

In Meditation Space: Lighting and Materials

med/i-ta-tion *n.* **1** act of meditating; deep, continued thought **2** solemn reflection on sacred matters as a devotional act **3** [often *pl.*] oral or written material, as a sermon, based on meditation

space *n.* **1 a)** the three-dimensional, continuous expanse extending in all directions and containing all matter: variously thought of as boundless or indeterminately finite *b)* OUTER SPACE **2 a)** the distance, expanse, or area between, over, within, etc. things *b)* area or room sufficient for or allotted to something **3** an interval or period of time, often one of specified length **4** reserved accommodations [to buy space on a ship] **5** room in a newspaper or magazine, or time on radio or TV, available for use by advertisers **6** [colloq.] independence, privacy, and freedom to follow one's own interests **7** Math. A set of points or elements assumed to satisfy a given set of postulates **8** Music the open area between any two lines of a staff **9** Printing *a)* a blank piece of type metal used to separate characters or words *b)* the area left vacant by this or by mechanical or electronic means on a printed or typed line **10** Telegraphy an interval when the key is open, or not in contact, during the sending of a message - **adj.** of or pertaining to space, esp. to outer space -**vt.** spaced, spacing to arrange with space or spaces between; divide into or by spaces - space out to insert more space between letters, words, or lines so as lines so as to extend to the required length

light-ing *n.* **1** a giving of light or being lighted; illumination; ignition **2** the distribution of light and shade, as in a painting **3 a)** the art, practice, or manner of using and arranging lights on a stage, film or TV set, etc. *b)* these lights collectively

ma-te-ri-al *adj.* **1** of matter: of substance; relating to or consisting of what occupies space; physical [a material object, material forces] **2 a)** of the body or bodily needs, satisfactions, etc.; corporeal, sensual, or sensuous [material pleasures] *b)* of or fond of comfort, pleasure, wealth, etc. rather than spiritual, or intellectual values; worldly [material success] **3** important, essential, or pertinent [to the matter under discussion] **4** Law important enough to affect the outcome of a case, the validity of a legal instrument, etc. [a material witness] **5** Philos. Of the content or substance of reasoning, as distinguished from the formal element -**n.** **1** what a thing is, or may be, made of; constituent substance; elements, parts, or constituent [raw material] **2** ideas, notes, sketches, etc., that may be worked up or elaborated; data **3** cloth or other fabric **4** [pl.] implements, articles, etc. needed to make or do something [writing materi-als]

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PORNPHUT SUPPA-AIM

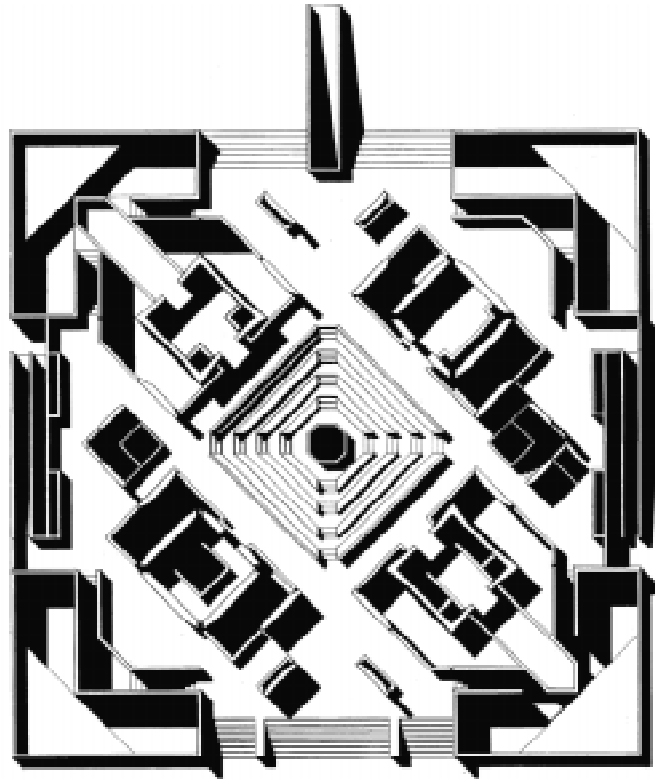
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Abstract

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.



Budda figures at Wat Mahathat, Phetchaburi, Thailand.

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.

system *n.* 1 : a regularly interacting or interdependent group of items forming a unified whole 2 : an organized set of doctrines, ideas, or principles usually intended to explain the arrangement or working of a systematic whole 3 *a* : an organized or established procedure *b* : a manner of classifying, symbolizing, or schematizing 4 : harmonious arrangement or pattern : ORDER 5 : an organized society or social situation regarded as stultifying : *ESTABLISHMENT*

Simplicity: Natures of Meditation

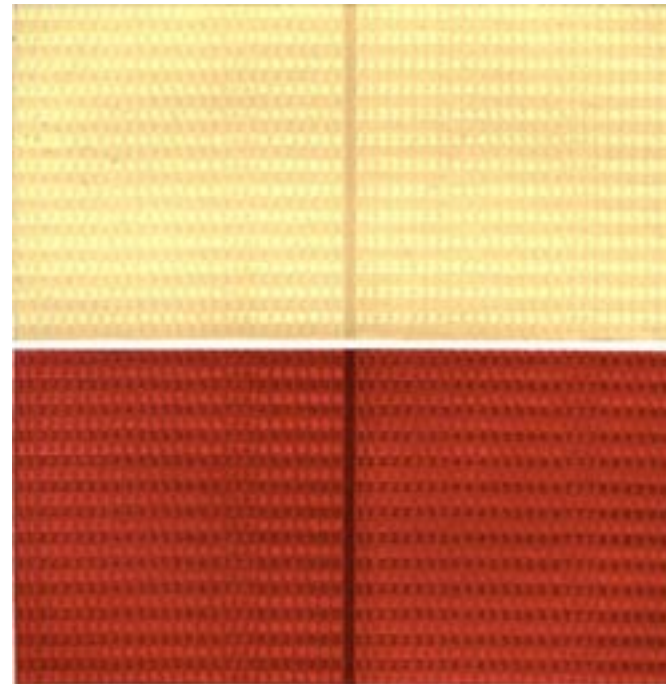
The basic technique for meditation is to concentrate on one's breathing. This brings one's mind to the present situation. The breath is simplicity and constant to attend.

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.)



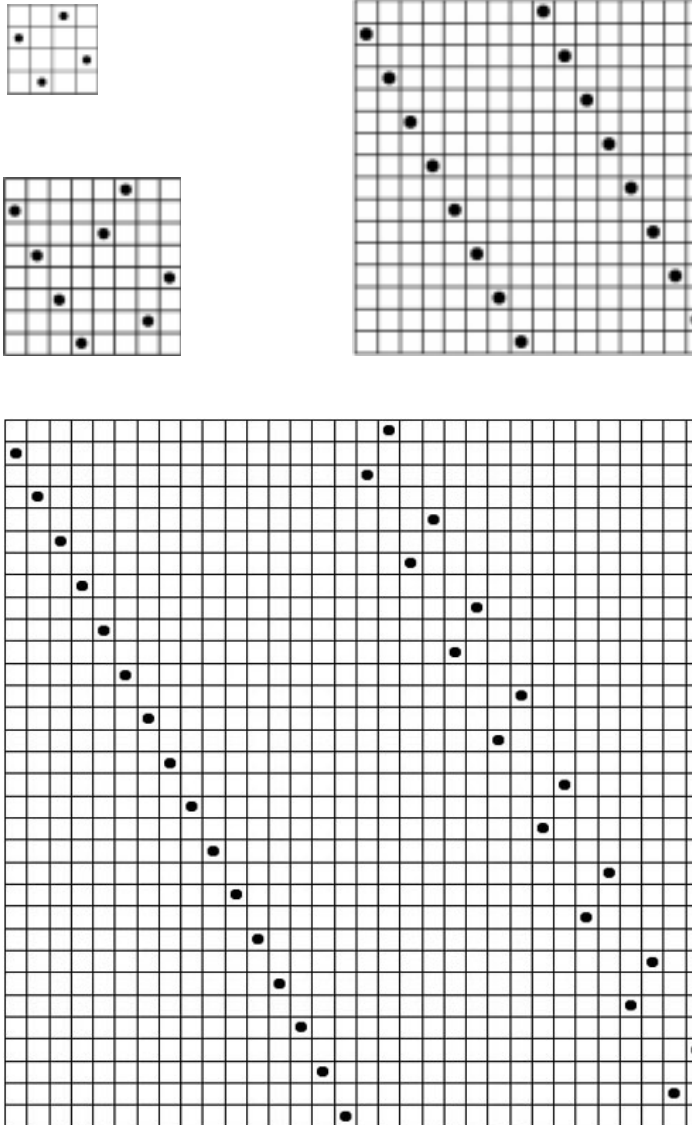
1-1,
1-1, 2-2
1-1, 2-2, 3-3
1-1, 2-2, 3-3, 4-4
1-1, 2-2, 3-3, 4-4, 5-5
1-1, 2-2, 3-3, 4-4, 5-5, 6-6
1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7
1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8
1-1, 2-2, 3-3, 4-4, 5-5, 6-6, 7-7, 8-8, 9-9

.....

These *repetitions* make me think of Mathematics.

rhythm *n.* *1 a*: an ordered recurrent alternation of strong and weak elements in the flow of sound and silence in speech *b*: a particular example or form of rhythm *2 a*: the aspect of music comprising all the elements (as accent, meter, and tempo) that relate to forward movement *b*: a characteristic rhythmic pattern; *also*: METER *c*: the group of instruments in a band supplying the rhythm — called also rhythm section *3 a*: movement or fluctuation marked by the regular recurrence or natural flow of related elements *b*: the repetition in a literary work of phrase, incident, character type, or symbol *4*: a regularly recurrent quantitative change in a variable biological process — *compare* BIORHYTHM *5*: the effect created by the elements in a play, movie, or novel that relate to the temporal development of the action

repe-ti-tion *n.* *1*: the act or an instance of repeating or being repeated *2*: MENTION, RECITAL



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:

$$\begin{aligned}
 4 \times 4 &= 2^2 \times 2^2, & 8 \times 8 &= 2^3 \times 2^3 \\
 16 \times 16 &= 2^4 \times 2^4, & 32 \times 32 &= 2^5 \times 2^5 \\
 64 \times 64 &= 2^6 \times 2^6, & 128 \times 128 &= 2^7 \times 2^7 \\
 \dots & & \dots &
 \end{aligned}$$

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

simplicity *n. 1* : the state of being simple, uncomplicated, or uncompounded *2 a* : lack of subtlety or penetration : INNOCENCE, NAIVETÉ *b* : FOLLY, SILLINESS *3* : freedom from pretense or guile : CANDOR *4 a* : directness of expression : CLARITY *b* : restraint in ornamentation : AUSTERITY

complexity *n. 1* : the quality or state of being complex *2* : something complex