

Center for Advanced Awareness and Wellbeing

Design Memory Elaborated by Ronald Esquivel

Geiner Alvarado has asked me to design a Center for Advanced Awareness at La Cusinga Lodge in Uvita, Osa, Puntarenas, Costa Rica.

His guidelines were to design of this facility in accordance with Sacred Geometry and Sacred Architecture principles. This approach has been based on the teachings of Psychophysicist Dan Winter (www.goldenmean.info) and Drunvalo Melchizedek (www.drunvalo.net).

Multifunctional and with a minimum capacity to hold a group of 35 people practicing yoga, the premises should also include a lounge, dressing and toilets, kitchen and storage areas.

Fractality, the characteristic of the whole containing the part and the part containing the whole should be a guiding principle of the geometry. The presence of this principle will allow for implosion as movement towards concentration, aggregation and unification. Dan Winter in his video-conference Biologic Architecture considers meditation as an act of implosion.

This principle is not only desirable in any habitable physical structure, but specifically honors Yoga's fundamental psychological and spiritual intention: to help unite the self internally and externally - without borders.

Other guidelines are to achieve functional sustainability, environmental integrity, simplicity, technological and holistic appropriateness, beauty, and well-being.

Building materials present in the farm, such as timber from the reforestation project and rock, should be used throughout the project as they have in all the other buildings.

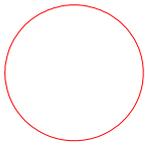
All four elements: air, water, earth and fire should play together not only as a conceptual criterion, but also for the purpose of creating a unique and inspirational atmosphere.

Geiner would like this Center for Advanced Awareness to serve as the most appropriate Yoga Studio of the country and a unique one in the world.

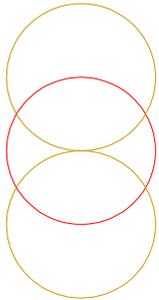
The site has an extraordinary view of Ballena (Whale) Bay and Uvita Point, surrounded by the Quebrada Grande Stream and forest of La Cusinga Lodge. Its isolation and freedom from modern artificial audio/visual distractions is a desired condition, as well as being next to the Parque Nacional Marino Ballena, the first whale environment preservation national park of Costa Rica.

Furthermore, this proposed building site has been considered by many to be a “power spot”, charged with magnetic energy and vital force. There is no question as to the site’s calling for sacredness.

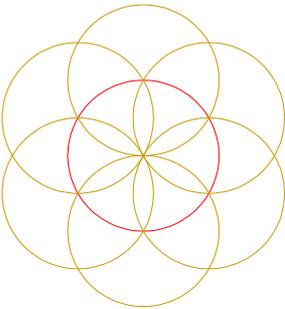
Basic fractal forms



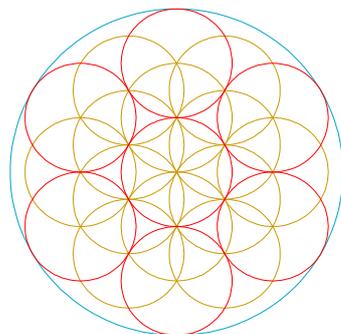
The circle, representative of the sphere, the most meaningful and simple form in geometry and the cosmos, is the starting point. Feminine in nature –curved lines – and therefore life giving, the circle will serve as the unit of the design grid.



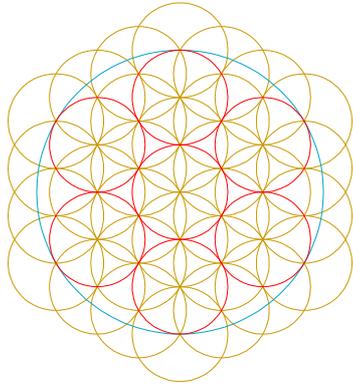
According to several esoteric schools, a series of figures can be developed from the repetition of the circle in relation to itself. Drunvalo Melchizedek, in his books The Ancient Secret of the Flower of Life, has suggested a procedure from which much of this process is derived. In this document, we will use the names Drunvalo employs for the derived forms.



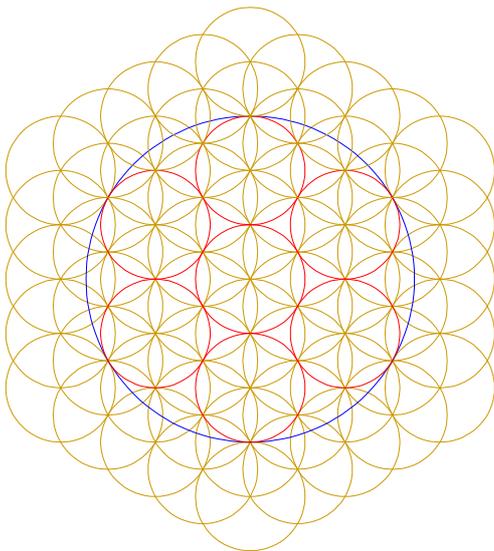
Note how a flower has manifested in the inner circle. All circles are placed with their centers in the intersections of the other circles. All you need is a compass to create this drawing. Great example of the feminine’s life generating virtue.



An evolutionary process. A creative process. Notice the emergence of flowers in the inner circles and the perfection of the geometry and its evolving sequence.



A continuation of the process.



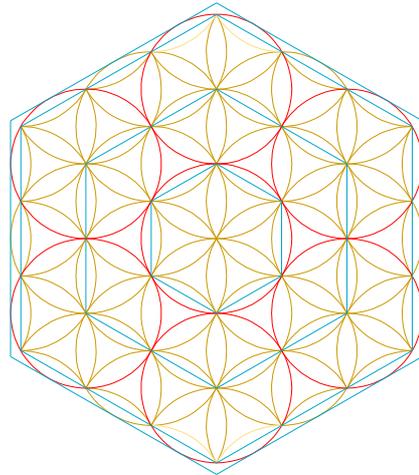
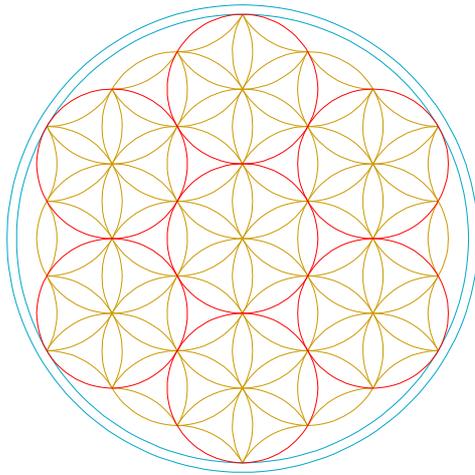
Now the growth pattern is complete. A circle, evolving about itself, renders this extraordinary figure from which all of life is derived.

This life giving process has reproduced not only the feminine curved energies, but also the masculine, now obvious in the straight lines of a manifested hexagon.



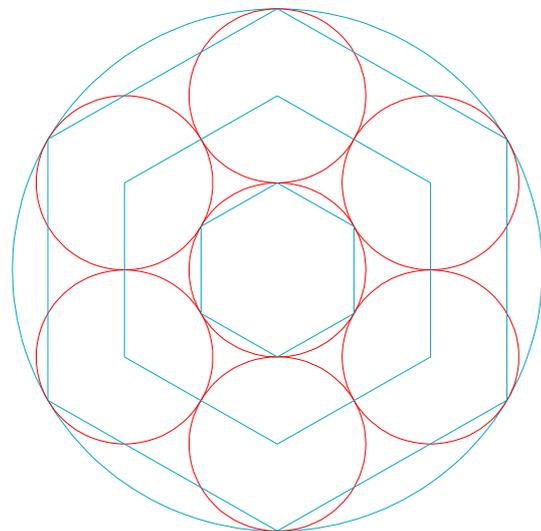
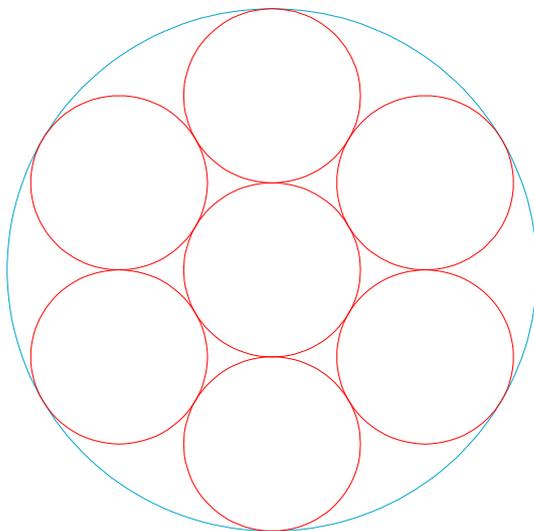
Hexagons are simply amazing. They are prolifically found in a huge variety of physical and biological forms.

As seen in the pictures above, basaltic columns, honeycombs and snowflakes are hexagonal, as well as the compound eyes of many insects, numerous molecule formations, and many other natural forms.



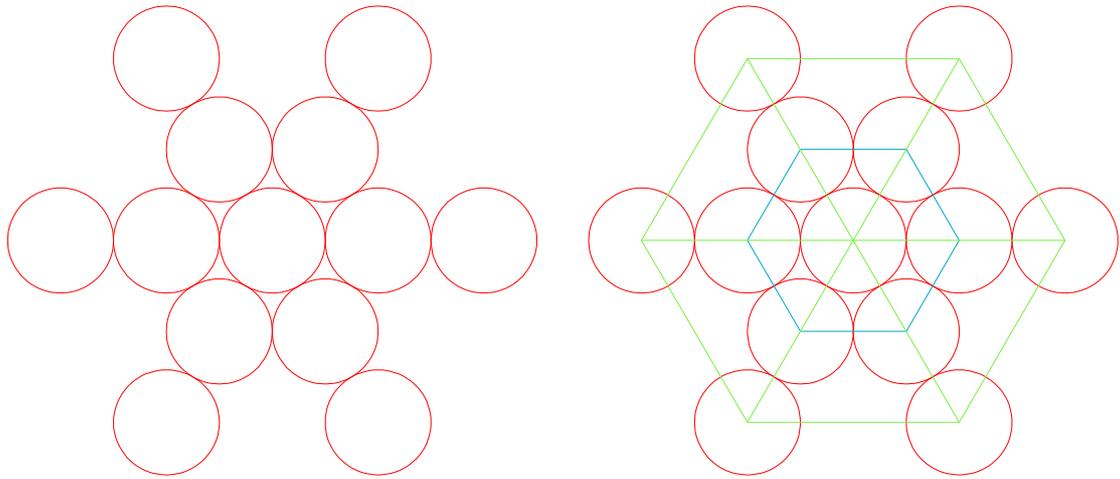
After trimming some lines appropriately, we arrive at the supreme Flower of Life graph (above left), present in most of the ancient cultures of the world.

Seven main circles (in red) within a circle, each containing a flower. The six outer circles touch each other; the center circle touches the outer six, all in a perfect array. All flowers are created by the intersection of the adjacent circles following the reproductive pattern. A pattern that allows a circle of feminine nature, to give birth to both feminine and masculine straight line forms (above right).



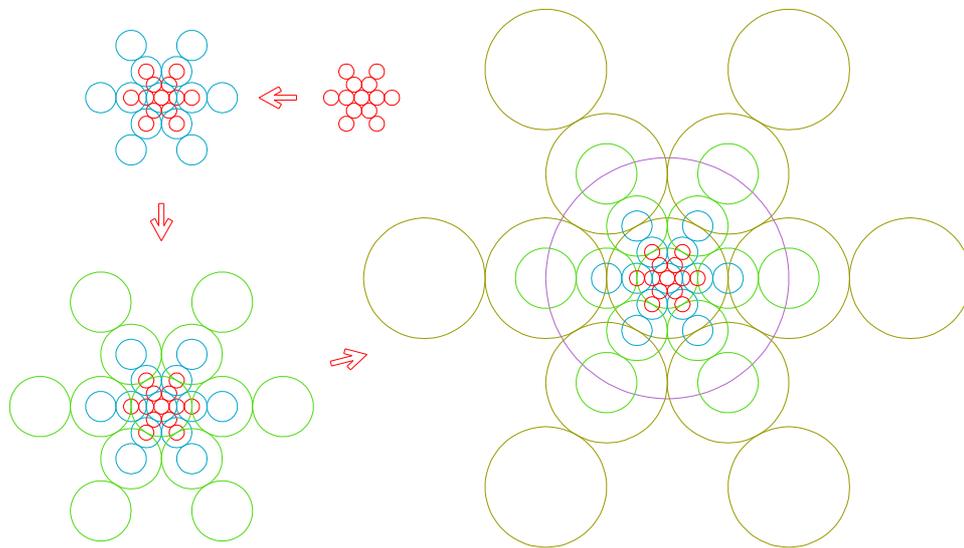
The Egg of Life (above left) is derived from the Flower of Life: a center circle surrounded by 6 circles, each touching the adjacent circles and all fitting perfectly within another bigger circle. At right, a masculine version.

There seems to be a pleasant synergistic effect from combining curvilinear with rectilinear in architectural design, and a good example of this is the main building at La Cusinga Lodge.



The egg hatches. Derived from the Egg of Life (originally derived from the Flower of Life) is the Fruit of Life figure. Beautifully arranged and intending growth, this is the basis for our design grid. As seen in the figure at right, the hexagons are present at all levels, beautiful sample of the integration of feminine and masculine energies.

Creating a Design Grid

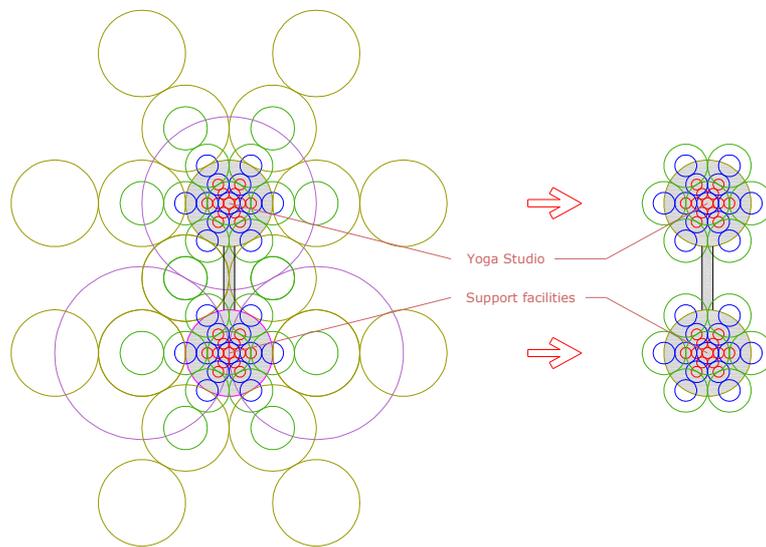


In order to understand the fractality of the Fruit of life, the figure above shows the growth pattern – the perfection of its explosive and implosive capacity. Four levels of growth. Each series of circles is precisely double in diameter of the previous. Each subsequent graph contains all the previous.

The whole is similar to the part and vice versa. The whole can be imploded to the part and the part exploded to the whole in a harmonious and modular pattern. An enlightened example of fractality in geometry, these diagrams may help explain the process of creation in life.

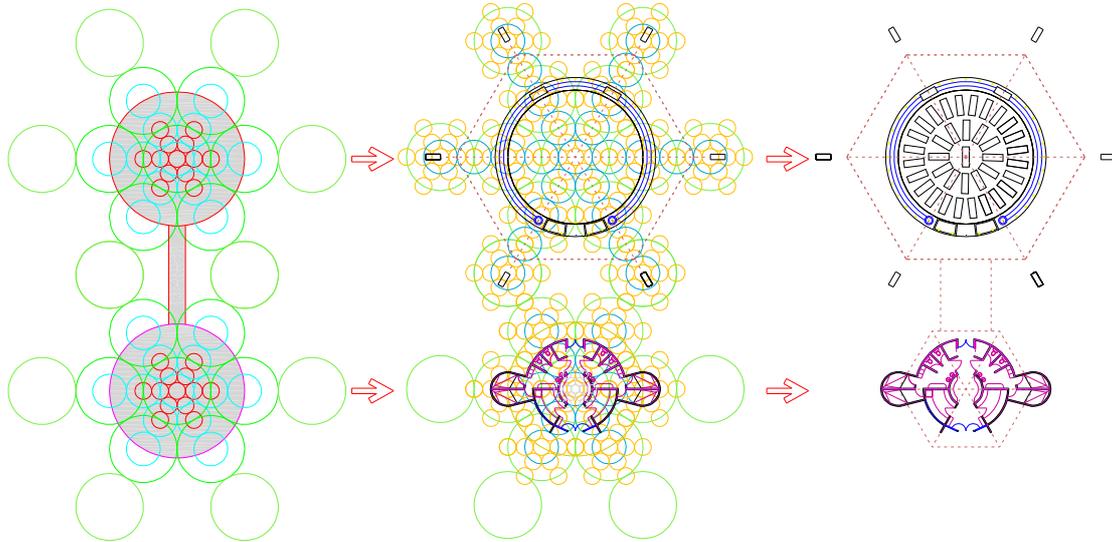
Fractals are found in nature from the very atom to deep space nebula. Some obvious examples are ferns, pine cones, trees, crystals, circulatory system, rivers and their tributaries, and waves.

Designing the human space



Above is the main design grid of the project: an evolution of the Fruit of Life. From here on, all design decisions are based on the grid, in keeping with the fractality virtue.

Our intent is to create a space that allows for human inspiration and evolution, for energy concentration, connectedness, healing and wellness. We intend to create spaces that promote the unity and power of self – the harmonious connection of body, emotion, mind and soul.



The fractality of the sacred geometric grid allows for an internal focus on the design elements of the buildings, which creates a disciplined environment beneficial to those present.

Everything rhymes, the pace is modular. This is poetry in graphical expression.

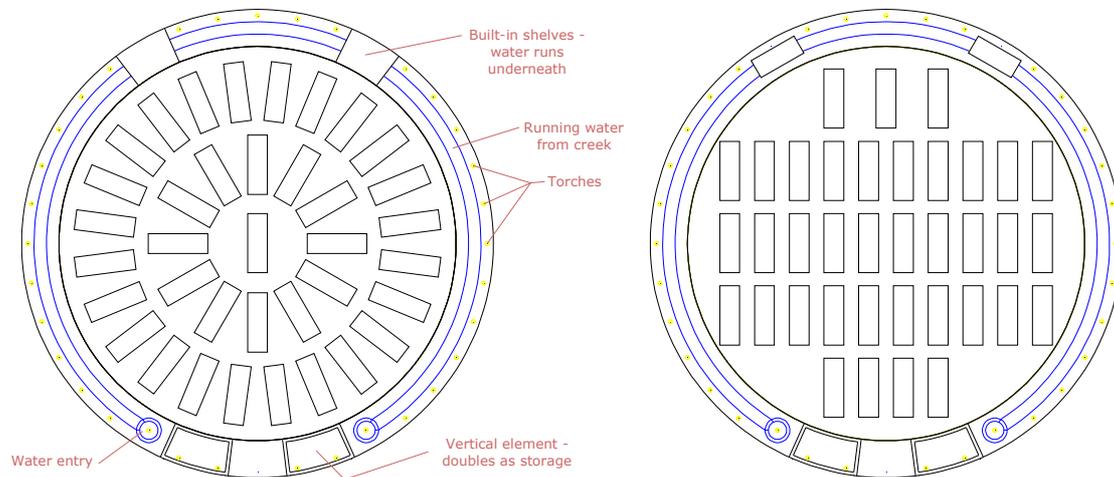
As flowers and crystals grow with the magic of primordial cosmic order within a chaotic matrix of diverse nature, this structure is created likewise.

The expressions of function start to create differentiations in form, but the differences are rooted in the sameness of the main pattern.

Form now follows function, flowing freely within a life enhancing habitat.

Sacred Architecture inspired in Sacred Geometry.

The Grand Circle of the Center for Advanced Awareness and Wellbeing

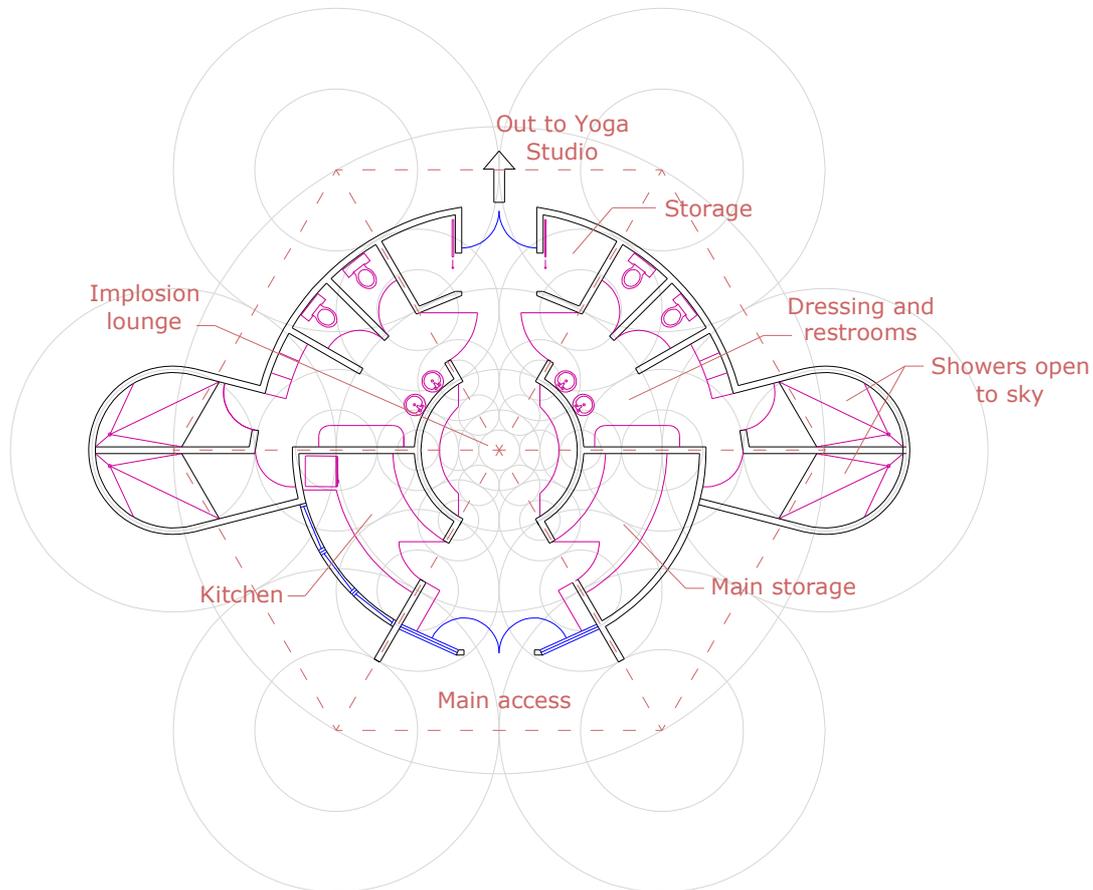


Simplicity is a virtue. The floor plan of the Grand Circle has been designed as clean and simple as possible. All elements are at their minimal expression and all are necessary according to the principles embraced.

The distribution of mats can be of single or inward orientation, both cases allowing comfortably for 36 + 1 mats. Although the space is designed with yoga practice in mind, it will serve well for events such as meetings, meditation groups, conferences, music performance, and celebrations of various kinds.

A circular wooden floor has been sized in precise correspondence with the grid. A concrete border for desired contention and for seating has been added. A water channel runs along the center of this bordering structure, providing inspiration and subtle sound. A necklace of torches surrounds the space, adding to the experience while incorporating the fire element. Natural essence oils can be mixed to the base fuel to fill the air with fragrance and insect repellent when desirable. The two vertical elements provide the walls required for certain yoga postures and practices and double as storage of cushions and such. The built in shelves in the upper section provide space for equipment and specific paraphernalia of the event.

Support facilities



The figure above shows the floor plan of the support services building.

Rain gear is left outside and shoes at the entrance point. We are preparing for a subtle experience and most everything of worldly nature is to be left behind. On each side of the entrance are the kitchen and storage.

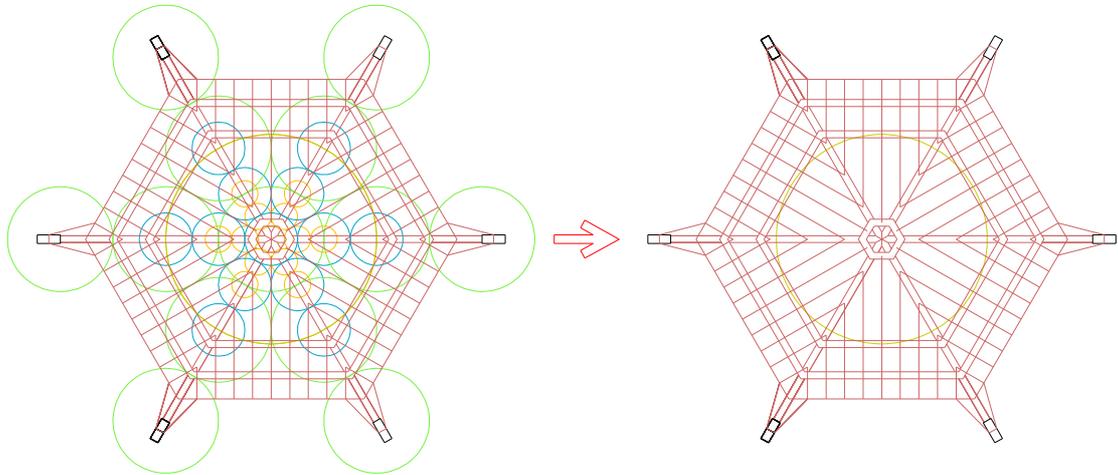
The focus point is in the central sitting area or lounge, where we wait to be called in. In this area the energy is concentrated and the implosion experience unique – threshold of still a higher vibratory event to come.

The other areas are grid intensive also and contribute to the overall building of energy.

Dressing and restrooms are further in, for easier access from the Grand Circle. Showers are open to the sky for enhanced contact with nature.

Next to the exit are two storage rooms for mats, blocks, balls and other equipment.

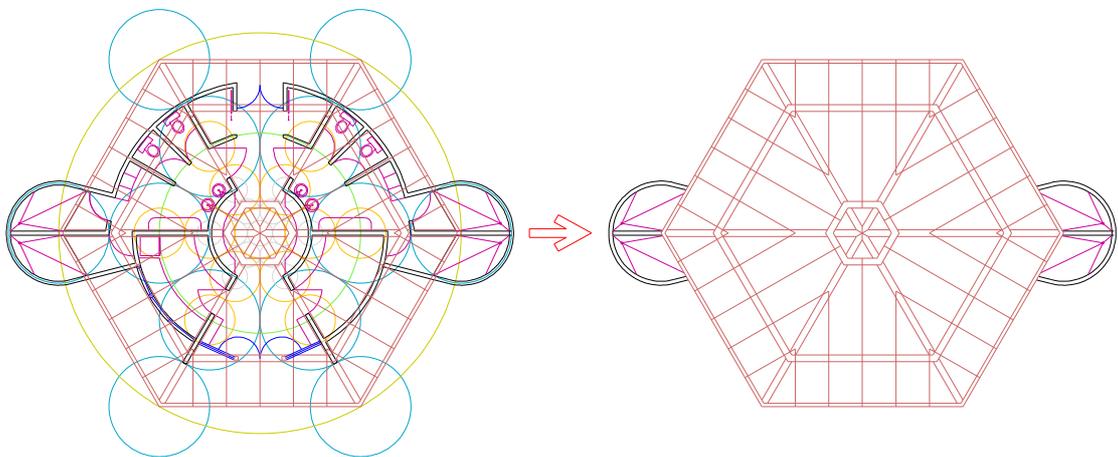
Masculine roofs



Grand Circle roof

Roofs are developed following the grid and adapt to the tropical climate of Costa Rica. Rainstorms are frequent and high temperature is to be considered. Roofs are pitched and overhangs wide. Hexagon roofs appear to be the solution that fits best.

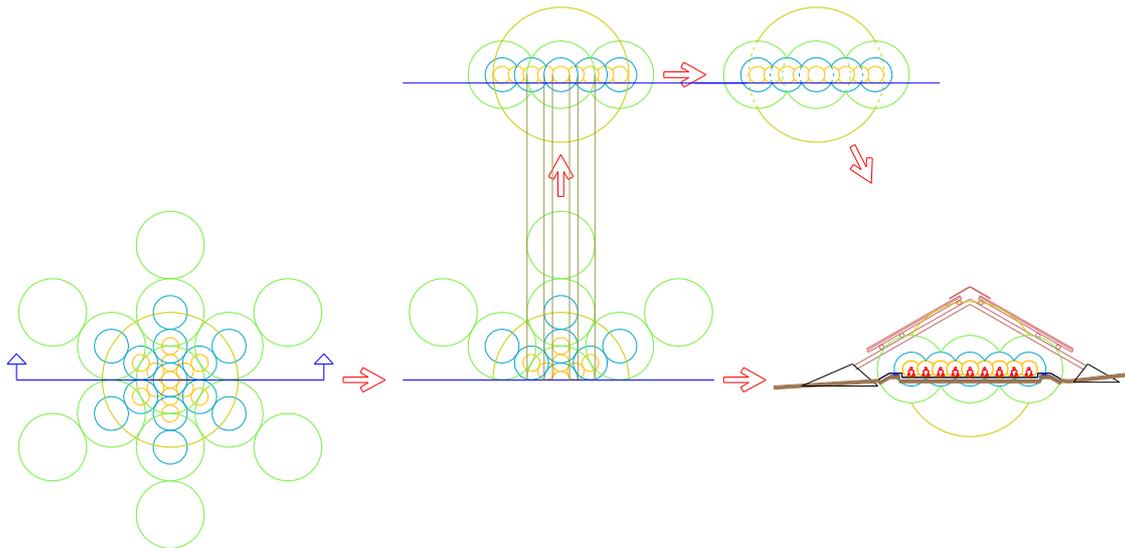
Masculine hexagons aiming towards the Sun's masculine energy and feminine circular forms lying in Mother Earth's feminine energy seem to be very coherent.



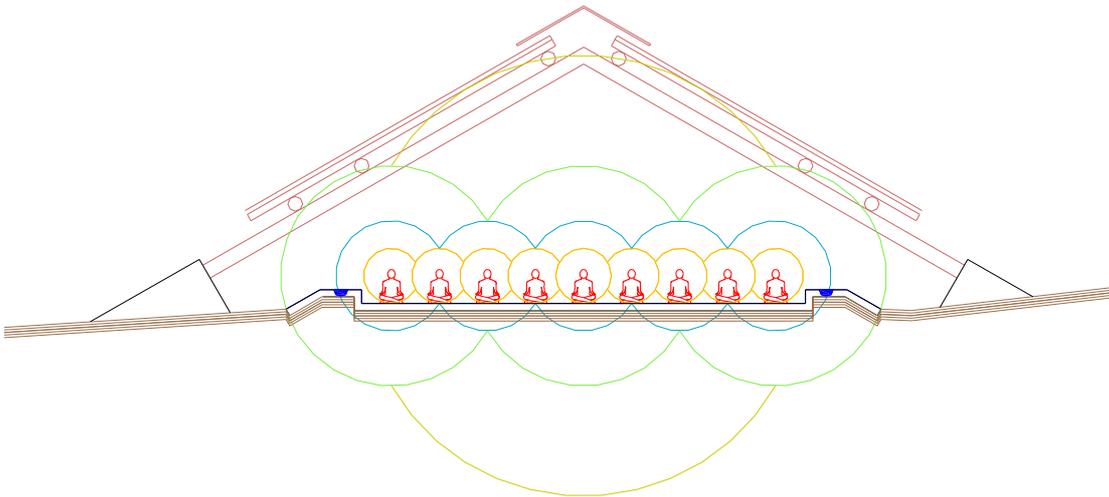
Another hexagonal roof for the Support Services building, adapts to both the grid and the requirements of function.

The grid in the verticality

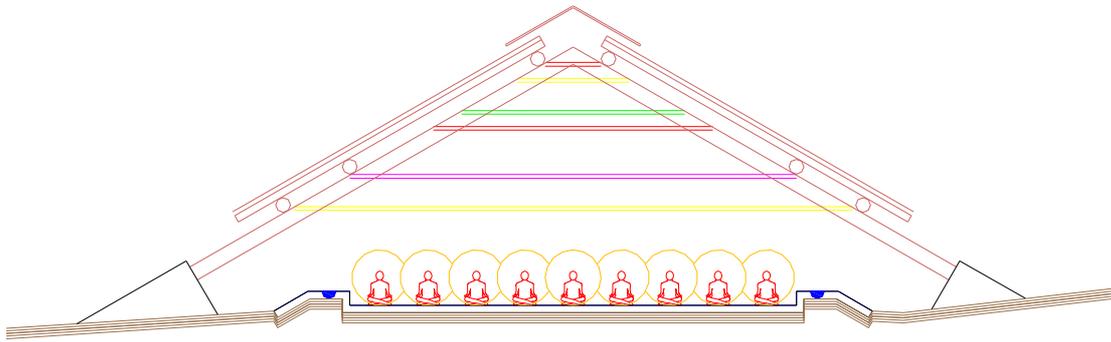
So far we have developed the project in two dimensions. The Fruit of Life grid, derived from the Flower of Life allows for fractality in the vertical dimension also. In the figure below, we project the Fruit of Life into the verticality.



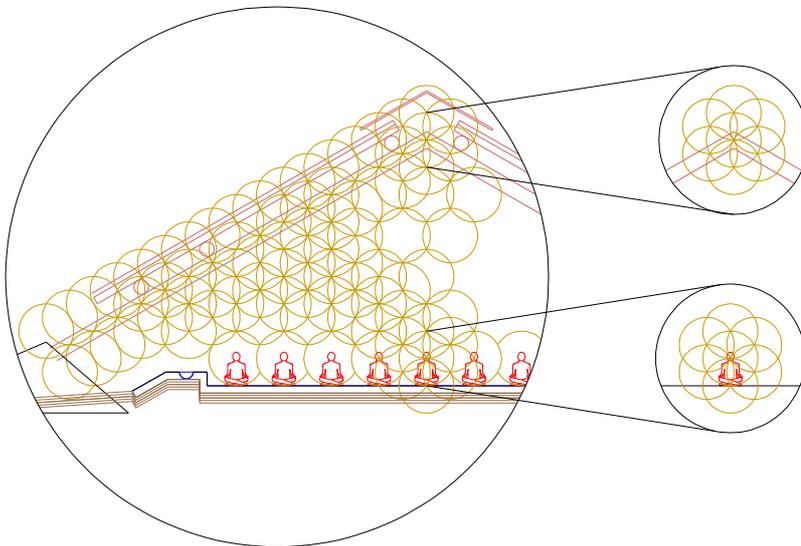
The application of the principles of simplicity, structural considerations, local materials and inspiring holistic geometrical forms derived in the structure shown at far right.



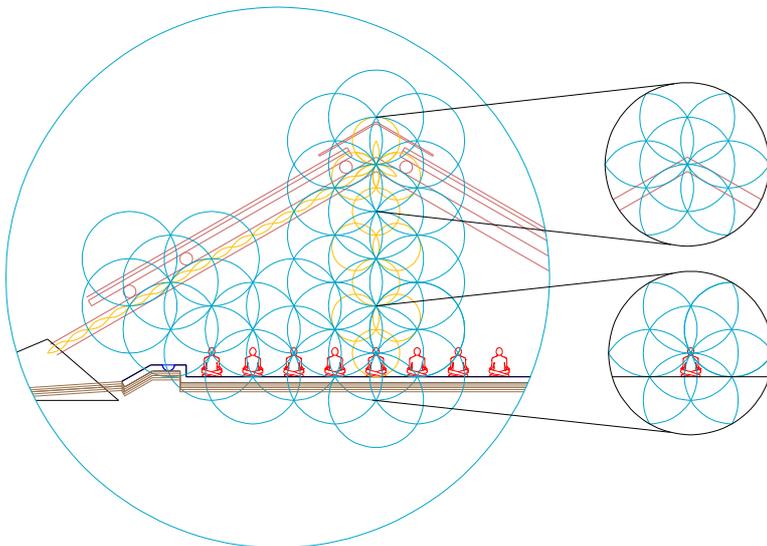
Above, a closer look at the energy spheres vibrating during a yoga session. Below, a sample of how a series of Fruit of Life sculptures of the various levels could be hanged. This will be experienced with movement and depth appreciation.

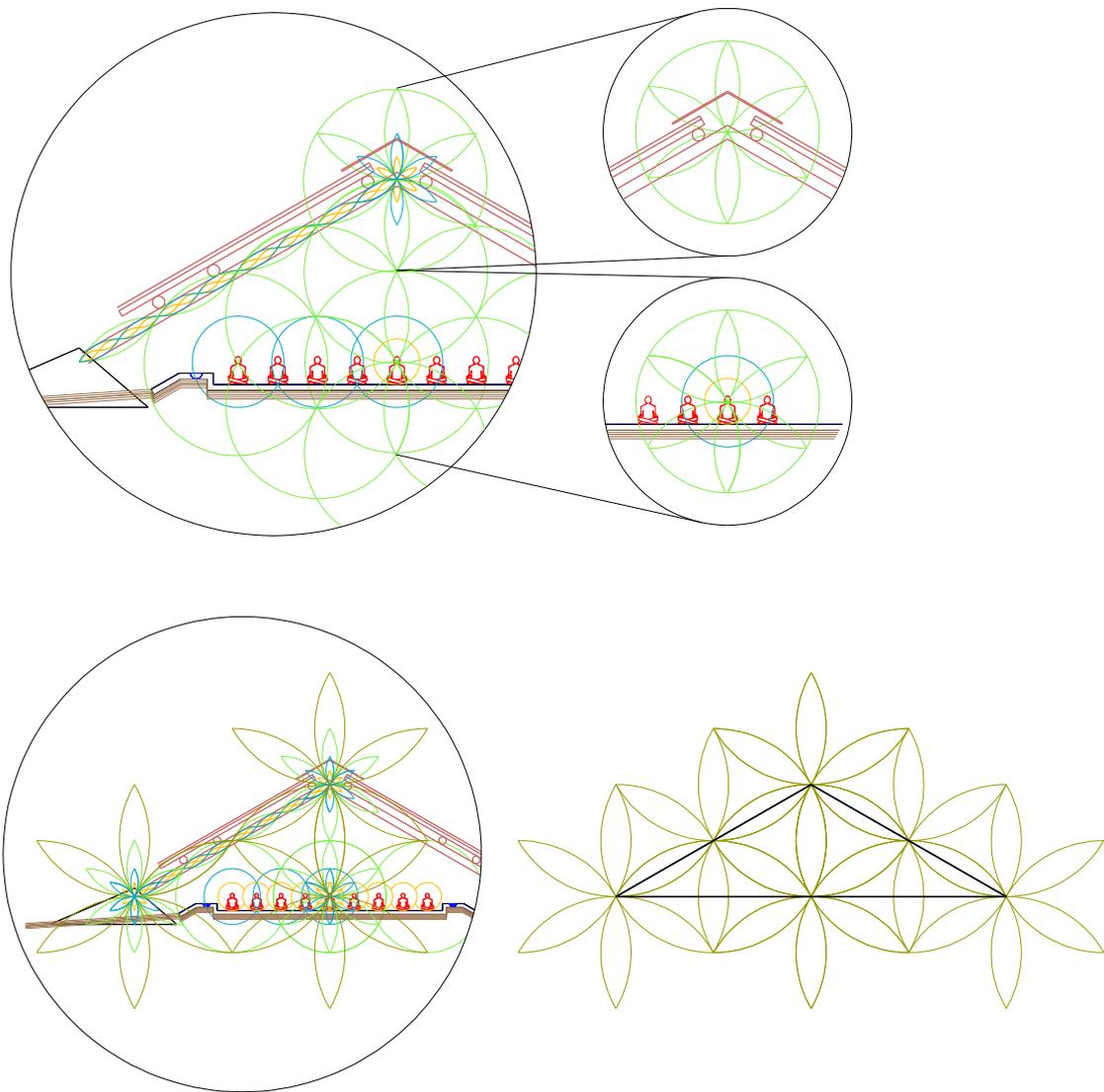


The following diagrams show the fractality of the created space at different levels of the Fruit of Life growth pattern.

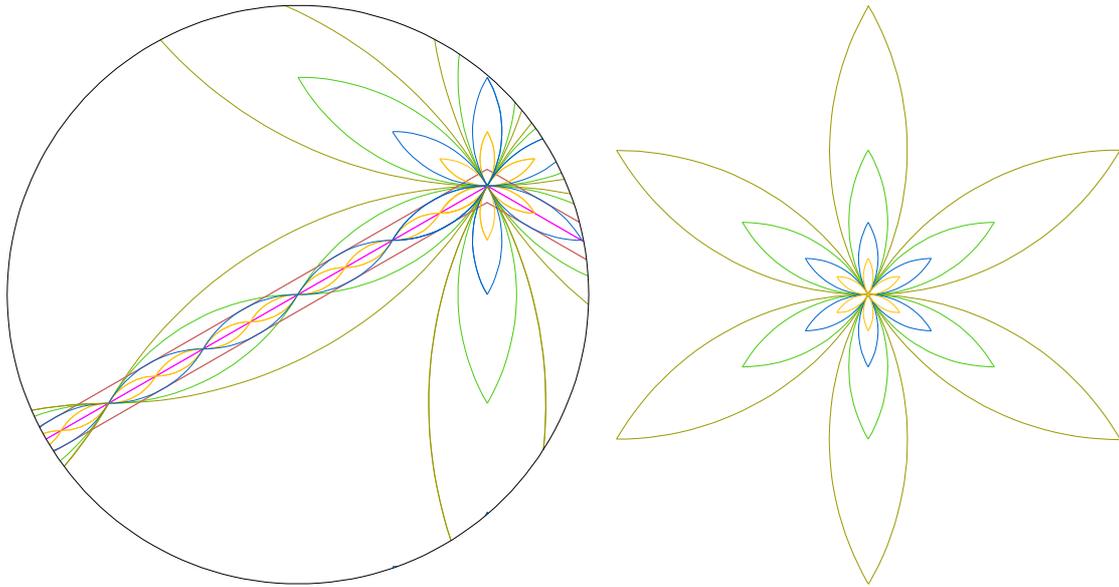


Notice the flowers appearing repeatedly at focal points such as the upper joint of the structure and the central sphere at floor level. This is repeated on each stage of the growth pattern.





Finally, at the stage pictured above, we overlap all levels and the flowers depict a beautiful succession. This level exposes clearly the structure of the Grand Circle, coherent as intended, with the Flower of Life geometry.

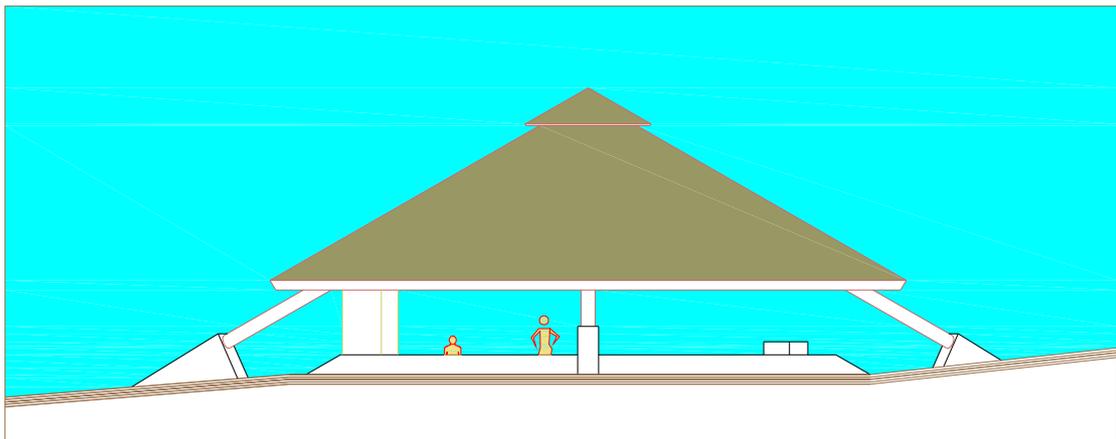


Above, a couple of graphs just for the joy.

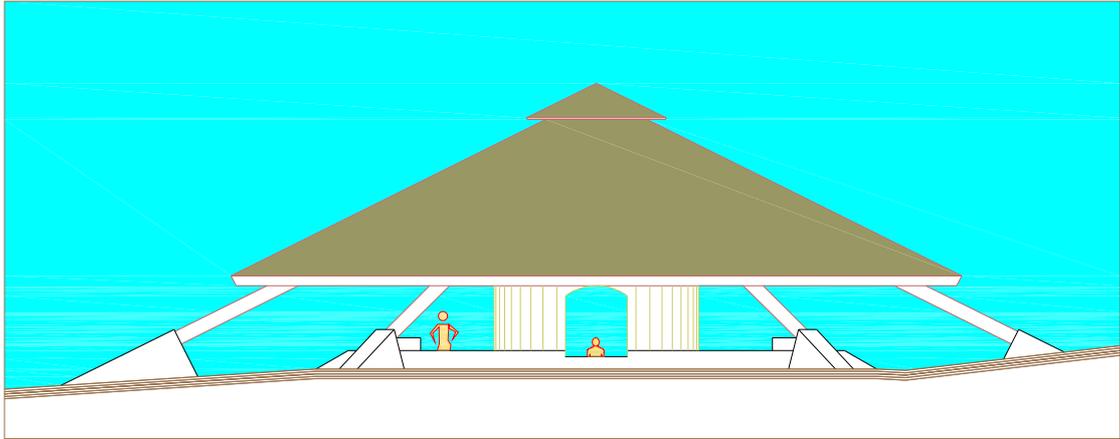
At left, after trimming all other lines, we have left only those that travel along the center line of the structure. Notice the blissful succession of leafs from each level of the grid as if reminding us of the DNA double helix.

At right and very inspiring indeed, the flower succession – epitome of our intend – is worth a graph on its own.

The constructive form of this process is exposed below.

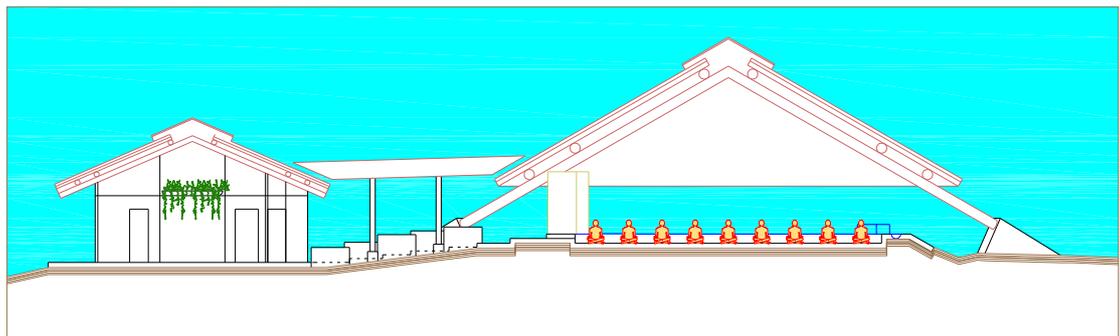


Side view of Grand Circle

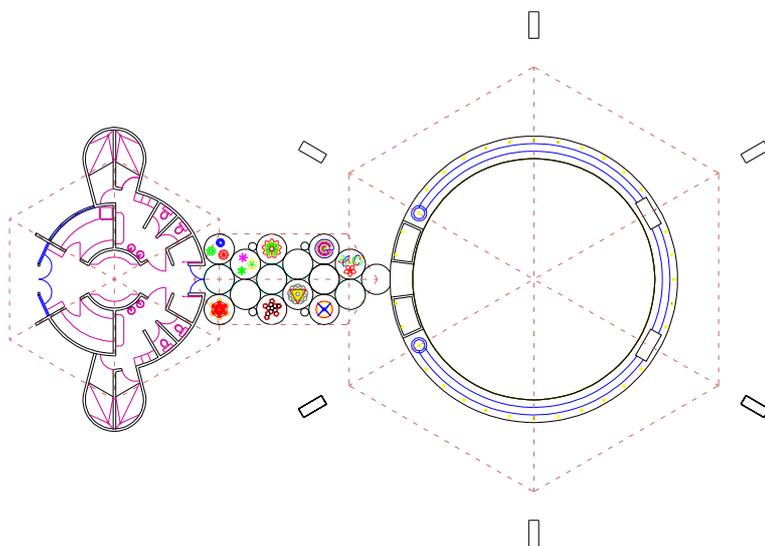


Front – entry – view of Grand Circle.

A hexagonal pyramidal structure of locally grown wooden posts supported by massive concrete and rock structures allows for a peaceful, inspiring and growth atmosphere. A hexagonal skylight roof cap allows for ventilation and illumination as well as a focal point of inspiration.



Above, a cross section of both structures connected, as shown previously within the grid. The connector – pathway – is envisioned as a garden of symbols.



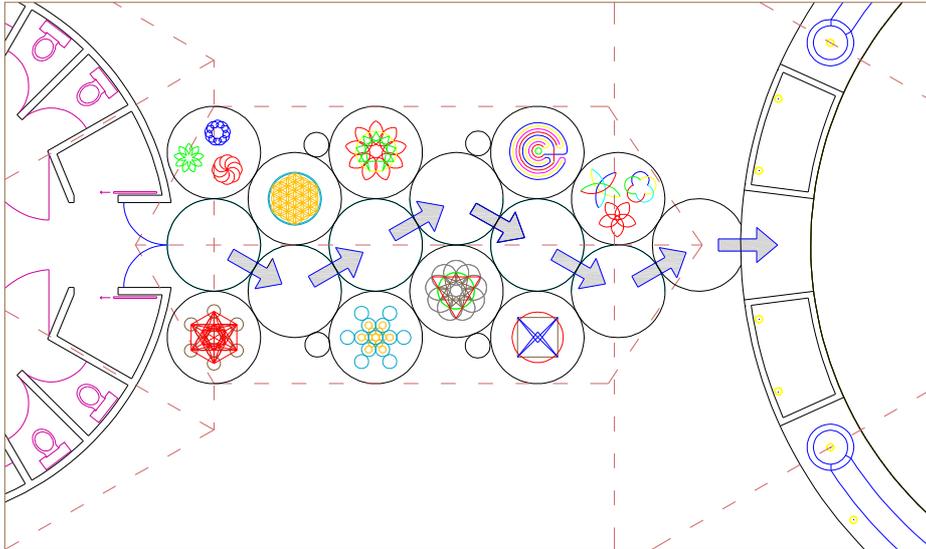
Following the grid, the circular steps toward the Grand Circle are zigzagging through a series of cylinders at knee height.

Each of the drum-like cylinders has engravings of sacred symbols, including our Flower of Life and Fruit of Life, plus some other remarkable

ones. They are intended to inspire and serve as seats also.

This is another space for waiting to be called in, but primarily, it is intended as a further step in increasing the inspiration – frequency level – of those going into the Grand Circle.

Below is a zoomed view of the passageway.



Conclusion

A fractal geometry grid for the floor plan with predominance of female energy circles and a masculine energy roof structure of straight lines, all proportioned by the Fruit of Life's reproductive pattern is indeed an inspiring combination.

The Center for Advanced Awareness and Wellbeing's Grand Circle is like a tree sprouting out of the ground with a canopy supported from the outside. The wooden posts meet its foundations at outer circles of the grid.

Considering all the elements, open on all sides, the Grand Circle is swept by the *Wind*; *Earth* is present in the wooden floor and local rock mixed with concrete structures, as well as in the wooden posts and clay tile roof; *Water*, channeled from a nearby stream, flows gently all around the main circle. It then flows to the sea charged with sacred energy. *Fire* from the sun, while necessarily blocked by the roof, filters in through the top – the closest point to the sun. At night, fire is present through a series of torches that surround the grand circle.

La Cusinga is a unique place. It has resisted the temptations of blind commercial growth in favor of a sustainable and respectful low volume/low impact development. The Tresemer/Alvarado/Guzmán family members have been key in the co-creation and preservation of public terrestrial and marine environments and protect an extensive wildlife refuge within their own property.

Their main wish is to encourage local customs and nurture coastal rainforest ecosystems while sharing the natural magic of the place with others.

I am honored to be part of the team that will make this dream come true. I trust that this proposal will deliver what is expected of it.

Ronald Esquivel
Architect and Holistic Balance Instructor