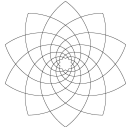
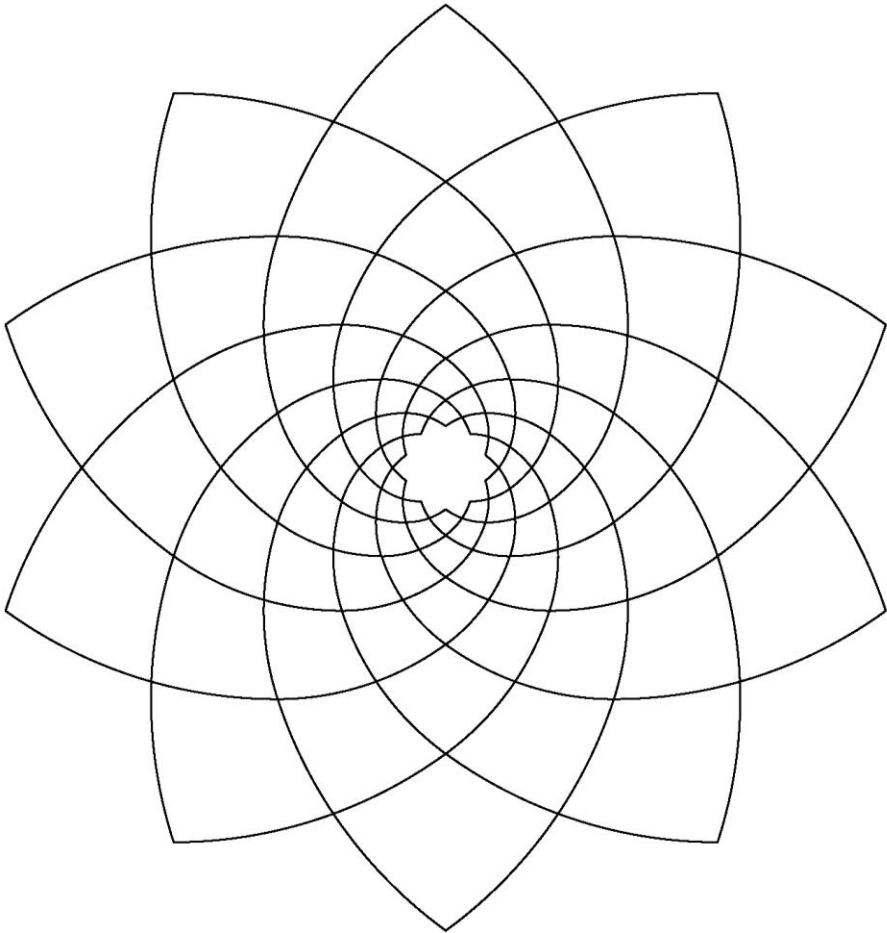


MICHAEL RICE ARCHITECT

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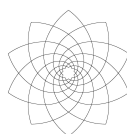
What is Sacred Geometry?

Sacred Geometry is the name we give to the study and application of 'shape'. As a practical discipline it has been used for countless generations to inform and regulate human activity, from guidance on the design and construction of our spaces and societal structures, to the profound application of the creative power of our thoughts, feelings and emotions. As a science it offers us a fresh way to look at the world and gain valuable insight into its workings, such as how the shape of something and its function are interrelated and how information flow expresses itself as waves of energy. Everything is energy, which moves about in waves, which come together to form ever more complex shapes and patterns. These emergent wave forms stabilise and grow and give rise to the evolution of life and living systems. When we study natural phenomenon we observe that they present the same shapes, ratios, proportions, patterns and symmetries at every level of expression. This fractal similarity of shape provides a perfect blueprint and vehicle for communication across scales. Picture a beautiful set of Russian dolls, all shaped the same but different sizes, such that one can fit inside the next and so on. Nature loves this infinite progression of recursive embedding!

In effect sacred geometry shows us how everything is connected and in balance, whilst constantly changing and evolving. What we are now discovering is how our personal and collective sense of physical, mental, emotional and spiritual wellbeing is directly and measurably linked to the shapes of the fields of energy in our environments. This is perhaps the most exciting aspects of sacred geometry; the opportunity to design and create our world in alignment with the harmony of all that exists, utilising a timeless body of knowledge and wisdom that is anchored in science yet speaks to our heart.

How and when did you learn about it?

As long as I can remember I have been drawn to how the shape of a space affects us - possibly due to my early incarceration in a metal incubator for six months post birth! My favourite subjects in school were art and science and after graduation from university I got the



opportunity to travel extensively to learn and expand my perceptions. I consider myself a student of Sacred Geometry; who is blessed with opportunities to apply it directly in the design and construction of space. I seek constantly to upgrade my knowledge and understanding of how Nature utilises shape to create and express living systems, be it a simple smile to a spiral galaxy.

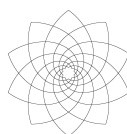
In addition to this I am aware that sometimes the best way to really learn a subject is to teach it. Engaging with an interested group is a fantastic way to share and enjoy this wonderful subject, as well as offering chances to refine and enhance my ability to express and apply it.

What is Bioarchitecture?

We define Bioarchitecture as the art and science of designing and building spaces which create, support and enhance life and living systems. BioArchitecture unites sacred geometry, holistic design and feng-shui, and brings it all together under one roof that will withstand the rigour of scientific and critical examination. By utilising fractal (sacred) geometry, natural materials and optimal siting, Bioarchitecture creates structures which store, compress and radiate the correct electric charge fields that allow biology to thrive.

How does it relate to Feng Shui?

Feng Shui is the Ancient Chinese Art of Placement which is rooted in the Timeless Tao (The Way of nature), expressed as a balancing of the Polarity of Opposites, through the sequential transformational energy movements of the Five Elements. Feng Shui is a rich design component which incorporates practical Earth based considerations with other more Cosmic influences. 'Feng' can be translated as 'Wind', and 'Shui' can mean 'Water', and so Feng Shui can be poetically described as the balancing of Wind and Water. Wind is 'energy' and Water is 'containment' – so good Feng Shui seeks to harness energy effortlessly and sustainably, and contain it in shapes and forms that optimise the coherence of that energy. Bioarchitecture automatically is good Feng Shui – as it not only provides a beautifully holistic living structure which allows all the energies to come together non-destructively, but encourages those energies to interact and share sustainably – and this is the definition of Life and living systems.



Does Bioarchitecture consider the existing energy of the land?

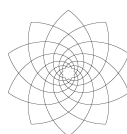
Bioarchitecture also applies and integrates the ancient arts of Geomancy and Dowsing, which are names to describe the techniques and methods of acquiring more information about the energetic makeup of land using a combination of reading the signals of the environments both visually and physiologically.

How does the shape of a space affect us?

If one explores the subject of 'Cymatics' on 'YouTube', one can see delightful visual examples of how sound energy can create shapes in various media, such as sand or liquid on a vibrating plate. These studies show us that certain vibrational influences give rise to specific shapes, which have particular properties and effects. This is also true of the energetic matrices of our rooms and spaces. The shape of our spaces can affect us in many ways, and can create feelings in our bodies which mirror the geometry of the room. For example, people in cubic or hexagonal spaces often report experiencing feelings of containment, enclosure, security, safety and separateness. Whilst others in pentagonal or golden section shaped rooms describe their feelings as being expansive, inclusive, connected and spacious. There is no good or bad space in sacred geometry and bioarchitecture – each shape has its own individual energetic signature and as such has a part to play in the great tapestry of life. The key is to use the knowledge appropriately to create an overall context that supports biology. Every building element, from the plan matrices to the built volumes and enclosures support biology measurably. Builders frequently comment on how easily the elements seemed to fit together during construction, both in physical practical terms as well as in terms of timing. Countless folk who have built homes using this approach not only get to live in brighter and more beautiful spaces, but they often describe experiencing a definite positive shift in their health to relationship circumstances.

Does one have to be an architect first before one can become a bioarchitect?

The beauty of Bioarchitecture as a practical tool of transformation and creativity is that it can be practiced by anyone, anywhere. Any design decision that uses the geometric matrices of life



generates an attractive force that brings the energy of a space into greater alignment. The effect is amplified by focused human attention and bliss, fine-tuned by feedback and awareness.

Is there a way to describe Bioarchitecture in a way that can be expressed easily and understood by anyone?

Your readers may enjoy the following exercise by way of playful exploration of the pure principles underpinning Bioarchitecture. Hold up and look at the tip of one finger and concentrate on it. It is helpful to view your finger in a very loving and positive light. Within a few moments you will most likely begin to feel a tingle in your finger which will increase as your awareness and attention to it grows. This tingling can with a little practice extend with a breath to your other fingers and with a little more practice to a point of focus just above your open palm. This concentration of energy is a point of implosive charge build up, generated by your thoughts and feelings. Harnessing this power and the living principles that create it, and utilising it in the direct application of a harmonious design protocol is the essence of Bioarchitecture.

MICHAEL RICE, BIOARCHITECT

Short Biography:

Michael is an award winning bioarchitect and a pioneer in the field of bioarchitecture. He studied at the School of Architecture in University College Dublin and established his own practice in 1998 based in the heartland of Ireland, specializing in bioarchitecture, sacred geometry, natural design and sustainable living. He has designed over 400 buildings based on these harmonic principles, from meditation huts, to homes and community spaces of every shape and form. His knowledge of the Science of Creation offers deep insight into how the shapes of our dreams, thoughts and emotions create our worlds.

