

THE HOLISTIC HEALTH COMMUNITY CENTER - SACRED GEOMETRY

To design the Holistic Health Community Center, the Holistic Health Community is working together with EcoArchitecture DesignWorks, P.C. in Saugerties, NY, an award-winning Architecture Studio specializing in Sustainable and Conscious Design, Consulting and Education. Founder, Janus Welton is a Registered Architect in New York, LEED Certified, Certified Passive House Consultant and Sustainable Building Advisor. She combines Sustainability, Energy Efficiency, Building Biology, with Biomimicry-Nature's Genius and Sacred Geometry in Architecture, Interior Design and Planning.

Sacred geometric patterns surround us in Nature and connect us to the structure and DNA matrix of all living things. We can think of the mathematics of Sound and Sacred Geometry as the **Blueprint of all Creation** revealing energy patterns and geometric codes of deep wisdom that shape our energetic experience in a physical space as we resonate at both cellular and consciousness levels with our environment. These Archetypal geometric patterns or **Sacred Geometries** amplify our connection to spirit within ourselves, creating harmony and promoting resonance with the outside world of Nature and within.



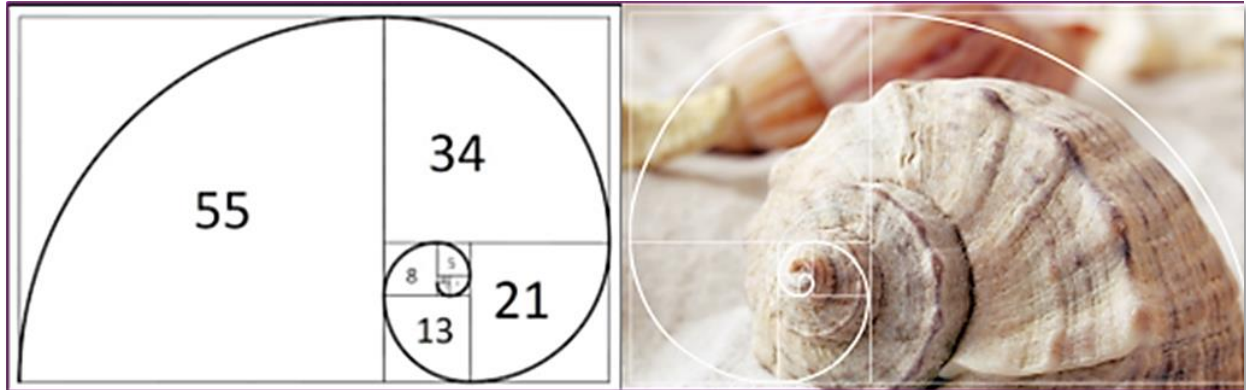
Image: AdobeStock_111257887

Image: AdobeStock_111724469

Sacred Architecture incorporates these natural archetypal geometries, containing high frequencies of energy and light that can activate, awaken, heal, rebalance, and transform us on our healing journey.

PHI - THE GOLDEN SPIRAL RATIO OF DIVINE PROPORTIONS

The Holistic Health Community Center's architecture features the mathematics of the **Golden Mean Ratio** or **Golden Ratio Spiral** - otherwise known as **PHI- the divine proportions of 1.618**. Why? The PHI Ratio 1.618 intersects science, biology, physics, and spirituality connecting us to heaven and earth by linking our physical self to our Higher Self, bridging all levels of our being into the core of the earth.



Credit: seyferseed.ru

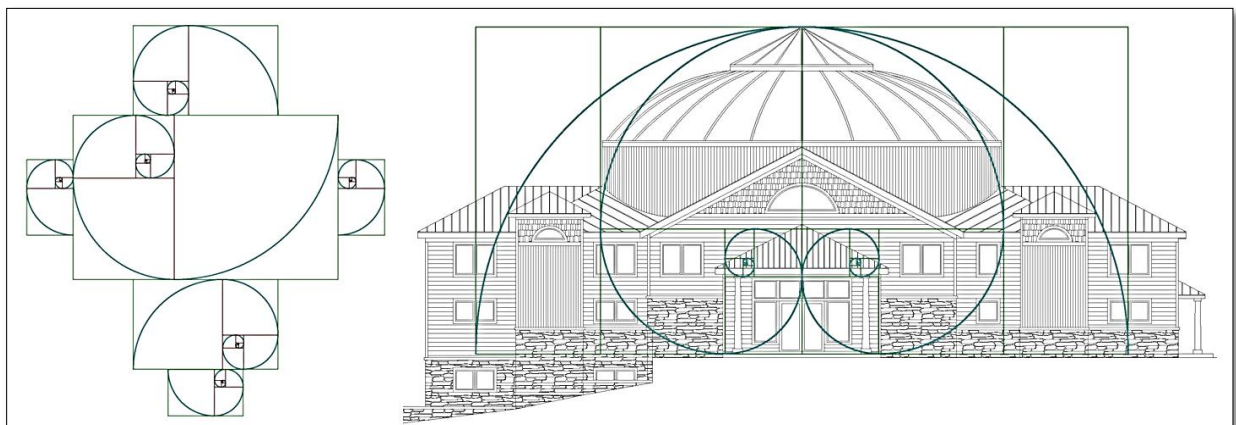
Image: AdobeStock_110589189

THE GOLDEN RATIO

$$\frac{a+b}{a} = \frac{a}{b} = \Phi$$

We can see the Golden Ratio spiral in shells, the galaxies, and in the double helix in our DNA and in all living things. In the body, the golden ratio is the shape of Kundalini energy and raises one's consciousness on the path of soul evolution.

Image: Janus Welton



The Holistic Health Community Center Floor Plan is composed of six Golden Ratio Rectangles and the building heights are designed with Spiral Golden Ratio mathematics locking in the **Sacred PHI Divine Proportions of 1.618**.

THE HOLISTIC HEALTH COMMUNITY CENTER - SYMBOLISM

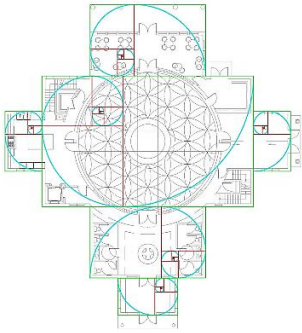
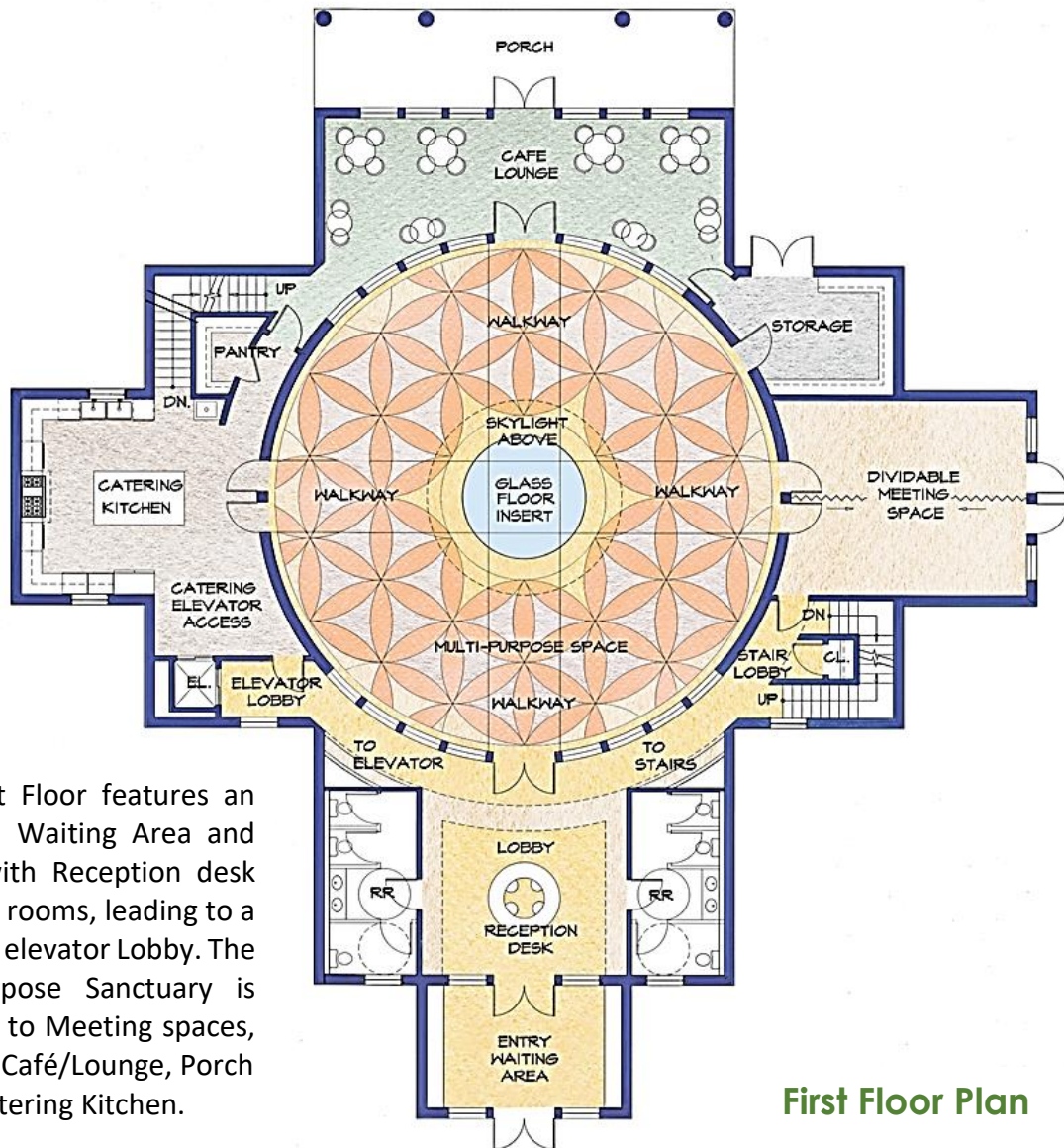


Image: Janus Welton

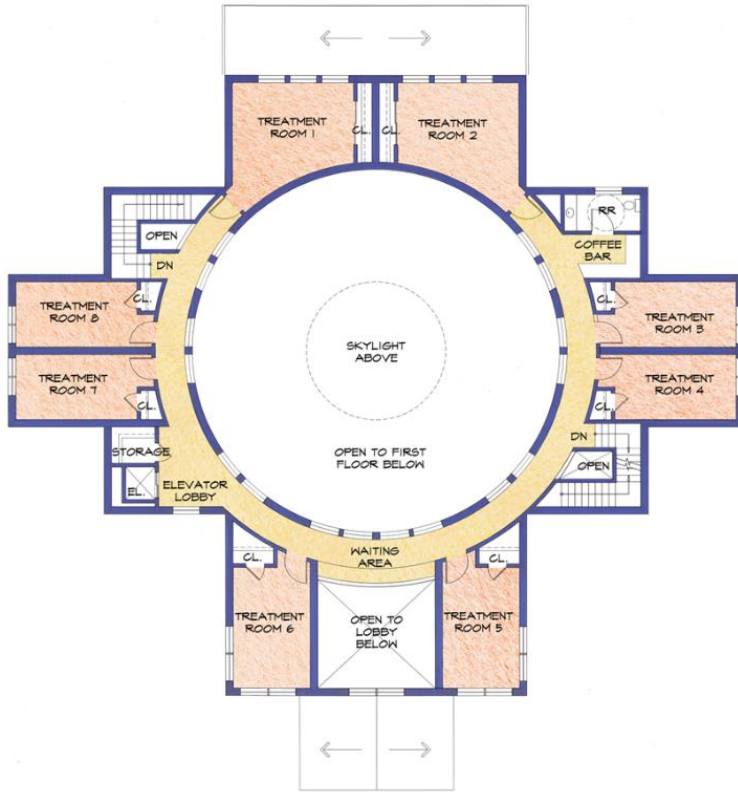
The Holistic Health Community Center floor plan design expresses a cross pattern, evoking Temple plans, the Living Cross of Atlantis, and Native American Four Direction mandalas. The central Community space or Inner Sanctuary is a round drum to bring the community to wholeness symbolizing the **Unity of Humankind**. The **Cross symbol** overlaid on the **Circle of Life** in the plan denotes the intersection where **Heaven and Earth** meet.



The First Floor features an enclosed Waiting Area and Lobby with Reception desk and Rest rooms, leading to a stair and elevator Lobby. The Multipurpose Sanctuary is adjacent to Meeting spaces, Storage, Café/Lounge, Porch and a Catering Kitchen.

First Floor Plan

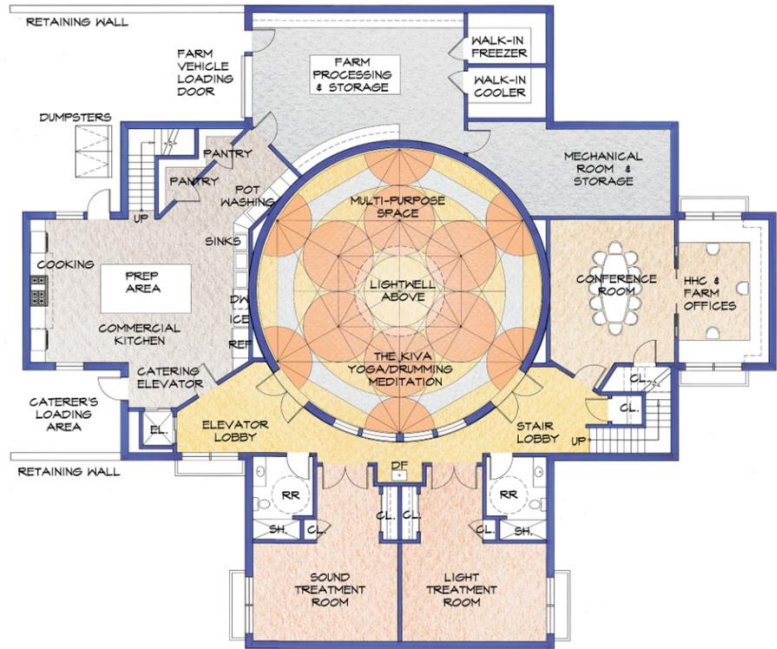
THE HOLISTIC HEALTH COMMUNITY CENTER - FUNCTIONS



The Second Floor includes eight Treatment rooms for Health Practitioners with stairs and elevator Lobby for waiting guests. The guest Waiting area features an opening to the Lobby below and framed views into the main Sanctuary for day light.

Second Floor Plan

The Basement Plan features a Kiva-like multipurpose space with its own elevator and stair Lobby, and two Treatment spaces for Light and Sound Healing. The Office and Conference hub of the Centers' Operations is easily accessed from the Lobby. The walk out Basement serves Catering + Farm deliveries, Processing, Storage, and a full Commercial Kitchen.



Basement Floor Plan

THE HOLISTIC HEALTH COMMUNITY CENTER – DESIGN FEATURES

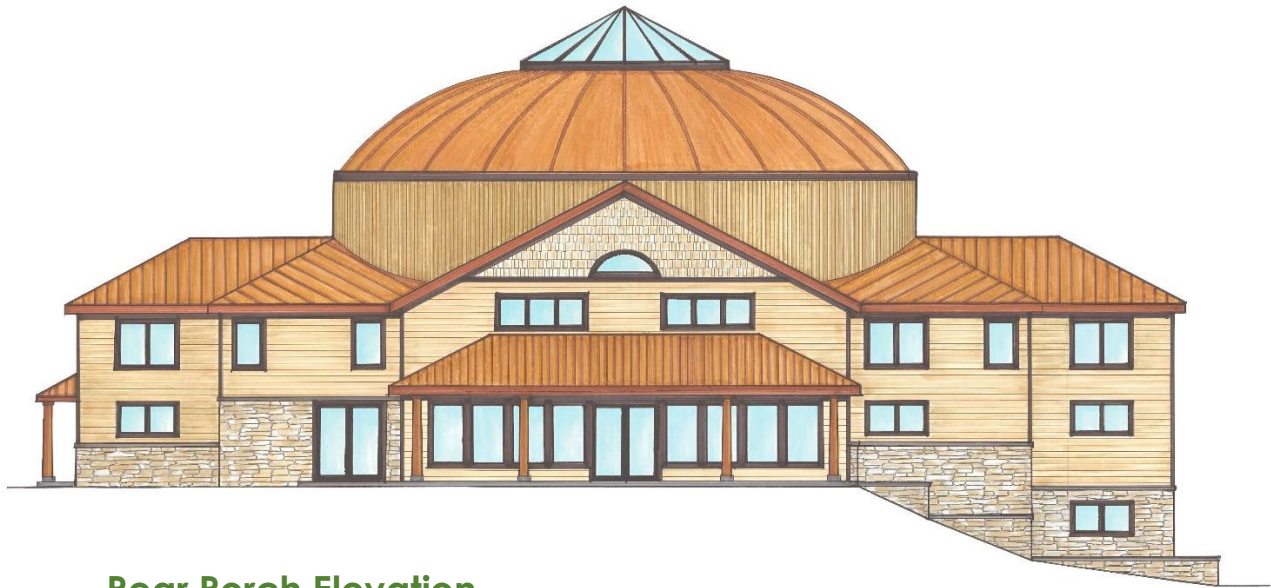
The Atrium Skylight of the Holistic Health Community Center allows **Pillars of Light** from the Sun and Moon to percolate into the central Sanctuary space and again through a circular glass floor feature to the basement Kiva space- further connecting the “**as above and so below**” of Heaven and Earth. All vertical building features and forms expressed in the building design elevations are also measured in **PHI- Golden Ratio proportions of 1.618**, completing the desired harmonic building resonance to support maximum healing.



Side Entry Elevation

THE HOLISTIC HEALTH COMMUNITY CENTER – ELEVATIONS

The entire Holistic Health Community Center is as a **Healing Temple** using natural, local materials such as straw, cedar, bluestone, and copper colored metal roofs to seamlessly integrate into the local building vernacular and natural rural landscape of the Hudson Valley.



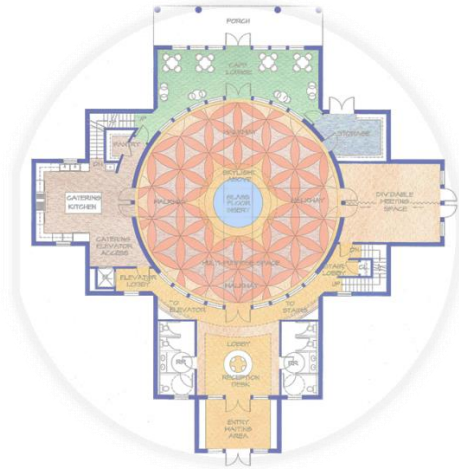
Rear Porch Elevation



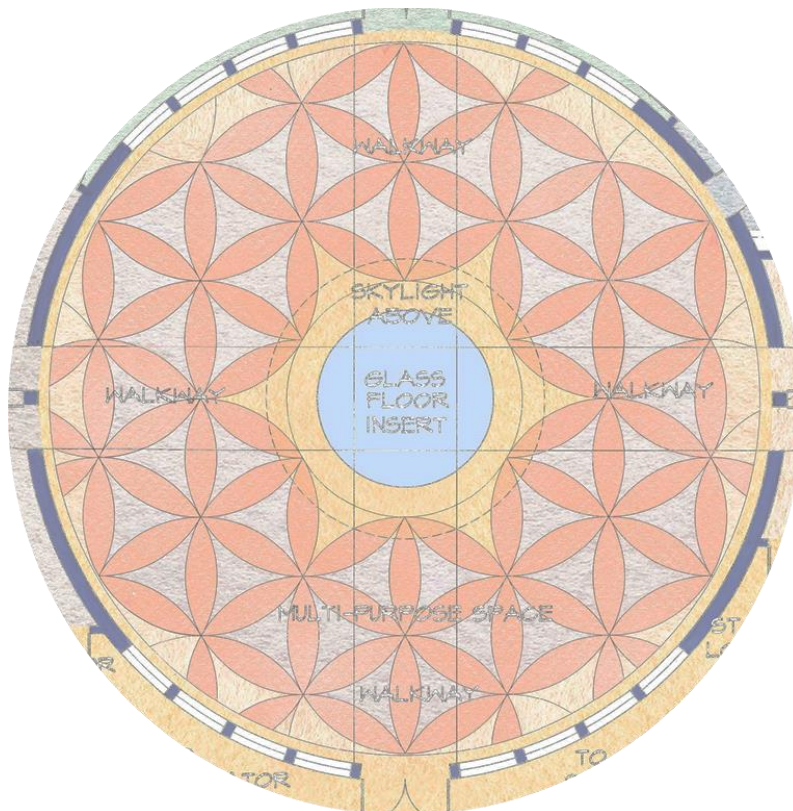
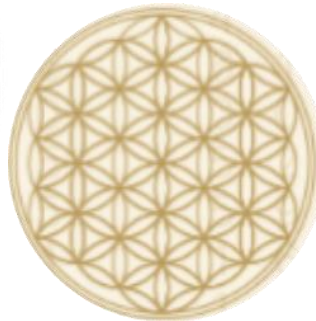
Service Entry Elevation

THE HOLISTIC HEALTH COMMUNITY CENTER – INTERIOR GEOMETRY

The shape of the central community space or “Sanctuary” provides a resonant cavity for crystalline structures, the geometric language of Nature. The **Flower of Life** floor pattern geometry in the community space symbolizes **Creation and Unity** and evokes a powerful **Catalyst for Transformation** of infinite possibilities.



Images: harmonyhealing108



Sanctuary Floor Pattern

THE HOLISTIC HEALTH COMMUNITY CENTER – INTERIOR GEOMETRY

Similarly, in the basement multi-purpose space or **Kiva**, the floor pattern geometry is a **Metatron's Cube** or **Merkaba**, symbolizing the **Unified Balance** of the Masculine and Feminine energies to facilitate **Meditation, Energy Healing** and **Ascendance**.

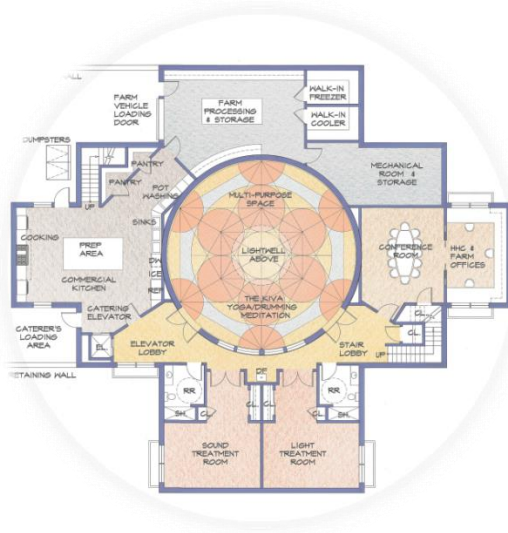
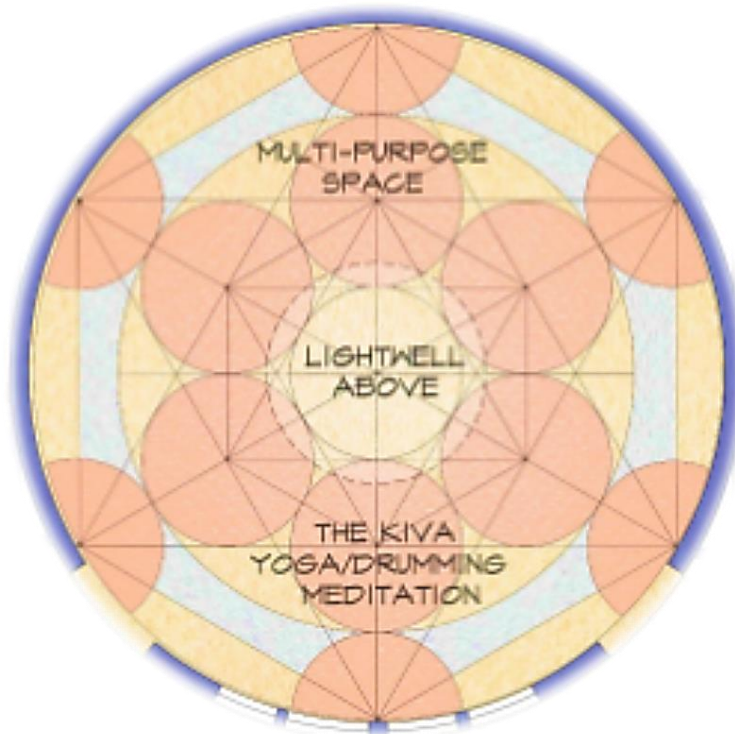
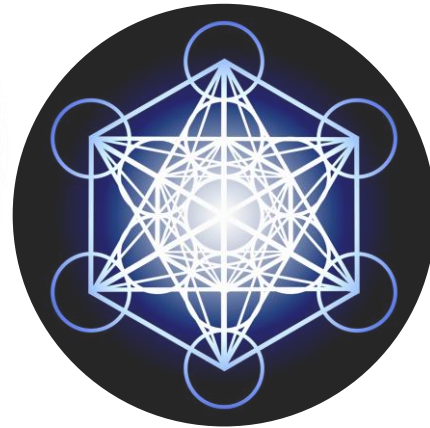


Image: natureofflowers.com



Kiva Floor Pattern