In Meditation Space: Lighting and Materials

meditation n. 1. act of meditating; deep, continued thought: 2 solemn reflection on sacred matters as a devotional act

space n. 1. the three-dimensional, continuous expanse extending in all directions and containing all matter: variously thought of as boundless or indefinitely finite: 2. the distance, expanse, or area between, over, within, etc., things: 3. area or room sufficient for or allotted to something: 4. an interval or period of time, often one of specified length: 5. reserved accommodations on a bus, plane, or ship: 6. more in a newspaper or magazine, or time on radio or TV, available for use by advertisers:

lighting n. 1. a giving of light or being lighted; illumination, ignition: 2. the distribution of light and shade, as in a painting: 3. the art, practice, or means of using and arranging lights on a stage, film, or TV set, etc.: 4. these lights collectively:

material adj. 1. of matter: of substance; relating to or consisting of what occupies space: physical: 2. of the body or bodily needs, satisfactions, etc.; corporeal, sensual, or sensuous: 3. of or fond of comfort, pleasures, wealth, etc., rather than spiritual: 4. of or pertaining to outer space: 5. important enough to affect the outcome of a case, the validity of a legal instrument, etc.: 6. of the content or substance of reasoning, as distinguished from the formal element: 7. what a thing is, or may be, made of; constituent substance: elements, parts, or constituent from material: 8. cloth, settee, sketches, etc., that may be worked up or elaborated: data: 9. cloth or other fabric: 10. implements, articles, etc., needed to make or do something: writing materials.
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Meditation is known as a practice of bringing oneself to a peaceful state of mind. It will become more interesting to more people if they can find its meaning in many more things around them.

In this study, the roles which repetition plays in meditation will be used in architecture in many ways. Repetition can create the visual rhythm of shape, form, pattern, and space. The transformable ideal of repetition changes to become an architectural space. This project attempts to discuss meditation in terms of architectural studies, and how the structures of materials together with their lighting elements can create a space for meditation.
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Background

What is Meditation?

Meditation is a way of controlling the human mind. People consciously stay in touch with their mind and think deeply to determine who and what they are. This is because mind is fluid and always influenced by emotional feeling. The goal of this practice is to put a system in their mind and to be aware not to lose their concentration. At first this is a frightening and quite boring, but after a while, the mind will be calm. The mind will get into a natural rhythm and start to reveal a fundamental mind and heart. The more people can keep in touch, the more people meditate.

In Buddhism, there are five physical movements and one mental movement of which to be aware. (i.e., consciousness of sight, consciousness of hearing, consciousness of smell, consciousness of taste, consciousness of touch, consciousness of mentality.) All of these are gateways from the outer to the inner mind and make people lose their concentration. As the Buddha taught “mind is like water that will change its shape to follow its container.” That is why people need to purify their mind, and meditation is the precise way to find their inner spirit in all matters.
Simplicity: Natures of Meditation

The basic technique for meditation is to concentrate on one’s breathing. This brings one’s mind to the present situation. The breath is simplicity and constant to attend.

In concentrating on one’s breath, one cannot accentuate or alter the breath at all. Just breathe at a constant rate and be aware of it. We have tremendous thoughts in mind if we think solely our present lives. All lives depend on this simple manner of breathing. Without breath, there is no life. It is the fact that we cannot breathe in without breathing out, and we cannot simply hold just one breath. They all work together, starting with inhaling and ending with exhaling, over and over again.

The structure of meditation is merely a reiteration. One stays in touch with one’s mind, like spinning the wheel around and around, and can start over whenever one loses one’s concentration.

One way to practice meditation is by counting the number. For example:

(Count the same number in mind when one breathe in and breathe out.)

1-1, 1-1, 2-2, 1-1, 1-1, 2-2, 3-3, 1-1, 1-1, 2-2, 3-3, 4-4, 1-1, 1-1, 2-2, 3-3, 4-4, 5-5, 1-1, 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 1-1, 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 1-1, 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8, 1-1, 1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8, 9-9

These repetitions make me think of Mathematics.
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**Background**

**Simplicity** Becomes Complexity

Meditation can be metaphorically thought of in mathematical terms. In doing so, I have studied and set the rules of grid lines for any blank matrices. The rules are set by marking a point on blank space in a position that it can be seen from every angle horizontally, vertically, or diagonally. We can find just one mark in each row or each column.

These roles can possibly start from a 4 x 4 matrix. Only one pattern can occur in the figure that is divided by 4. From 4 x 4 matrices to 8 x 8 and to 16 x 16, we can see the system or the rules of position. I call this “the horse walk.” It is also the knight’s move” in chess. When we compare the results from 4x4 to 16x16 and 8x8 to 32x32, we find that they are in the same pattern. These are the same as the repetition one finds when one practices meditation in order to clear one’s mind.

The relationship of these numbers can be concluded as:

\[
\begin{align*}
4 \times 4 & = 2^2 \\
8 \times 8 & = 2^3 \\
16 \times 16 & = 2^4 \\
32 \times 32 & = 2^5 \\
64 \times 64 & = 2^6 \\
128 \times 128 & = 2^7 \\
& \vdots
\end{align*}
\]

Or (The relationship of groups of the 2 to the power of even numbers and 2 to the power of odd numbers.)