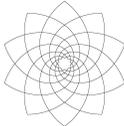
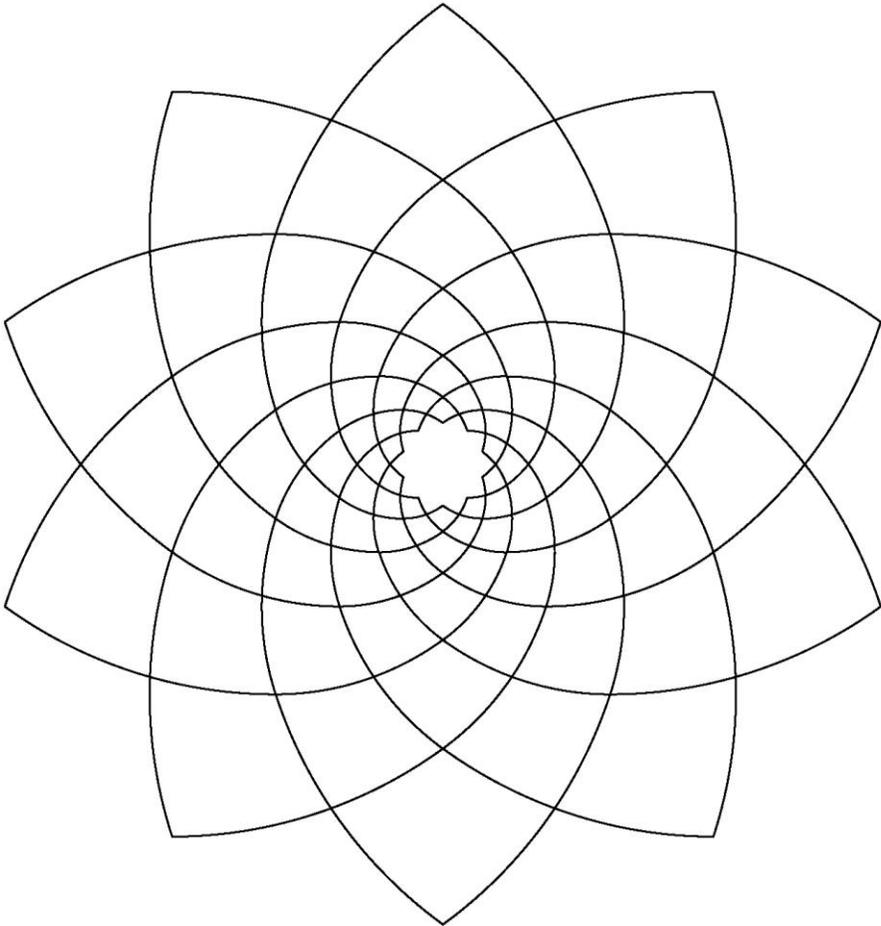


MICHAEL RICE ARCHITECT

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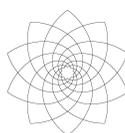


The Design Process

The desire to create is utterly fundamental to our nature. All life seeks to optimise its potential, balance its energy with the environment and fully express its innate dreams and desires. Quite often this powerful drive leads us to a point of contemplating the building of a home that fully represents our needs, hopes and dreams. As a creative process, this can be very fulfilling as well as more than a little daunting. As a social habit, we tend to delight in the telling of horror stories of people who had difficult, if not terrible, experiences with any or all stages of the manifestation of their homes.

We are here to offer an alternative and entirely positive possibility, one based on an exciting and very life supporting philosophy. Having being involved in the design and procurement of over 350 buildings in the last twenty years, the feedback from builders, occupants, and visitors presents a very different reality from the one normally expressed by the masses. It is entirely normal for folk to report that they would much rather spend time at home than embark on a sun holiday; which is saying something here in Ireland! There are also many examples of people who work in these buildings who would choose to return to work for free on their day off, because “the energy is so much better”. In some beautiful cases, couples who had been reliably told that they could not have children, conceived and gave birth to healthy children upon embarking on this very life enhancing creative unfolding.

Although we are fundamentally creative beings, manifesting reality with every thought and feeling, there is a tendency to imagine that we are not creative unless we have a formal qualification in design. The ability to think freely, critically and creatively is a life skill that is not normally encouraged or supported in our mainstream education, with some notable exceptions. There is a tendency to develop a thinking process that is based on a linear sequence of choices which emerge from a logical information gathering protocol. Put simply, it is generally imagined that the best way to design something is to accumulate and correlate as many of the relevant factors affecting the situation as possible and to initiate a series of intelligent choices, ultimately leading to a culling of options and possibilities, resulting in the final presentation (or whatever is left once the choices run out!). This process does work, and can of course have lead to designs of great beauty and elegance.

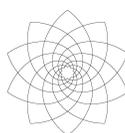


However, we are suggesting that nature utilises a wholly more circular non linear approach to design and manifestation – one that is based on holistic thinking, fractal geometry and full spectrum imagining. Science is gradually beginning to appreciate what our shamanic practitioners and our ancient seers knew – that time and space are an illusion, albeit a persistent one, and that desire and intention are fundamental creative agencies in a unified field of pure potentiality. A desire, when fuelled by pure principle intent, and infused with openness and non attachment, literally assembles the patterns of information that represent this desire, which in turn act as an attractor of energy to this pattern in order that it becomes manifest. This process is not limited by time or space, and cannot be bound by the linear thinking protocols that are so honoured and respected by society. In this way of thinking, time and space are but one subset or stratum of the overall process, and ultimately they do serve as an anchor point on which the eventual manifestation of the initial desire rests.

So in simple terms, we believe that the perfected pattern or form of a space that responds to an individual's needs and desires already exists, in a sort of higher dimension, if you like. It is simply a matter of allowing this matrix to download, and 'enter' our awareness in a form that can be accessed and utilised. The key to accessing this vision matrix is the basis of our design and build philosophy.

It is important to realise here that this process is going on for all of us, all of the time; it is not something that only the privileged and gifted few can accomplish. Certainly, some people may have a natural aptitude for this way of being, and may have had early and rich opportunities to develop the skill and express the resulting harmony of form. We are here to remind (to remind) you that this is truly our natural default setting and it may be just a matter of a little surrendering and trusting, along with a little playful exploration of consciousness. However, we may benefit here from a little more understanding of the choice making process, in order that we may develop new ways to optimising information flow and fine tune our abilities to recognise a coherent pattern which is the basis of this approach.

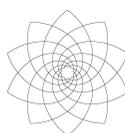
We have a tendency to be convinced, both from our teachings and from our direct experience, that we are ultimately choice making machines. We imagine that what sets us apart from the



rest of the living earth is our apparent ability to assess and choose a specific path. We further imagine that all of our troubles, both individual and collective, result from just plain bad choices, which in turn leads to the perception that all we need is just more information and our choices become more defined and directed and ultimately successful. However, there is a little more to the situation than that.

Recent studies in neurobiology have suggested that a thought arises, or more accurately arrives, and is picked up by our brains (the receiver), and that a split second later a part of our brains most associated with the activity that results in a sense of an individual separate self, fires up, and in effect hijacks the original thought and imagines that it came up with it all by itself! The resulting belief in the profound sanctity of an individual's ability to come up with a new idea and to somehow assume ownership is, from a fundamental energetic perspective, quite bizarre and has no real scientific foundation. Yet as a belief it persists, and gives rise to the strongly held perception that what 'we' think and express is somehow 'ours', and is therefore subject to a plethora of laws of copyright and issues of 'intellectual property'. This is of course appropriate within the prevalent model at work in the world, although can cause much conflict when several individuals come up with the same ideas or concepts at the same time in different parts of the world! The allowance for a simultaneous morphogenic transmission or an idea whose time has come does not hold much water with the lawyer class!

When one studies Cymatics, an area of study and research pertaining to the patterns and symmetries that emerge in a medium that is vibrated (such as pollen or fine dust on a vibrating plate) one observes that as the tone changes, and fresh harmonics are added, then the resulting patterns change and evolve. New, more complex forms emerge almost instantaneously. What is very interesting is that fact that just before the onset of a new harmonic presentation the medium appears to lose all its structure, form and pattern and displays a very brief but notable moment of apparent chaos or non order. So it is understandable that we may imagine that each new pattern is somehow separate from the previous or next one, as they seem punctuated by periods of apparent disorder. Yet from a point of view of natural creativity, it is this apparent disorder that carries the receptivity and availability to fully manifest and project the new vibrational harmonic. We can see how this natural process of profound evolution of form and expression is also at work in the invisible realm of thoughts and feelings. We are like collectives

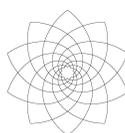


of responsive media that resonate and vibrate and express the latest 'vibe'. This would explain so many observable phenomena such as simultaneous thoughts arising (aka group telepathy / empathy etc). So what has this to do with the design choice based process?

Well, first suggestion here is a relaxing of the notion in our inherent supremacy as choice makers. If we become open to the concept that we are in constant energetic exchange with all the elements of our environment, being receptors and transmitters of information, which gets processed, edited, used, transmuted and ultimately shared; then we become more open to the way that nature 'designs' and expresses. We could benefit greatly from being open to the possibility that we are not necessarily the originators of our thoughts. When a thought or design concept arises, we appear to leap on it and assume it is 'ours' – we then filter this pattern of information through a multi layered matrix of pre-formed limits and built in possibility parameters.

These layers exist as inherited judgements, perceptions and beliefs from our early and current environments, and ultimately serve to continue to create only forms that emerge through these filters. Weaving these filters are huge assumptions about just about everything; the viability of the design, the receptivity of the environment, our and others abilities to bring the original thought into reality etc. We are also very fond of manufacturing reasons why something could not happen, rather than exploring new ways that it might happen, again displaying and expressing conditions of limit rather than patterns of potentiality. The classic linear design process that is taught to many students seeks to remove or alter some of these layers in an honest attempt to optimise the likelihood that the original thought can emerge as a real applicable idea as close to the original form as possible. And as we said earlier, this approach does indeed work, but we believe there is a more optimal way again. As with medicine it is not to be considered an alternative approach, but rather a complementary one, perhaps even the next stage of our biological awareness and expression.

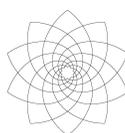
Our second suggestion is an openness to develop skills which offer opportunities to consciously relax the assumptions, limits and perceptions / beliefs that surround and fill all our thoughts. This can be a little difficult to do initially, as the hard and soft wiring of our habitual thought processes are along well worn and well established pathways. And indeed there are probably as



many ways to do this are there are conscious being in the universe! One way that has proven itself as being an effective tool for transforming the way we think is 'mindfulness', which may be considered 'tai chi' for the brain.

The Japanese have an expression - 'Zanshin', which can best be translated as continuous or all present awareness, or 'mind / heart everywhere'. This can be displayed with practice as an ever growing field of awareness of the environmental interplay of both 'inner' and 'outer' worlds. This state results from a gentle openness to observe without judgement or projection, a state that can be achieved through meditation or just simple mindfulness. It is worth remembering that every bit of information noticed and processed by the conscious waking mind is exceeded a million fold by the unconscious mind, and so the key here is to again to relax the intense processing and perception based editing so obsessively practiced by the conscious mind. The conscious and unconscious minds are also only notional divisions, created to present a clean line of delineation and demarcation. It is very doubtful that they exist as two separate independent 'things' that require constant dialogue, and even unlikelier still that the conscious mind is the driving force that we would like to believe it is. In essence, the unconscious mind could be considered the name given to the process driven signal reception and transmission feedback with the environment, and the conscious mind is a structure based on the tiny fragments of this informational exchange that habitually arise to the surface as it were, and being afforded attention by another aspect of the mental machinery.

It is in this interplay between biological organism and the environment that the illusion of apparent free choice and discernment arises. When we, as representatives of a free flow movement of thoughts and feelings, experience a relaxation of the need to control the flow, we effectively increase the bandwidth of conscious information, in a way that transcends the normal linear assumption of learning or knowledge acquisition. It is as if that which is required to be known, being an optimal flow path of least resistance, makes itself known, but of course not by anyone! In this way, an image of geometric clarity, or a matrix of potential, can form as a pattern of information, which becomes known as the receptivity increases. As everything is energy, expressing itself as a wave event, then this idealised optimal pattern of 'design' will present as a symmetry diagram or matrix, and one that we can become increasingly able to receive and perceive.

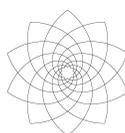


It is in this way that apparent spontaneous blasts of inspiration are reported, where clarity and positive movement are experienced when there is a letting go or relaxation of the normal linear creative process. The history of human knowledge and wisdom is filled with anecdotal examples of this phenomenon. The Japanese have a name for this – ‘Mushin’, which again can be described as ‘no mind / heart’. This is a state of receptivity beyond personality and personal parameters of limit. It is not a state that is possible to attain, as it is our natural contiguous state – it becomes optimised as a conscious creative tool with the relaxation of assumption based thought processes.

In this way, a third suggestion emerges. This suggestion is based on there being a way to open the doors of perception to what already is, to what represents the genesis of a design for life. If Life truly seeks optimal expression of potential, and strives toward this goal with passion and drive, then it makes sense that the best way to enter this flow path is through passion. By being open to explore passion and enthusiasm, without limit or control, with awareness and heart based focus, one effectively consciously enters the creative coherent flow of life itself. What becomes apparent quite quickly here is the infinite nature of all of this, with ideas and possibilities solving and dissolving instantaneously as the path of least resistance to an optimal form becomes known.

To recap – the first suggestion is to be open to the notion that we are not primarily choice or decision makers. The second suggestion is the development of skills of mindfulness and awareness. The third suggestion describes and openness to explore passion, with passion. The fourth suggestion is the upgrade of the abilities to take the passion driven information pattern and turn them into flow diagrams that can anchor and express in this realm, in this time and space, and take the form of a home.

The first three suggestions are not really ‘suggestions’ as such. To accept them as such would of course render the first ‘suggestion’ false, and present the ultimately meaningless premise that there is someone who can ‘decide’ to incorporate these suggestions! A lovely example of a circular logic loop! But they are here as waveguides that may find resonance with the mind body organism that finds itself still reading this far. The fourth ‘suggestion’ is a little more active



and well settled into the level of activation most associated with what we imagine is our logical, intelligent, information / knowledge based thought processes. In effect we upgrade our biological software when we actively seek to learn something new, and with integration and practice based feedback we can incorporate this information into our flow charts that we call our lives.

Passion, humour and playfulness optimise this natural design impulse, and awareness, openness and abilities manifest it. En- Joy!

