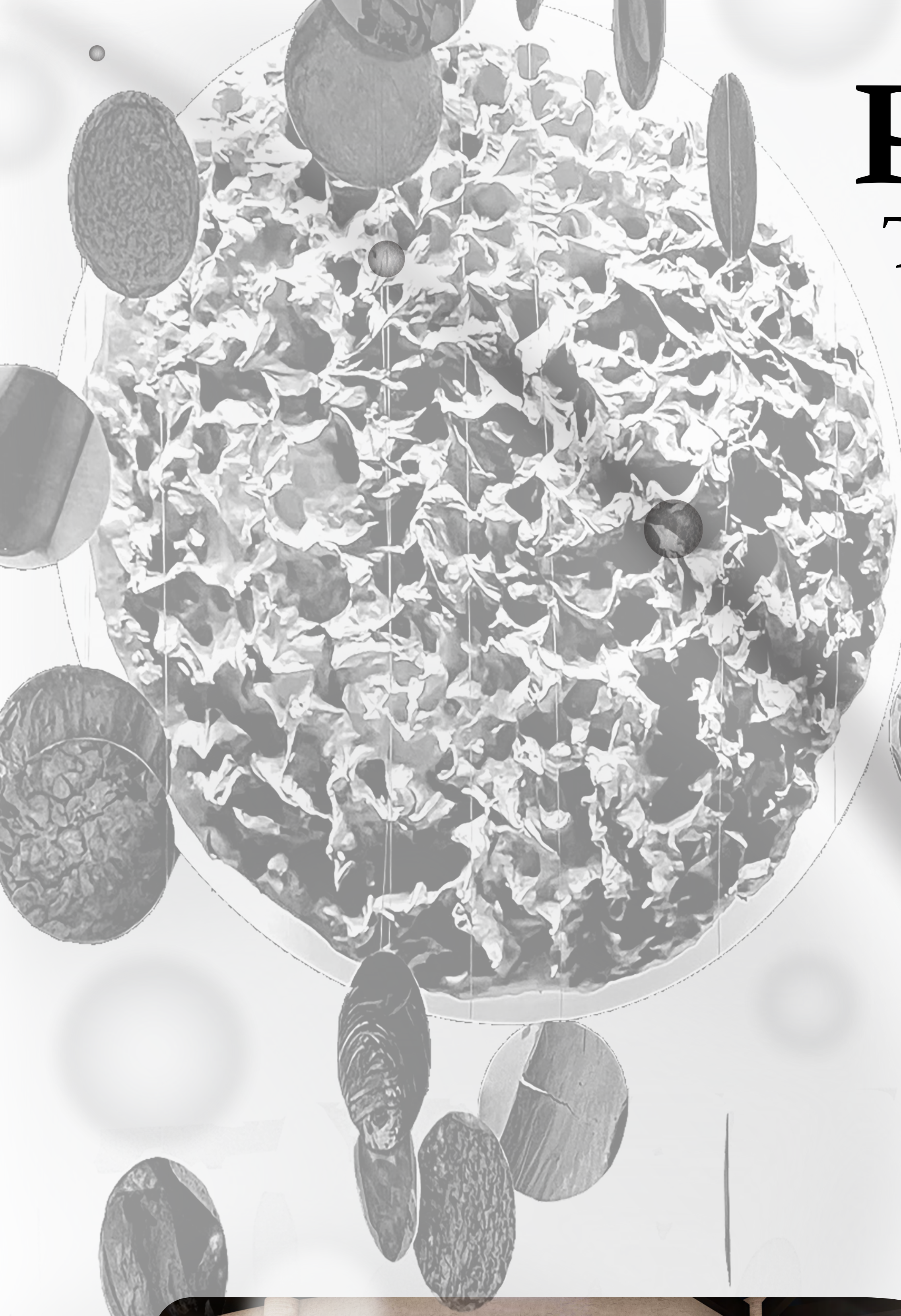


# PSYCHOSOMATIC TRANSFORMATION

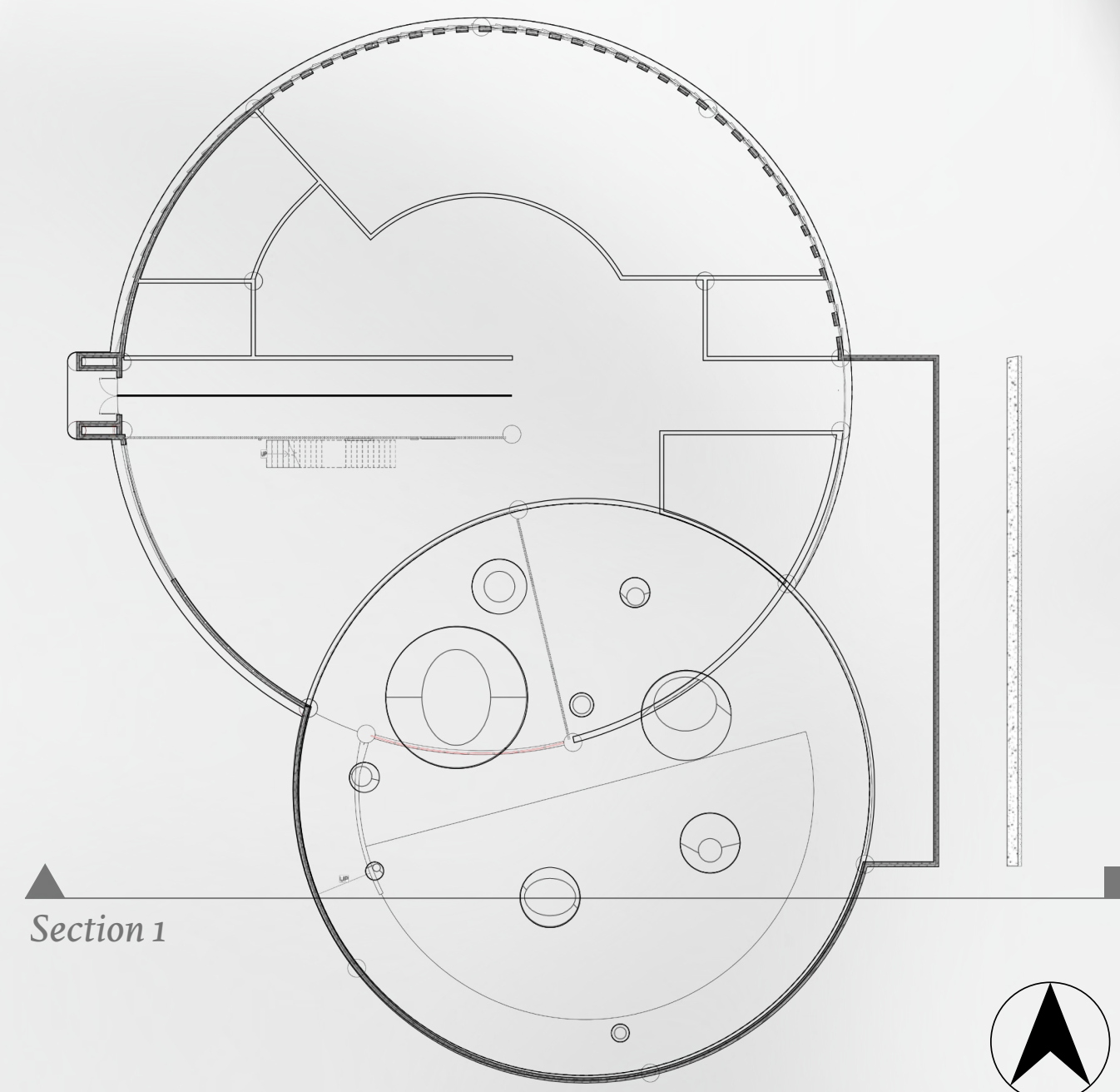
## THE CATHARTIC CYCLE OF TIME AND HEALING



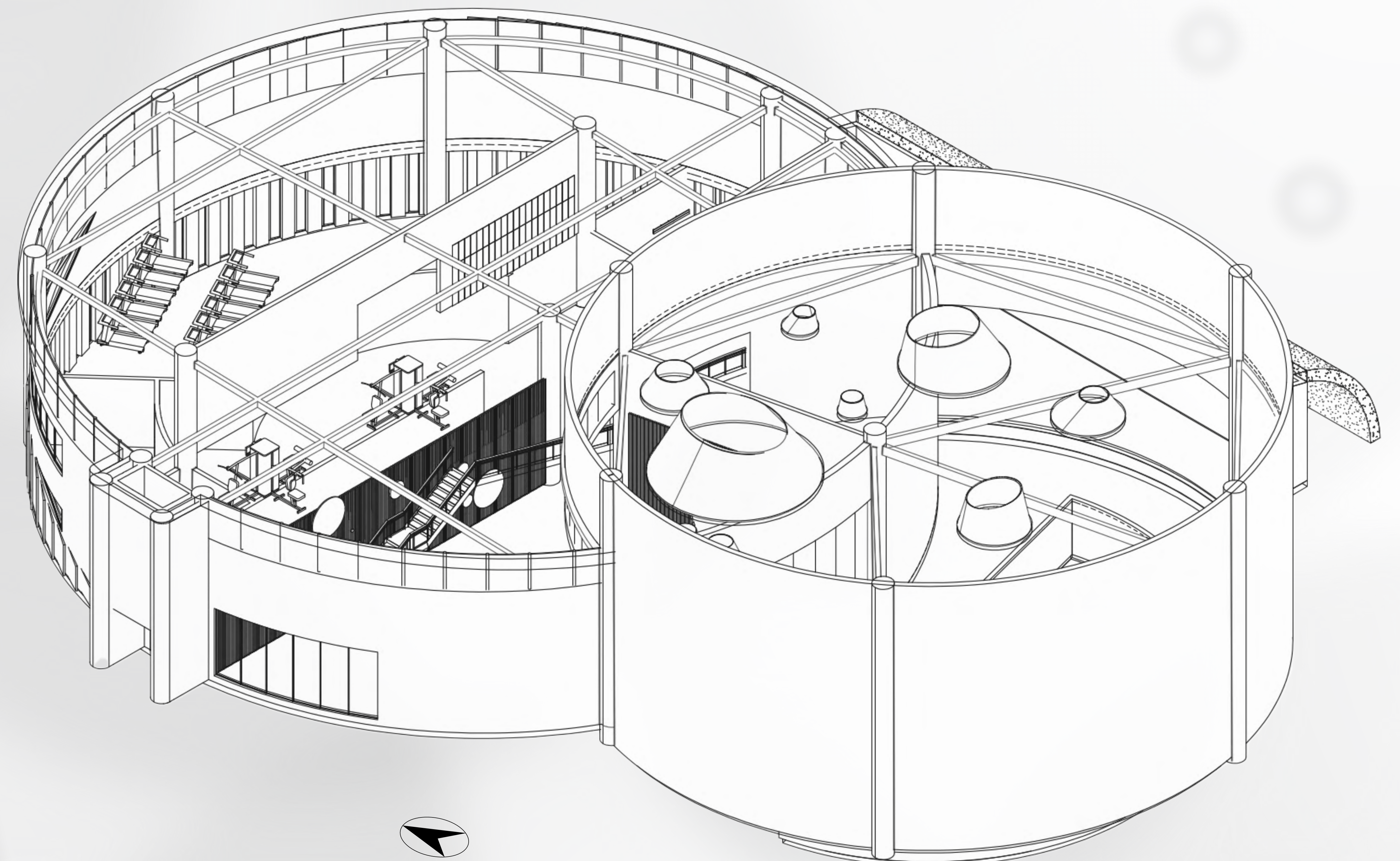
April 18th - 2:30 PM



Pool April 18th - 2:30 PM

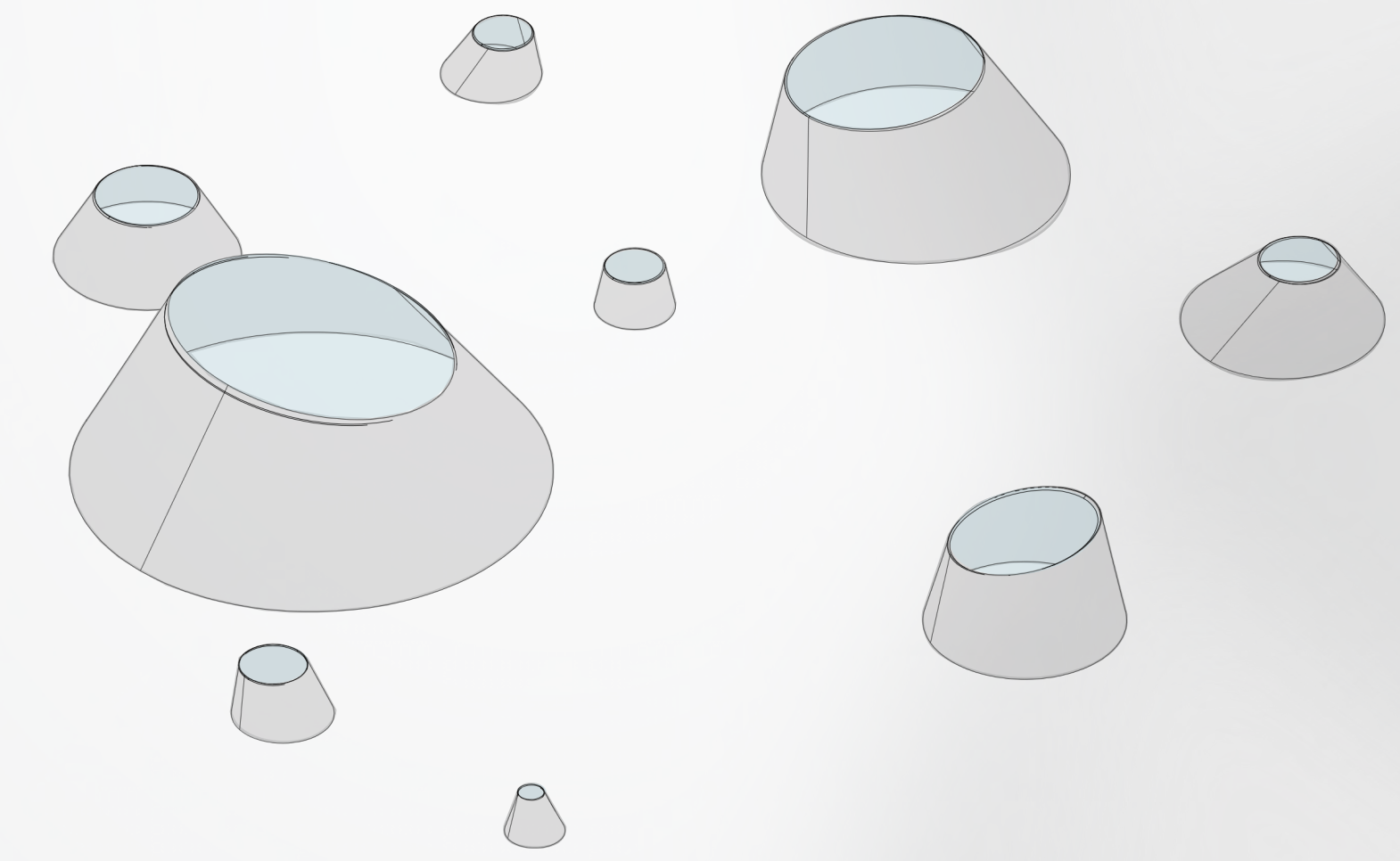


The use of light throughout the various spaces mirrors the experience Orpheus takes when returning from the underworld with his lost love. His expedition follows the format of The Hero's Journey, a storytelling device used to teach narratives of gained knowledge, overcome mistakes, and great spiritual growth. The people on the edge of Wards 7 and 8 in Washington, DC can benefit greatly from the atmosphere produced from this manipulation of light and shadow.

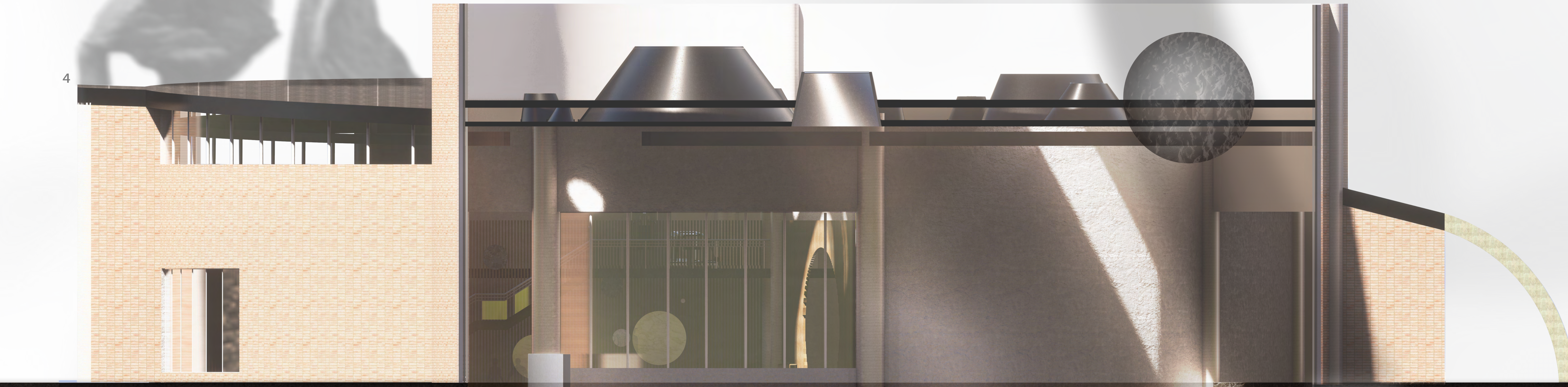




2



Each light loft has a unique depth, allowing optimal and varied opportunities for shadows to carve through the main pool space. How the glass meets the loft to where the loft meets the roof were thoughtfully designed to allow simple drainage. These lofts are used in a way to utilize light as a material, manipulating and directing the light into spaces to create atmospheres to encourage and catalyze healing and reflection.

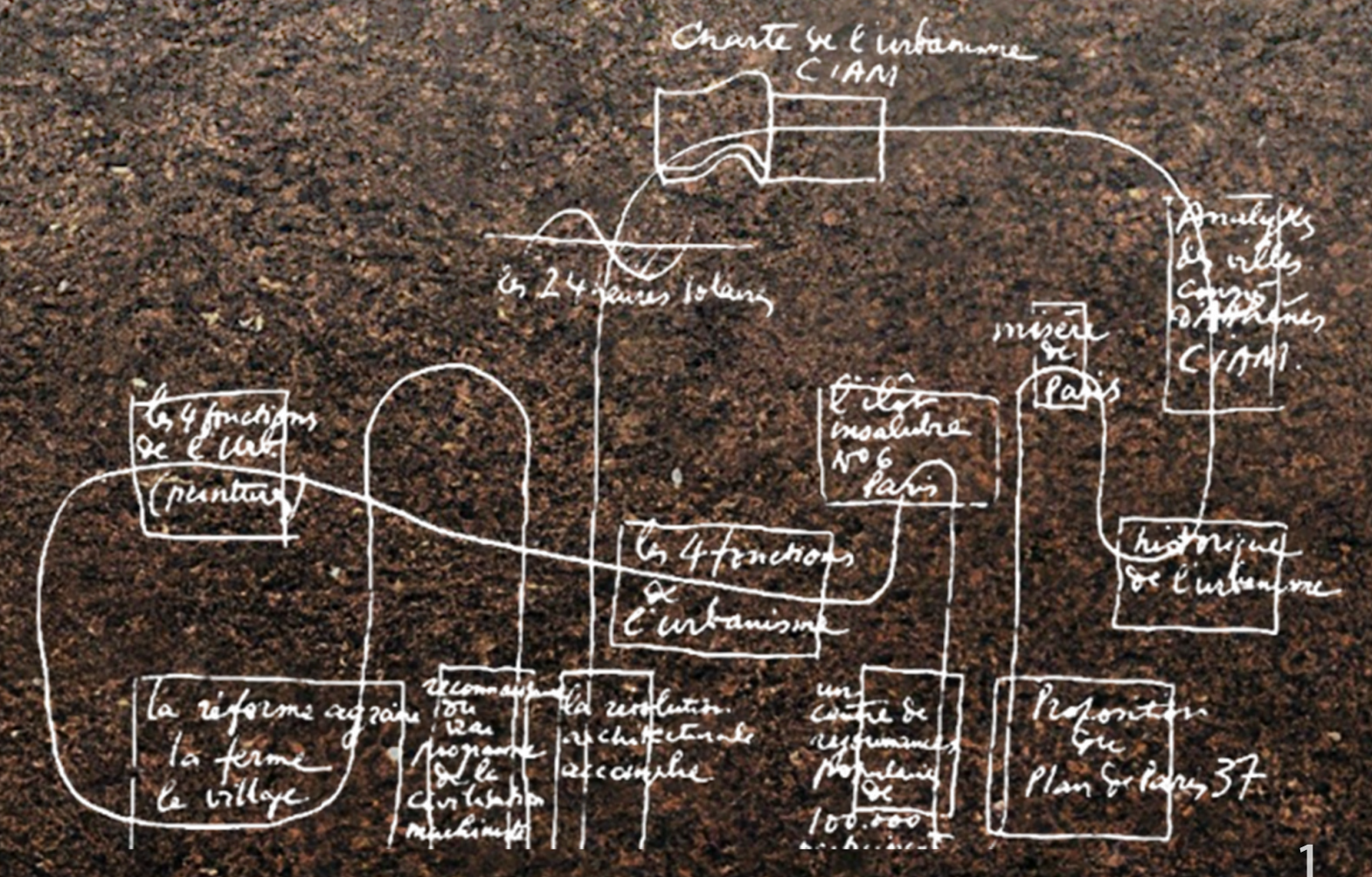


Section 1 April 18th - 2:30 PM

Architecture's influence on our mood, purely from the manipulation of a space's atmosphere, is essential to the connection between the metaphysical mind and physical body. What strange feelings arise when looking at stone in a dimly lit, almost cavernous space. Our bodies respond to these emotions made through experiencing architecture, creating reactions powerful enough to encourage deeper thought and reflection.

These revelations of our deeper consciousness founded from the meaning we create when entering a space responds to this idea of purification. The cathartic connection between the mind and body is the solution we need in this country's healthcare crisis. I offer architecture as that solution, creating spaces meant to transform and heal the occupants throughout various cycles throughout the spaces mimicking that of the cycles of day and night, our circadian rhythms, or the seasons.

Throughout the design of these spaces, my goal is to create such powerful emotions and reactions to this space and experience in order to heal the inhabitants from the inside out.



Sauna June 21st - Sunset / 8:37 PM



3

<sup>1</sup> Le Corbusier, (1953). A sectional drawing of the proposed promenade through the mountain, Basilica at Le Sainte Baume  
<sup>2</sup> Le Corbusier, (1937). Sign of the 24 hour day  
<sup>3</sup> Le Corbusier, (1939). The drawing of the proposed promenade through the Pavillon des Temps V  
<sup>4</sup> Corot, J.-B.-C. (1861). Orpheus Leading Eurydice from the Underworld [Oil on canvas]. The Museum of Fine Arts, Houston, TX