SACRED GEOMETRY AND ARCHITECTURE



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8

THE 5 ELEMENTS IN BIO-ARCHITECTURE BY JUAN SCHLOSSER

8.3- Air: Air quality, passive systems of ventilation, systems integration, interior space, informational fields/prayer

Air = Space. The quality of air is very low in most modern buildings as they create an oxygen depleted environment. With the lack of plant life and mechanical heating and air condition systems there is also a deficiency of negative ions. This also relates to the quality of space itself, like apartments which are very confined. Ancient knowledge did not consider air as gas which is a very recent materialistic development, but rather as a living emanation from the higher realms here to sustain our lives.

Passive systems of ventilation:

Air quality and the presence of negative ions and appropriate levels of oxygen content in our air, are crucial for health and wellbeing, most would agree that this is one of the most important hallmarks of a healthy environment.

Science has now demonstrated how health and longevity are dramatically improved by the quality of air we breathe. Stationary adults typically inhale six to 10 liters of air every minute entering in each one of our cells. The components and energetics of this air are absorbed by and actually together with the food we take become our body, serving many biological functions. For these elements to be in natural harmonic state is therefore fundamental to our health and wellbeing. The air in a room should be frequently renewed and it is relevant to note that artificial systems of ventilation (such as air-conditioning) degrade the presence of negative ions and reduce the presence of capacitive charge. Using passive systems

of ventilation where natural airflow is encouraged through the creative and intelligent design, has no such negative effect on the presence of negative ions and, if done properly, will deliver all the quality fresh air the human body could ever need.

Systems integration:

Systems integration describes the process of ensuring that all components of a man-made environment, from their infrastructural systems of power, water collection and distribution, waste treatment systems, food production, hard and soft landscaping, and the internal systems of buildings themselves operate as one integrated system; each serving a common purpose beyond their own function and each enhancing the efficacy of the other systems.

Interior space:

A man-made structure is really a generator of space. We do not live in structures; we live in the space which is created by them. The structure is simply the membrane, which defines its boundaries. When the principles of natural design are properly understood and applied, a man-made structure is itself a biological membrane, much like a cell wall. Just like the cell wall, a man-made structure is responsible for maintaining homeostasis, such as

