proper relaxation for themselves for that they need a space which is calm and relaxing to provide relaxation and calmness to the person we identify the problem and built the Meditation and spiritual center.

CASE STUDIES:

A)GAZEBO MEDITATION CENTER

INDIA, Architect STUDIOARO , AREA 200FT2 .The gazebo was built using many types of bamboo and cane and by incorporating many multiple ting beams and arches . An framework is made to give the strength to gazebo. Bambusa balcooa was split for flexibility and then bunched together to creat the arches. Three opening were also given on the upper side of ventilation and light. Good quality material which is harvested and treated with the right process is hard time at right time.Best known architecture firm in the world harvest bamboo and treat their own bamboo. An lead architect Aroty Panyang and a group of enthusiastic builders who have expertise in working with natural materials. The mature and best quality bamboo is treat with naturally occurring salts , and then preservation technique increases the bamboo durability. The result is whole organic and this is the key advantages of building with bamboo. Contempopary Bamboo have unique uplifting quality they are difficult to

achieve with conventional materials. The most attractive feature of modern bamboo structure lies in its ability to invoke a sense of awe and wonder in anyone who engages. Meditation gazebo stands as a testament to the versatility and beauty of bamboo. When the nature meets human senses the combination, we get is the pure form of Divine energy that increases focus, blood circulation and more to human mind. Bamboo helps to give essences of calmness When the nature meets human senses the combination, we get is the pure. Bamboo helps to give essences of calmness.

B) SATTRAPIROM MEDITATION CENTER

Thailand, Architect- Ken Lim , Area 1000m .Made for Vipassana Meditation , the monks and villagers practice here .Place is also designed to engage multi purpose use for the community and Buddhist activities. This place is also designed to engage Buddhist activities and multi- purpose use for the community.The main touch is added as from interior point of view which gives a glimpse of spiritual energy. Interior elements which provide security, privacy and looks.This is center has planned outside the city between greenery because people could easily Connect to nature and feel the Divine power. The center has built in such a way that triangle shape picks which is made up of plywood which is an interior material building will attract more energy than a usual shape do.

COLOR PSYCHOLOGY

Color is energy vibrating at certain speeds. Higher vibrations produce cooler colors like blue and indigo, while Lower vibrations produce warmer colors like reds and orange. At the highest vibration, the two ends of the color spectrum meet together and produce violet. Your chakras sit on a color spectrum inside your body, with the lowest vibrations at the bottom of your spine, to the highest vibrations at the top of your head.

COLOUR AS A THERAPY

Several ancient cultures, including the Egyptians and Chinese, practiced chromotherapy, or the use of colors to heal. Chromotherapy is sometimes referred to as light therapy or

colorology and is still used today as a holistic or alternative treatment. In this treatment:

- Blue was believed to soothe illnesses and treat pain.
- Red was used to stimulate the body and mind and to increase circulation.
- Orange was used to heal the lungs and to increase energy levels.
- Indigo shades were thought to alleviate skin problems.
- Yellow was thought to stimulate the nerves and purify the blood.

COLOURS AND MEDITATION

This is a powerful visualization involving meditation on colors and shapes designed to improve your concentration and the quality of your meditation practice. Visualization may be defined as forming a mental image that is similar to a visual image. Potential Benefits from Visualization can include:

- Improving our concentration during meditation
- Discovering positive benefits from meditating on different colors and color combinations
- Discovering positive benefits from meditating on different shapes and colors within shapes.

To create meditation center you should keep these things in mind: -

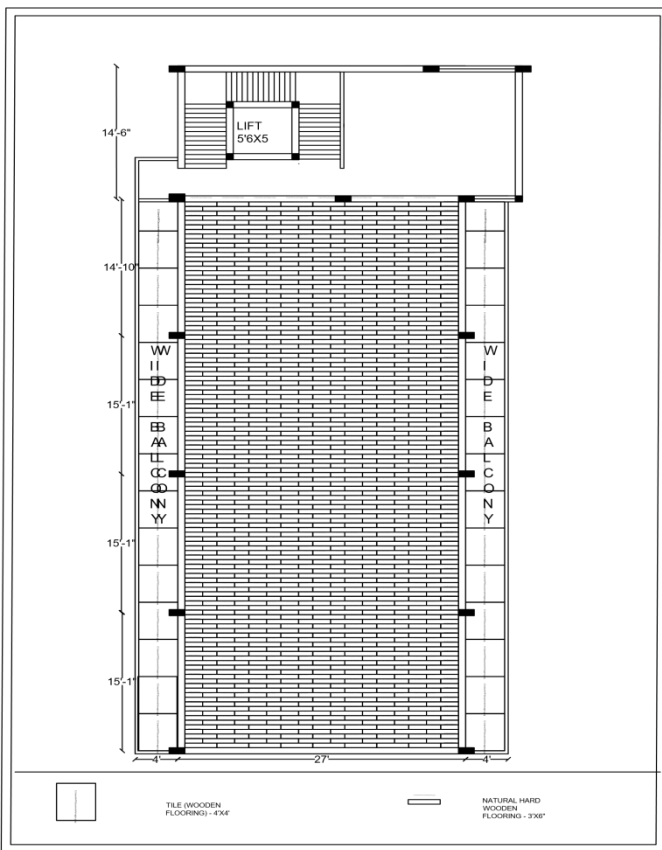
- 1.) Choose soothing color.
- 2.) Add of furnishing for comfort.
- 3.) Create soft lighting for relaxation.
- 4.) Make scent a part of your ritual.
- 5.) Connect with your nature.
- 6.) Personalize your meditation space.
- 7.) Cut out background noise.

DESIGN CONCEPT

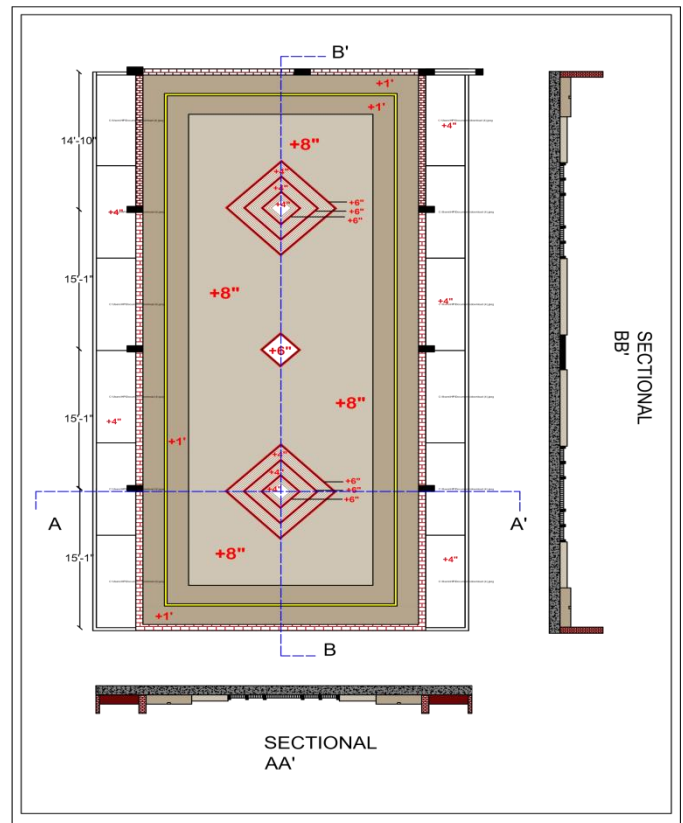
The concept behind the project is to connect with nature. Try to give the effect of early and natural feeling of comfort. More to relaxation and calmness with the balance between physical and mental health.

The concept of spiritual and meditation is that it practiced that connects the body and the mind. The purpose is to help or increase both mental and physical peace and calmness. Which help you to learn your life at fully in the present situation with more power and energy.

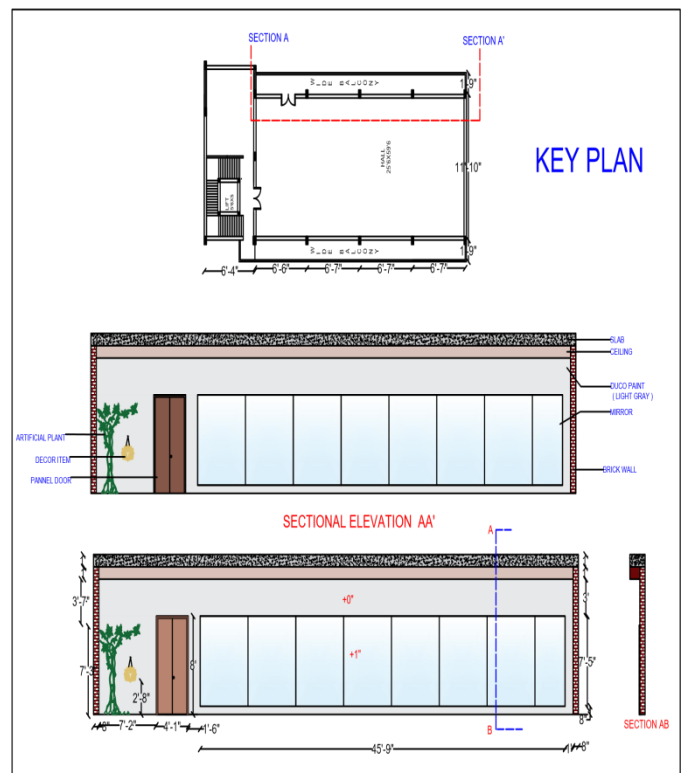
DESIGN PROPOSAL:



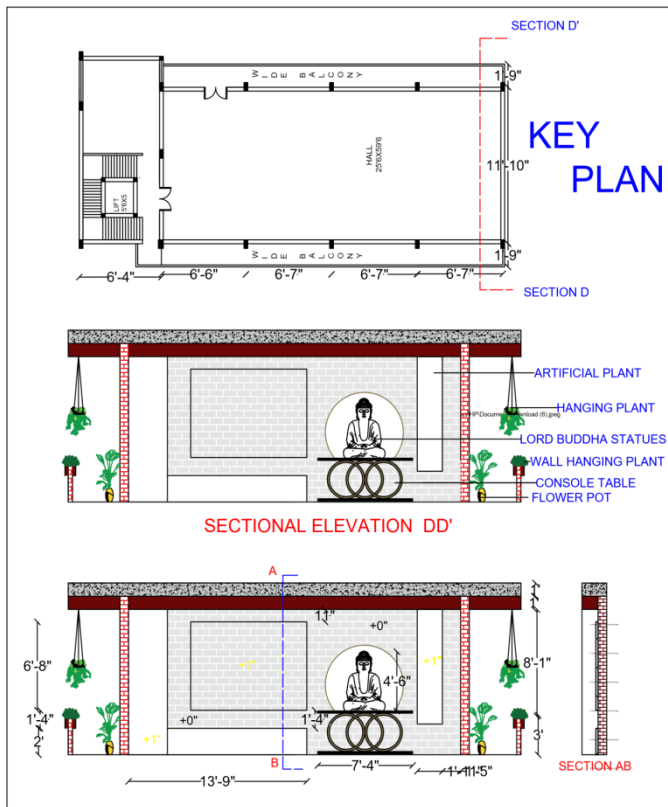
PLAN



CEILING PLAN



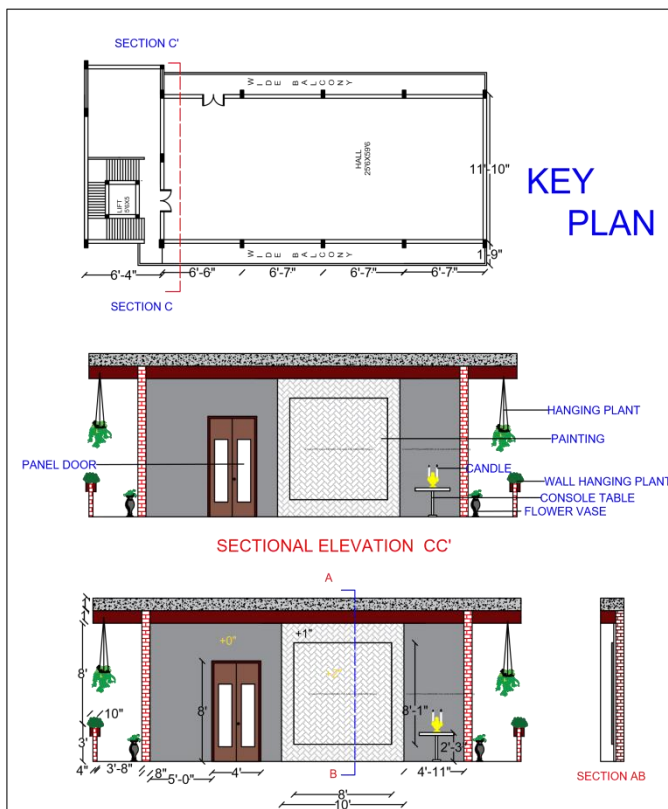
ELEVATION OF WALL AA'



3D VIEW OF MEDITATION HALL



ENTRANCE WALL 3D VIEW



BALCONY VIEW



MAIN HALL 3D VIEW

3. CONCLUSIONS

This topic investigates the function of meditation and spiritual centre.

Keeping all the things in mind to design a centre . Aim , objective has clear statement of creating the centre. Case study covers the learning from architect and interior colour combination, material knowledge etc. Design concept and design proposal has all plan , elevation, 3d information.

BIOGRAPHIES



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