

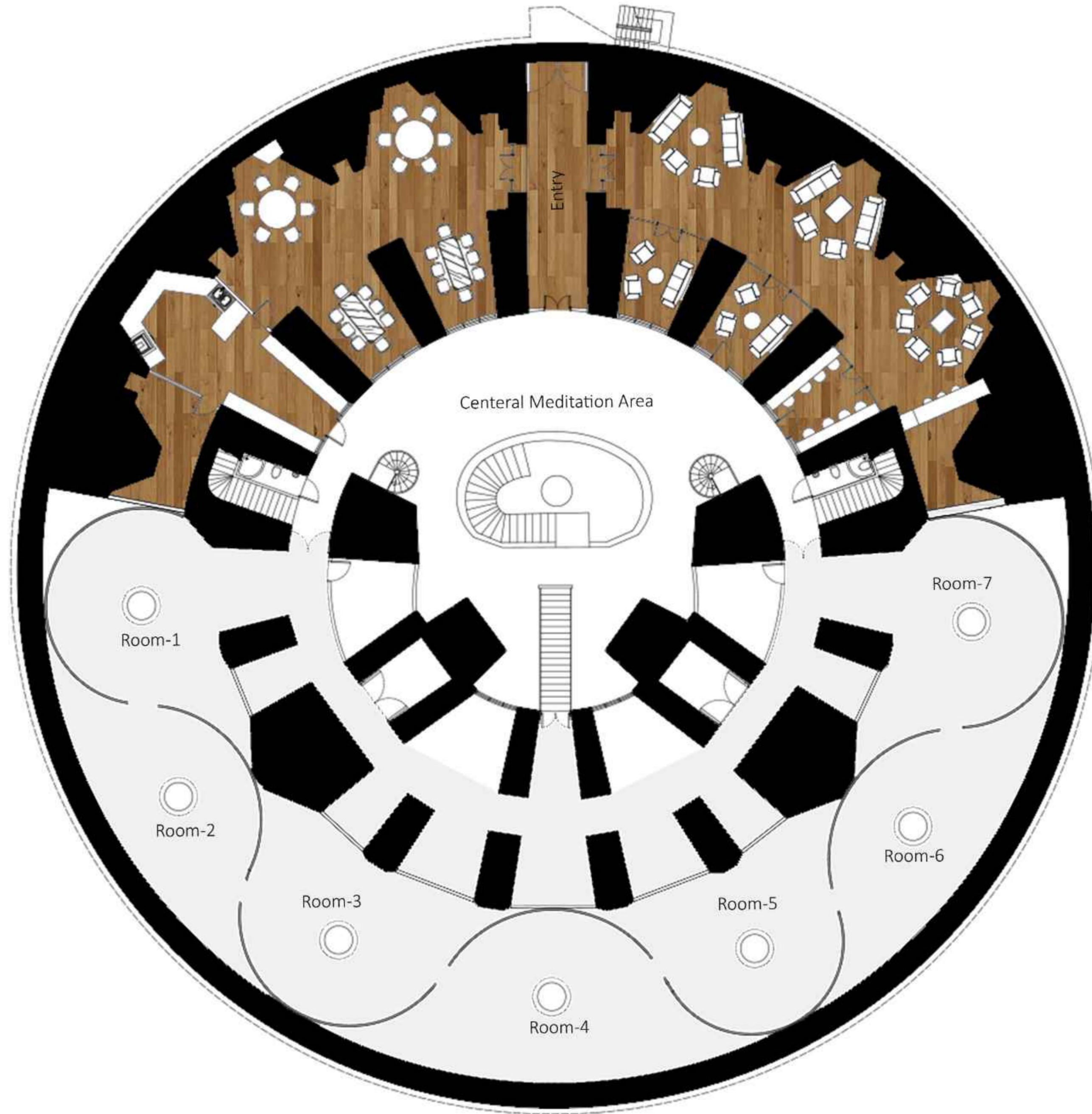
What are Chakra?

Chakra (cakra in Sanskrit) means "wheel" and refers to energy points in our body. They are thought to be spinning disks of energy that should stay "open" and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

There are seven main chakras that run along our spine. Each of these seven main chakras has a corresponding number, name, color, specific area of the spine. They start at the base of our spine and extend to the crown of our head.

In my design i am incorporating the seven main chakras into my seven rooms. Each room represents a different chakra, with corresponding colors, symbols, and elements, offering an immersive experience that engages both the mind and body. In these rooms, individuals can immerse themselves fully by sitting on the floor, experiencing the space firsthand. The flooring, made of cork & mirror, provides a comfortable and sustainable surface for those who choose to engage more deeply with the environment.

Site Plan:



Site Accessibility: Transportation Analysis



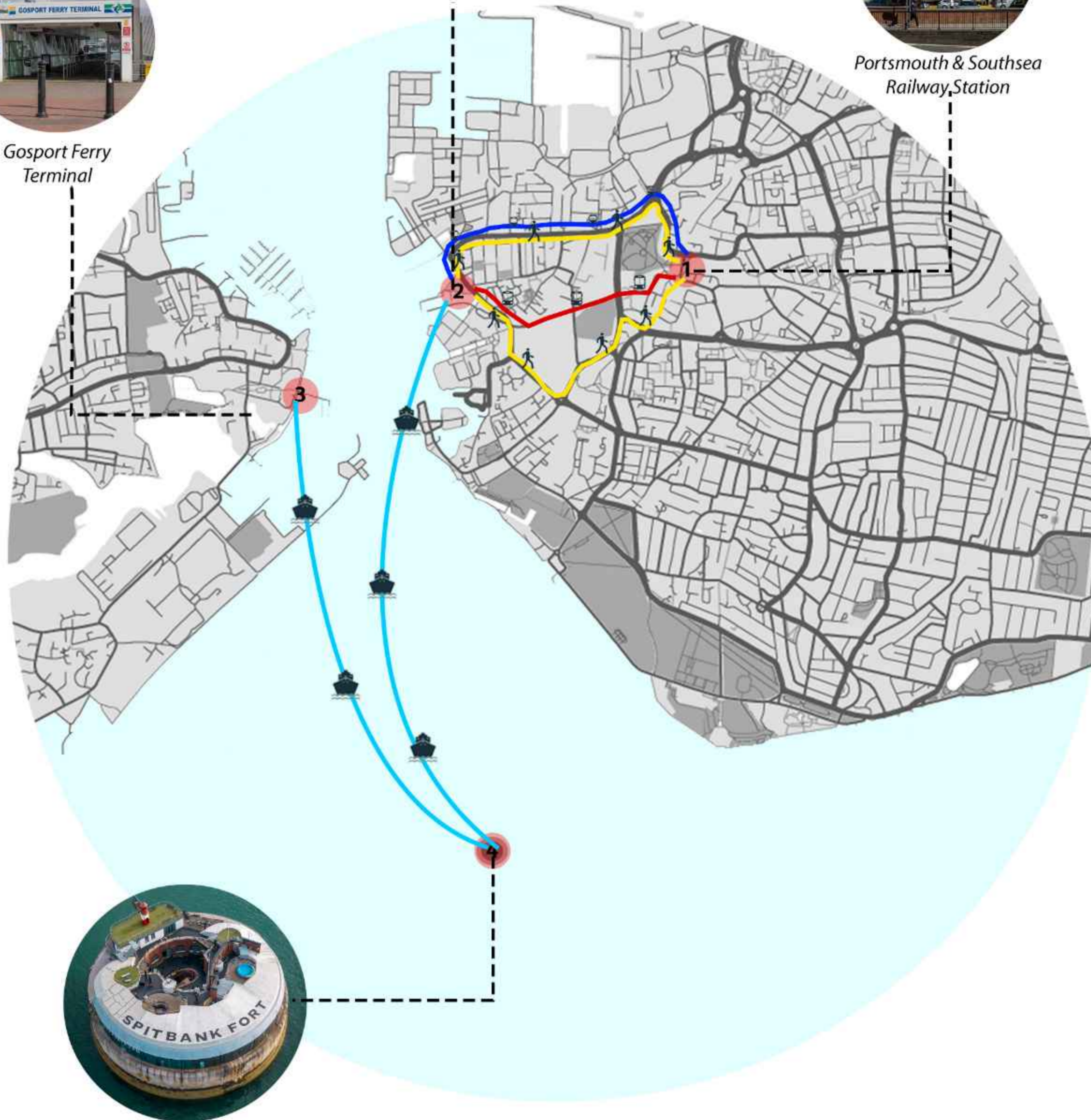
Gosport Ferry Terminal



Portsmouth Harbour



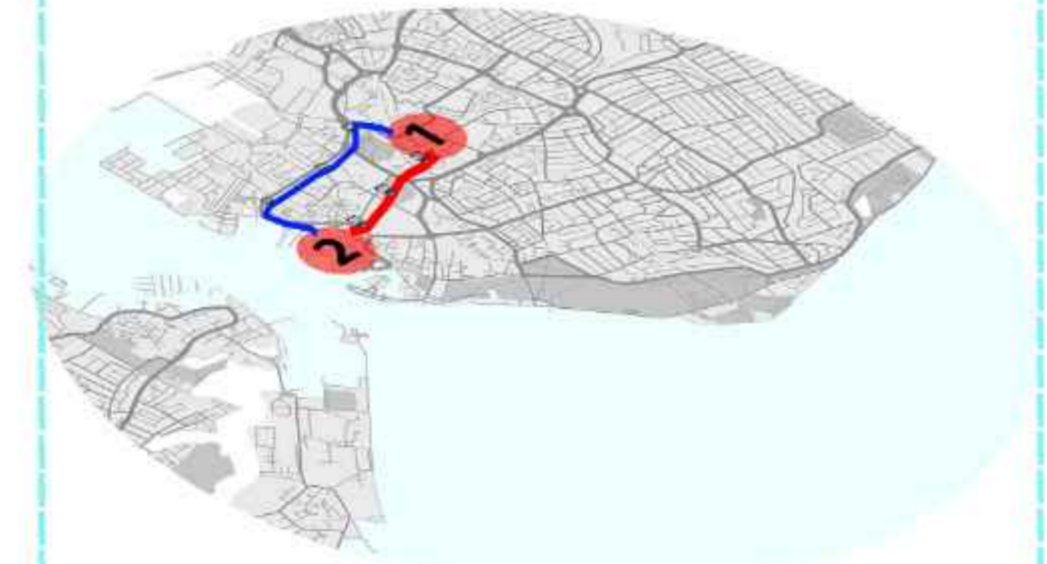
Portsmouth & Southsea Railway Station



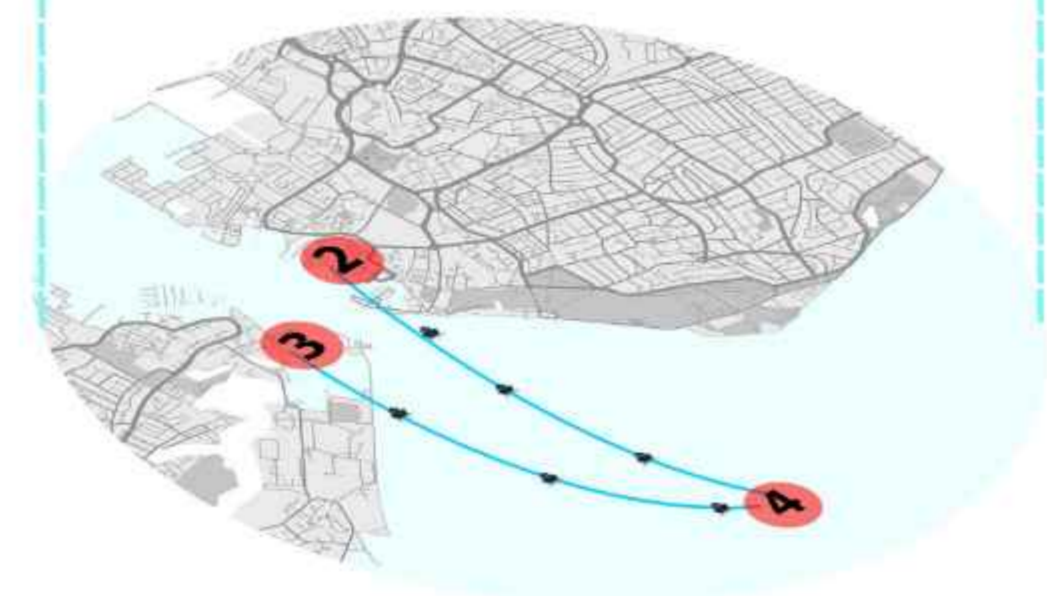
Spitbank Fort



Pedestrian & Pavements



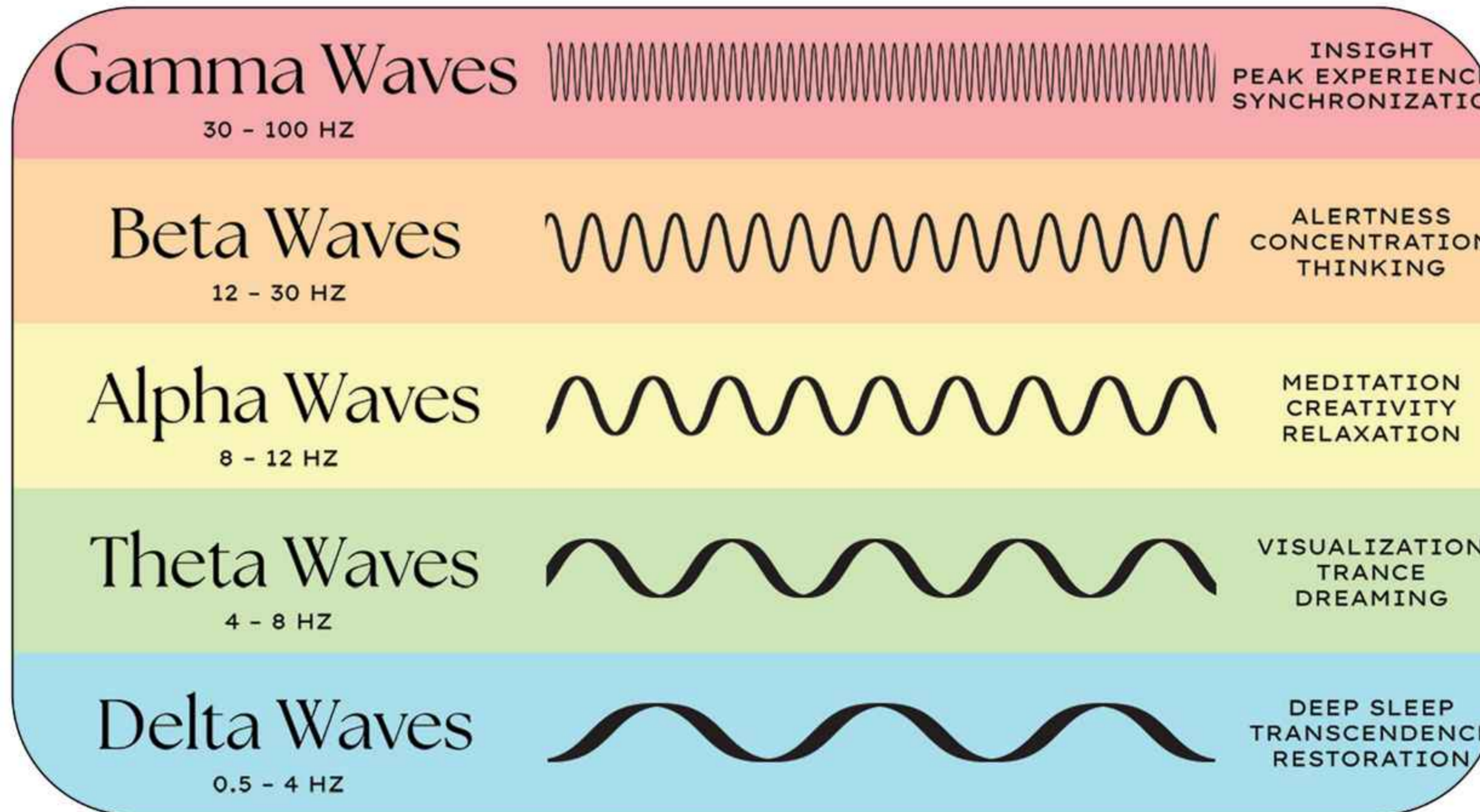
Bus & Trains line



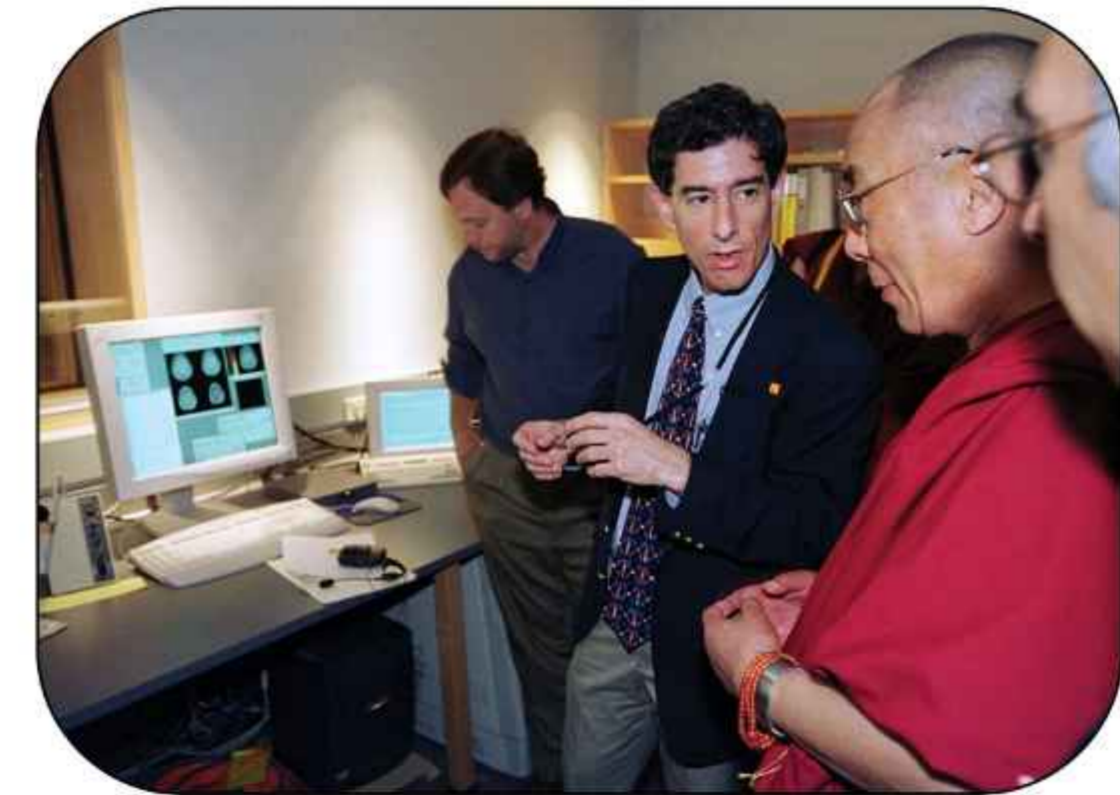
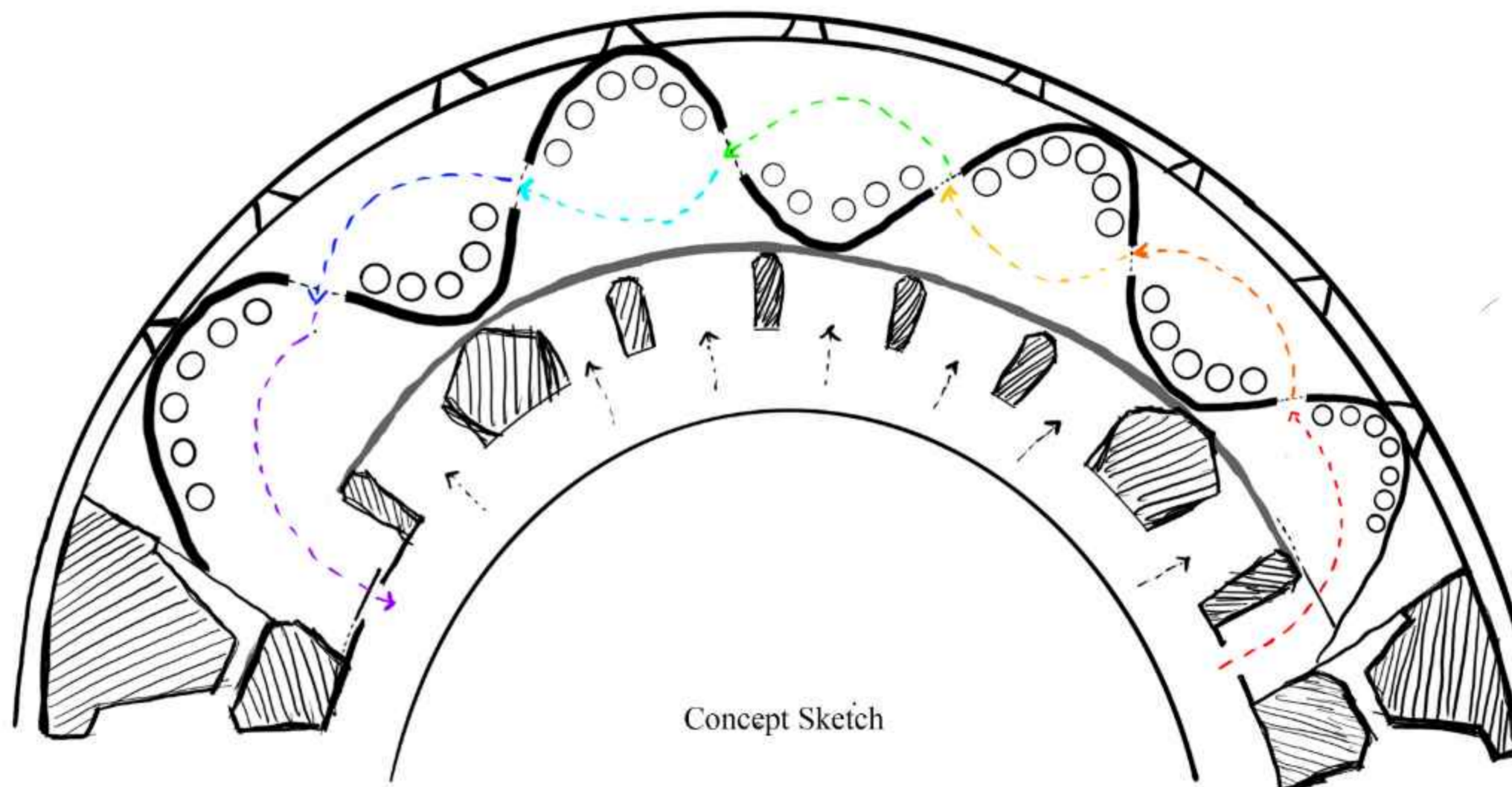
Ferries

Brainwave-Inspired Wall Partitions:

For the wall partition design in my project, I drew inspiration from the remarkable brain waves observed in high-level meditators, as discussed in the documentary "A Joyful Mind" which explores meditation's impact on the brain. These sources highlight how advanced meditators exhibit unique brain wave patterns that contribute to enhanced mental states. Capturing this concept, the wall partitions are designed to mimic these brain wave patterns, creating a visual representation of the calm and focused state achieved through meditation. This design choice not only adds a unique aesthetic but also reinforces the thematic connection to mindfulness and inner peace within the space.



Source: Images from the documentary-"A Joyful Mind"



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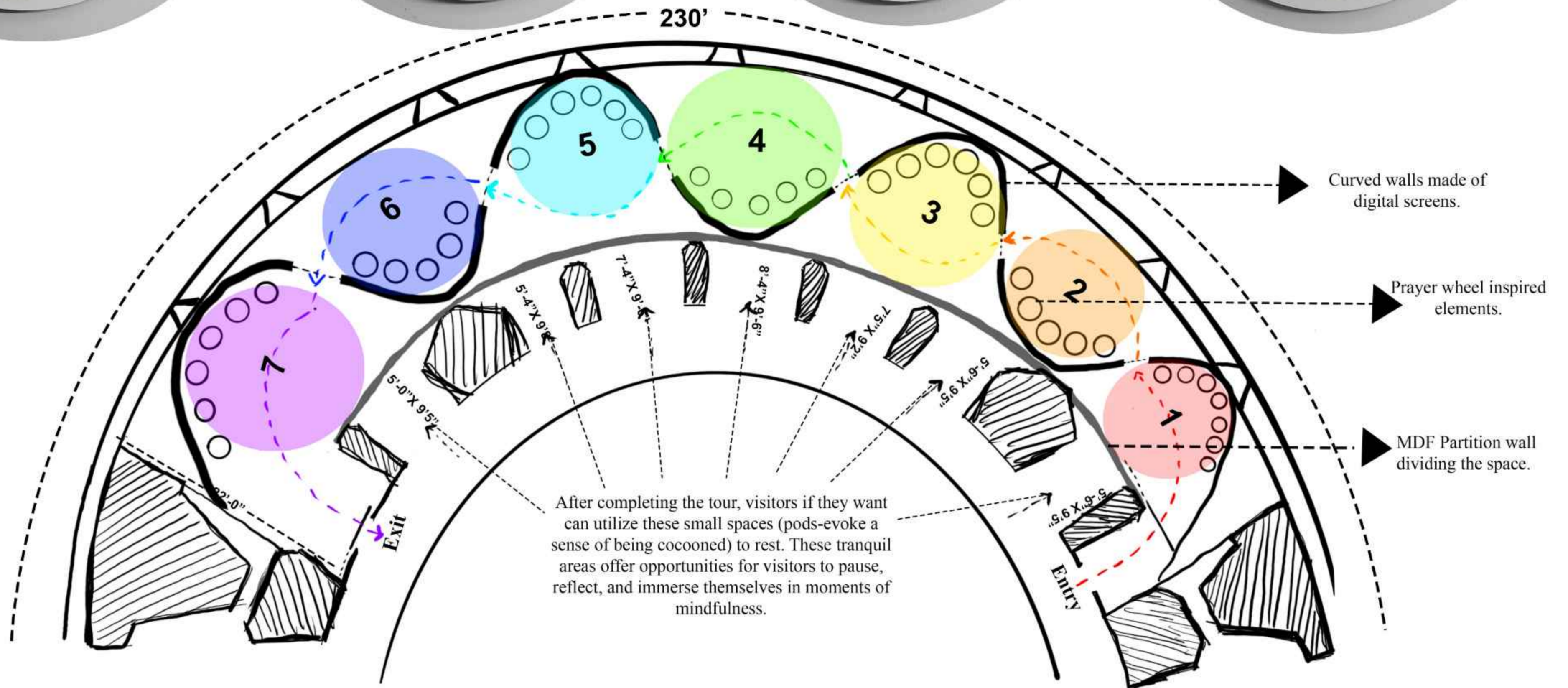
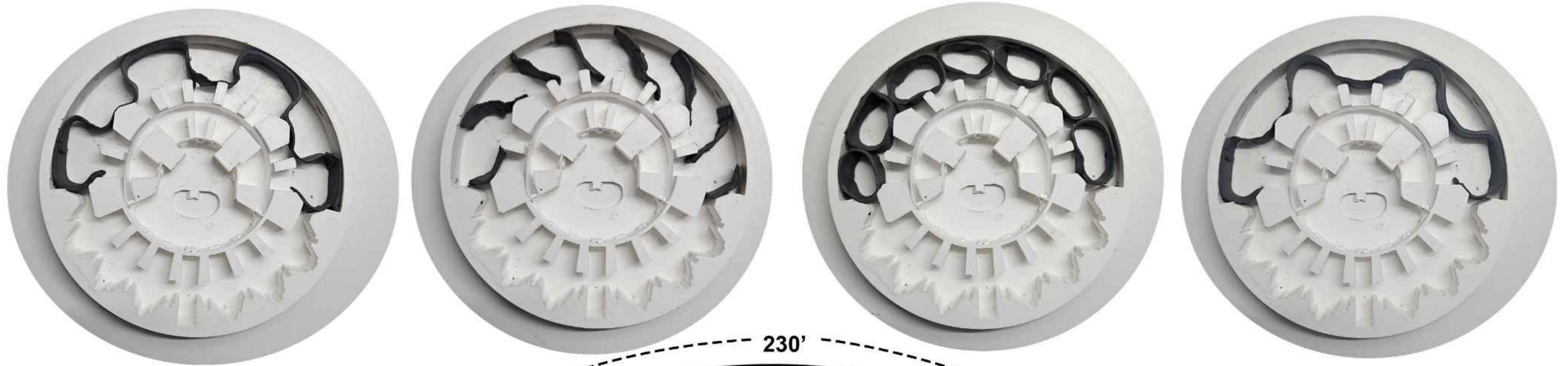
Source: Images from the documentary-"A Joyful Mind"



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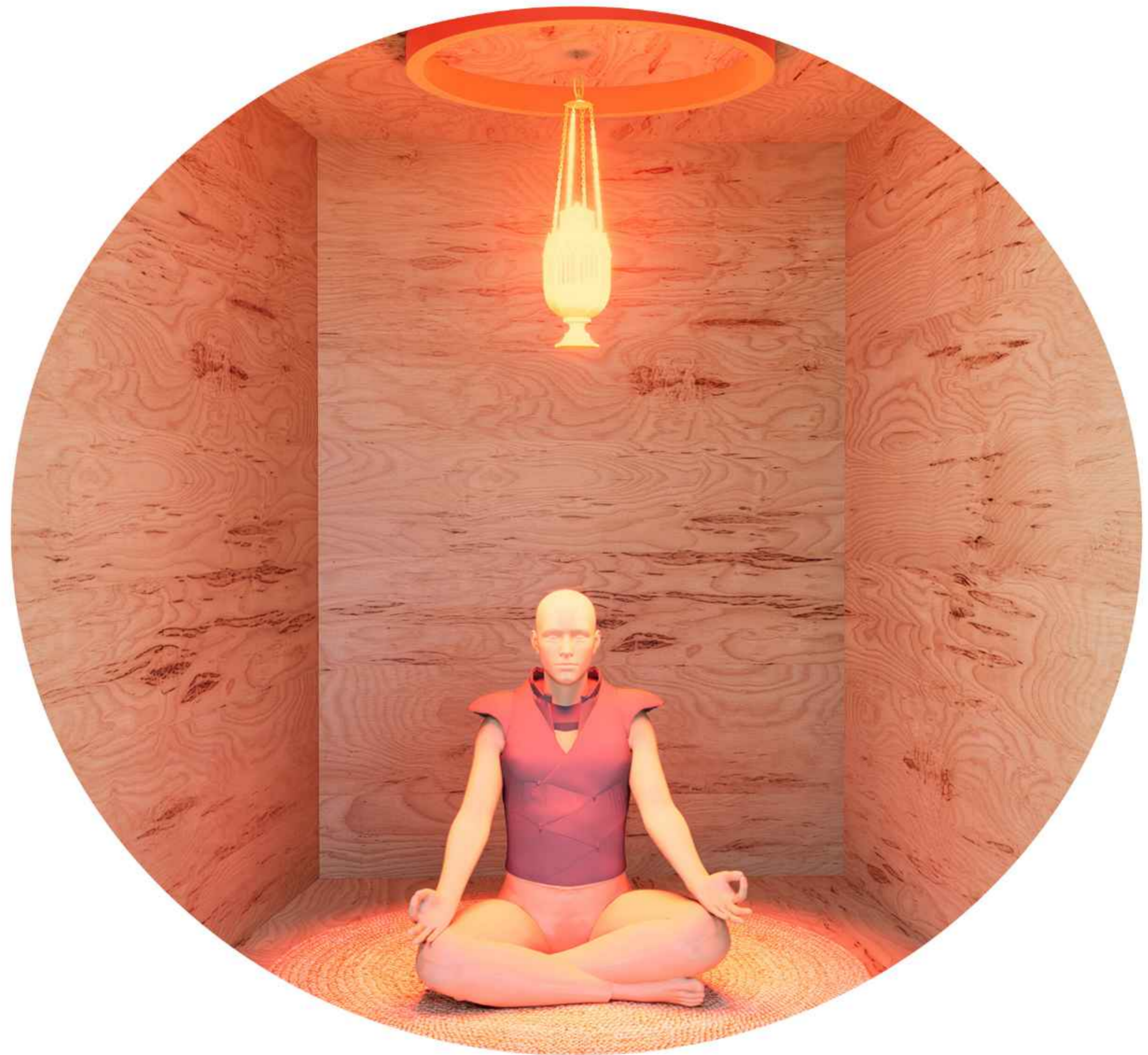
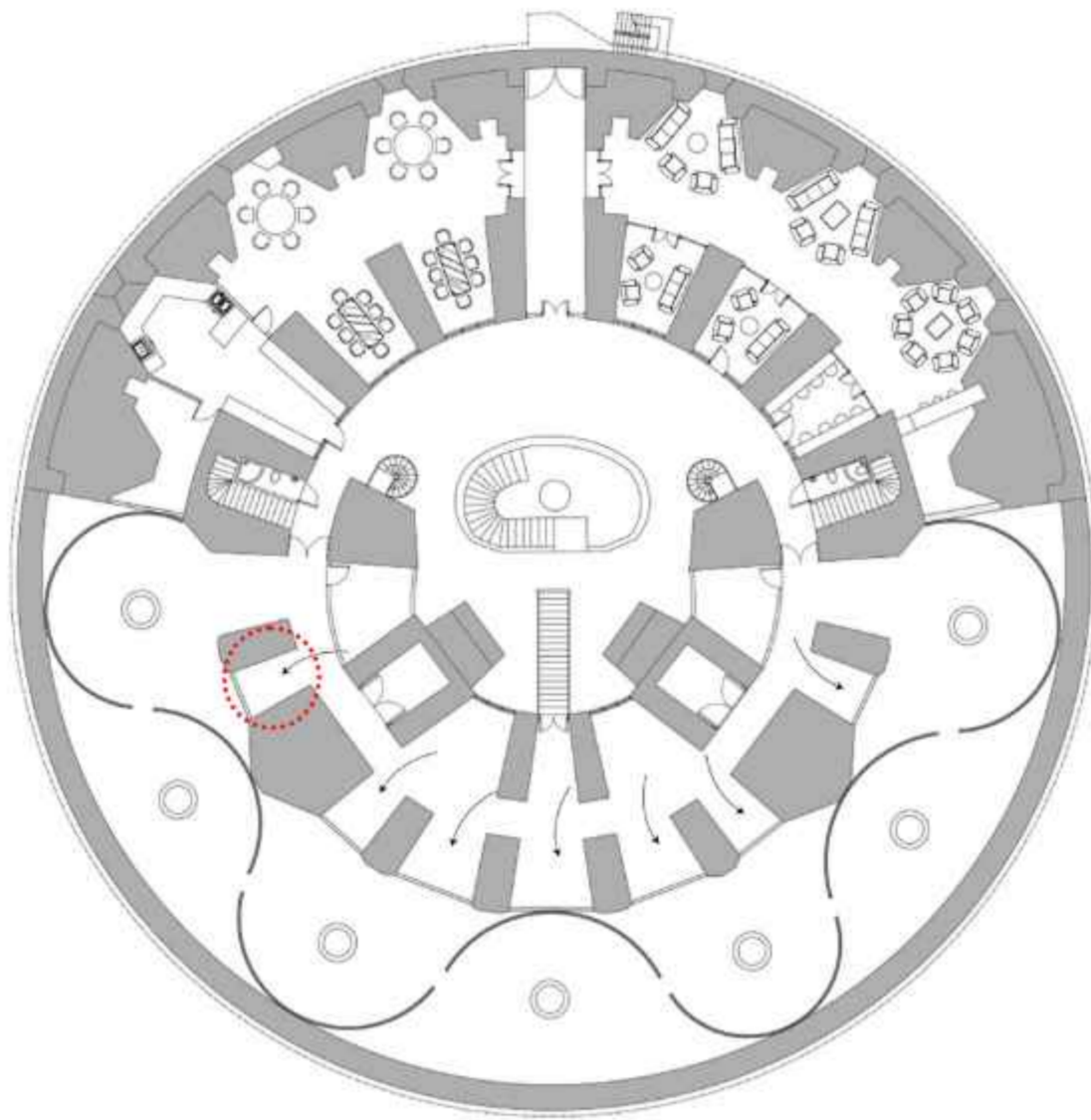
Concept Development: 3D Prototype

I experimented with different shapes of the wall partitions, meticulously planning the layout of the site using Rhino software to create a detailed 3D model. This digital blueprint was then 3D printed, bringing the design to life. Additionally, I worked with clay to sculpt and mold the partitions, defining the boundaries of each room.



Meditation Pods:

I have created seven meditation pods, originally designed as entries to various rooms, each thoughtfully crafted to enhance the meditative experience. Utilizing wood throughout the entire space, these pods evoke the serene ambiance of sitting within a forest, surrounded by trees. Each pod is equipped with an incense stick lamp to fill the space with a calming aroma, promoting deeper meditation. Additionally, a circular light within each pod can be adjusted to change colors according to your mood, symbolizing a halo and further enriching the tranquil atmosphere. The minimum size of each pod is approximately 5'4" in width and 9'4" in depth, with dimensions tailored to fit the available space and provide a personalized, immersive experience.



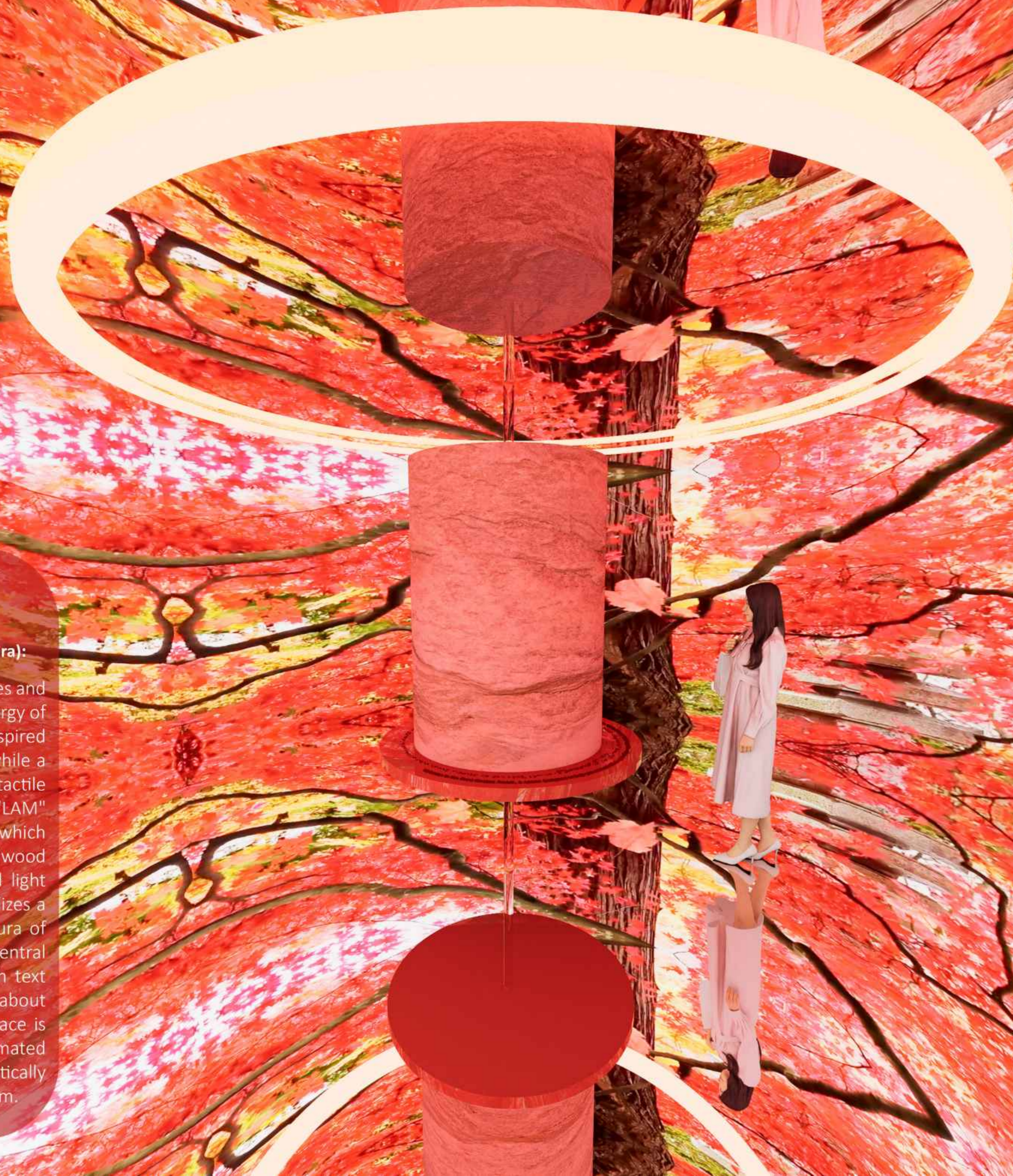
3D Render of Meditation Pods

1

Rooted Haven

(Root Chakra/Muladhara):

This room features red maple leaves and stones to evoke the grounding energy of the Root Chakra. A brain wave-inspired screen displays these elements, while a red stone prayer wheel invites tactile interaction. The sound of "LAM" resonates throughout the space, which is infused with the scent of sandalwood and illuminated by a circular red light depicting a halo. This halo symbolizes a holy, sacred space, creating an aura of spiritual protection and purity. A central table, equipped with both English text and Braille, provides information about the Root Chakra, ensuring the space is welcoming for all visitors. Automated doors with screens open automatically to guide guests to the next room.



2 Waters of Creation (Sacral Chakra / Svadhisthana):

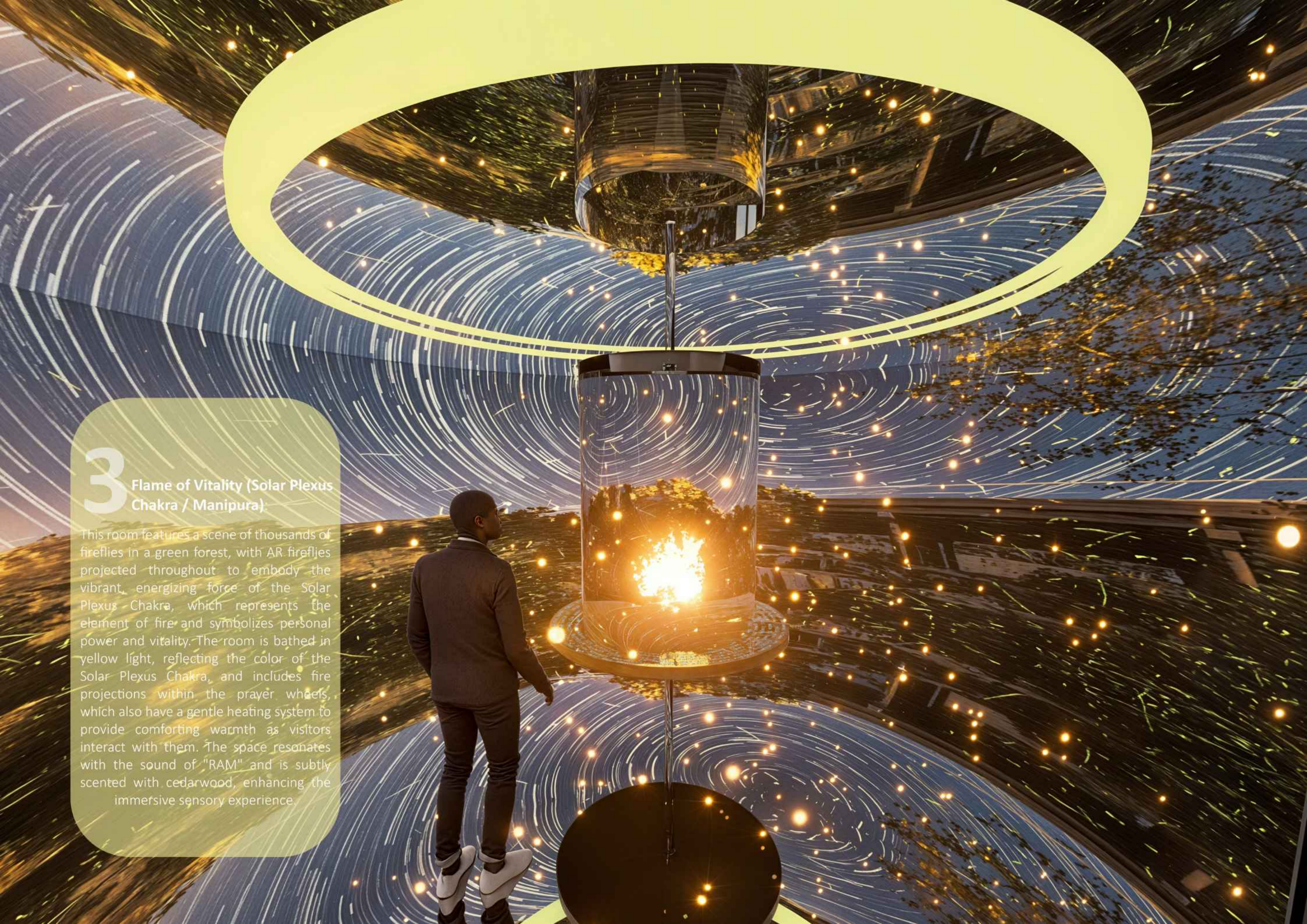
This room showcases vibrant images of sunsets and ocean waves, with a central focus on koi fish arranged in a yin-yang configuration projected using AR technology. The koi fish, symbolizing balance and harmony, highlight the Sacral Chakra's fluid and creative energy. This centerpiece reflects the chakra's role in nurturing emotional flow, creativity, and the dynamic interplay of opposites. As you rotate the prayer wheel, you can see the water inside moving, visually demonstrating the flow and fluidity associated with the Sacral Chakra. The space is further enhanced by the resonant sound of the seed mantra "VAM" and incorporates the prayer wheel mechanism in the display of all center elements across the rooms, creating a cohesive and immersive sensory experience.

As you step here, the automated doors will open and lead you to the next room.



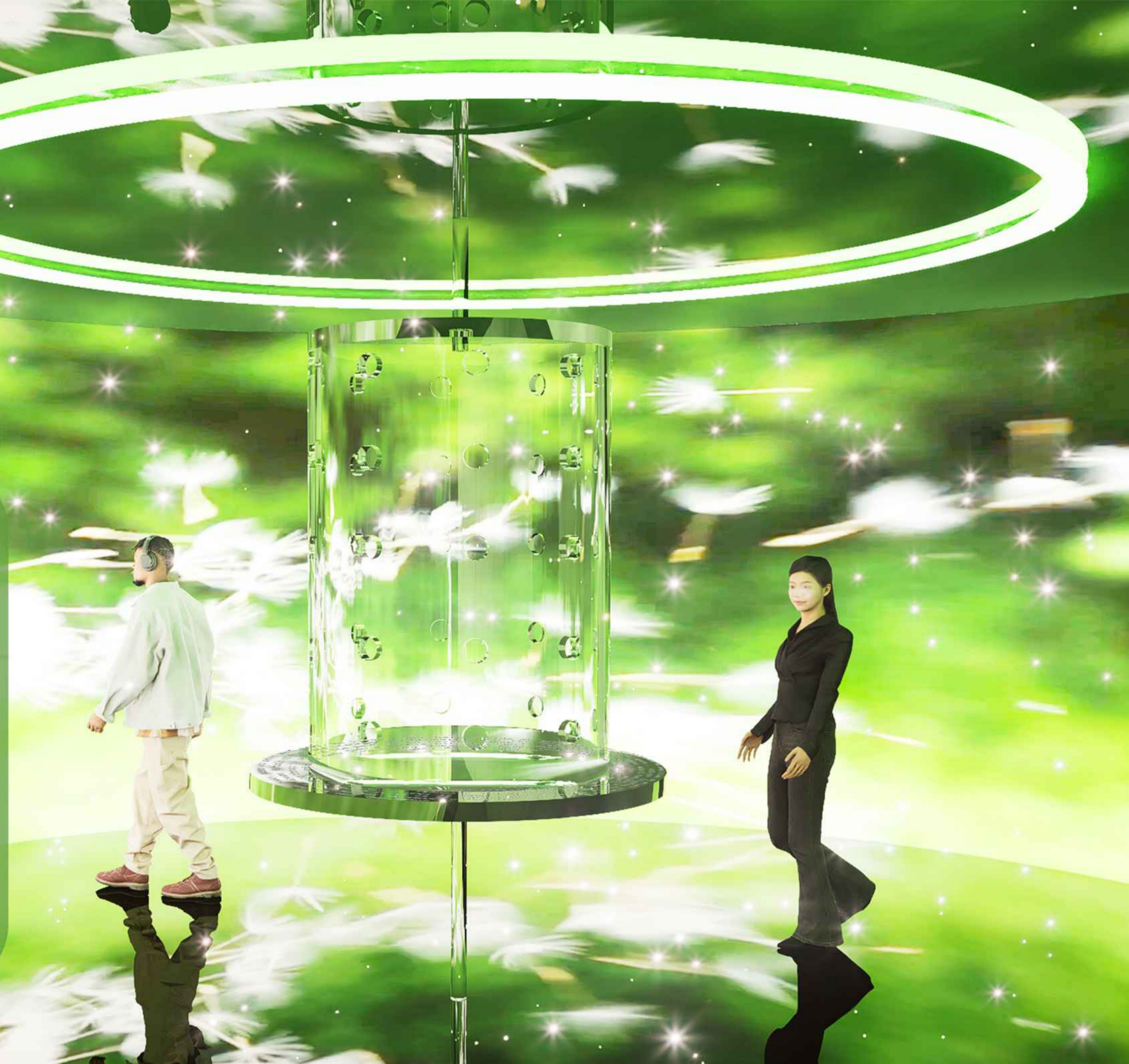
3 Flame of Vitality (Solar Plexus Chakra / Manipura)

This room features a scene of thousands of fireflies in a green forest, with AR fireflies projected throughout to embody the vibrant, energizing force of the Solar Plexus Chakra, which represents the element of fire and symbolizes personal power and vitality. The room is bathed in yellow light, reflecting the color of the Solar Plexus Chakra, and includes fire projections within the prayer wheels, which also have a gentle heating system to provide comforting warmth as visitors interact with them. The space resonates with the sound of "RAM" and is subtly scented with cedarwood, enhancing the immersive sensory experience.



4 Whispers of Wind (Heart Chakra / Anahata):

This room showcases dandelion seeds floating in the air to reflect the gentle, nurturing energy of the Heart Chakra, which represents love, compassion, and emotional balance. Visitors will encounter a tranquil ambiance designed to evoke feelings of peace and openness, with a captivating projection of dandelion seeds floating gracefully on the screen, symbolizing the element of air and the essence of freedom. As guests engage with the prayer wheel, dandelion seeds will gently disperse into the room through small holes in the wheel, enhancing the immersive experience. The sound of "YAM" will permeate the space, resonating with the heart's energy and fostering emotions of love and compassion. To further heighten the sensory journey, the room will be infused with the scent of rose, associated with the Heart Chakra. Illuminated by soft green light, symbolizing balance and healing, this room invites guests to connect with their inner selves and embrace the transformative power of the heart.



5 Cosmic Echo (Throat Chakra / Vishuddha):

This room, dedicated to the Throat Chakra and the element of space, features a rotating globe and cosmic visuals, illustrating the chakra's focus on communication and reminding us that, though we're a small part of the vast universe, our words matter. The central feature is a screen projecting visuals of the universe, symbolizing the vastness and openness of communication. Transparent acrylic prayer wheels, empty inside, represent the element of space and the concept of transparency in communication. As visitors turn the wheels, they can see the cosmic projections clearly through them. The sound of "HAM" echoes throughout the room, enhancing the sensory experience. The space is infused with the scent of lavender, associated with the Throat Chakra, creating an atmosphere that encourages clear expression and letting go of overthinking.



6 Reflection of Insight (Third Eye Chakra / Ajna):

This room, dedicated to the Third Eye Chakra and the element of light, features a mirror installation resembling a prayer wheel and a screen displaying the shadows of people passing by. The mirrored wheel reflects visitors' images, highlighting the importance of self-awareness and the internal nature of self-judgment. The screen's shadows symbolize the transient nature of external opinions and remind visitors that self-doubt often comes from within rather than from external sources. As visitors interact with the mirrored wheel, they see their own reflections, encouraging a focus on self-compassion rather than self-criticism. The room is infused with the calming scents of frankincense and bathed in white light, which enhances clarity and introspection. The sound of "OM" resonates throughout the space, aligning with the Third Eye Chakra's frequency and fostering a sense of inner wisdom. A central table offers detailed information about the Third Eye Chakra, inviting visitors to embrace their inner light and reflect on their true self.



7 Infinite Mind (Crown Chakra / Sahasrara):

This room embodies the expansive and transcendent nature of the Crown Chakra. Featuring pristine white walls and empty prayer wheels, it reflects the vastness of space and invites deep introspection. As the final room, it encourages visitors to sit and meditate, writing their thoughts on the white canvas and inscribing their innermost reflections on the prayer wheels, fostering a profound connection with themselves and others. The resonant sound of "AH," the seed mantra for the Crown Chakra, fills the space, enhancing the atmosphere of spiritual enlightenment and unity. **This minimalist room, while tranquil, serves as a peaceful sanctuary for contemplation and self-awareness, where visitors are invited to delve deeper into their thoughts. Here, emotions meet the spirit, allowing individuals to explore their inner selves and gain clarity on their existence and purpose.**



*Other soul is what
looks you attractive*

*there is no right
but only love and
be you yourself*

*look for the
wisdom
in everything*

*Make choices that
reflect you
not your fears*

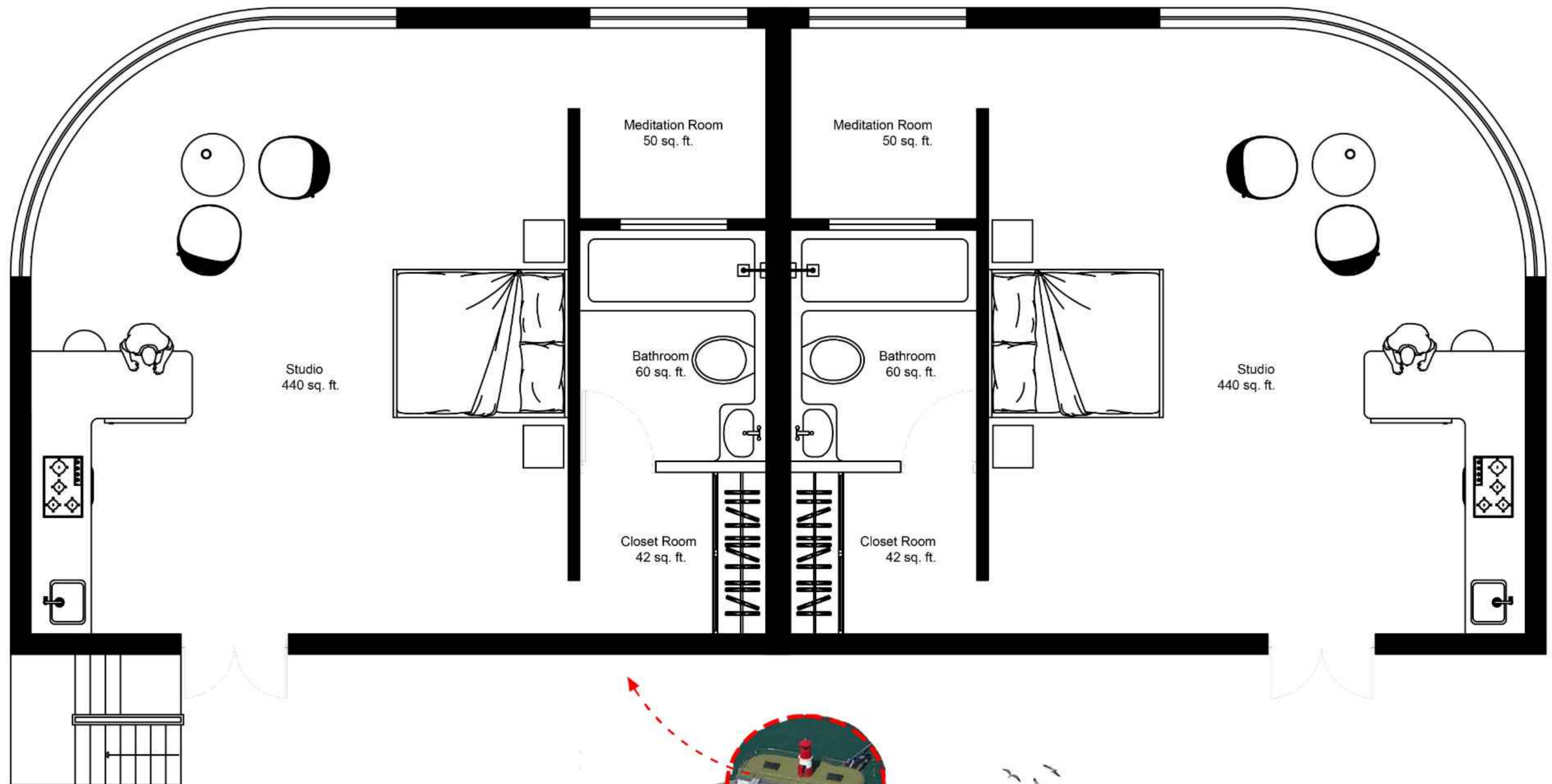
Pause and reset.

See the good

*a little more
kindness a little
less judgement*



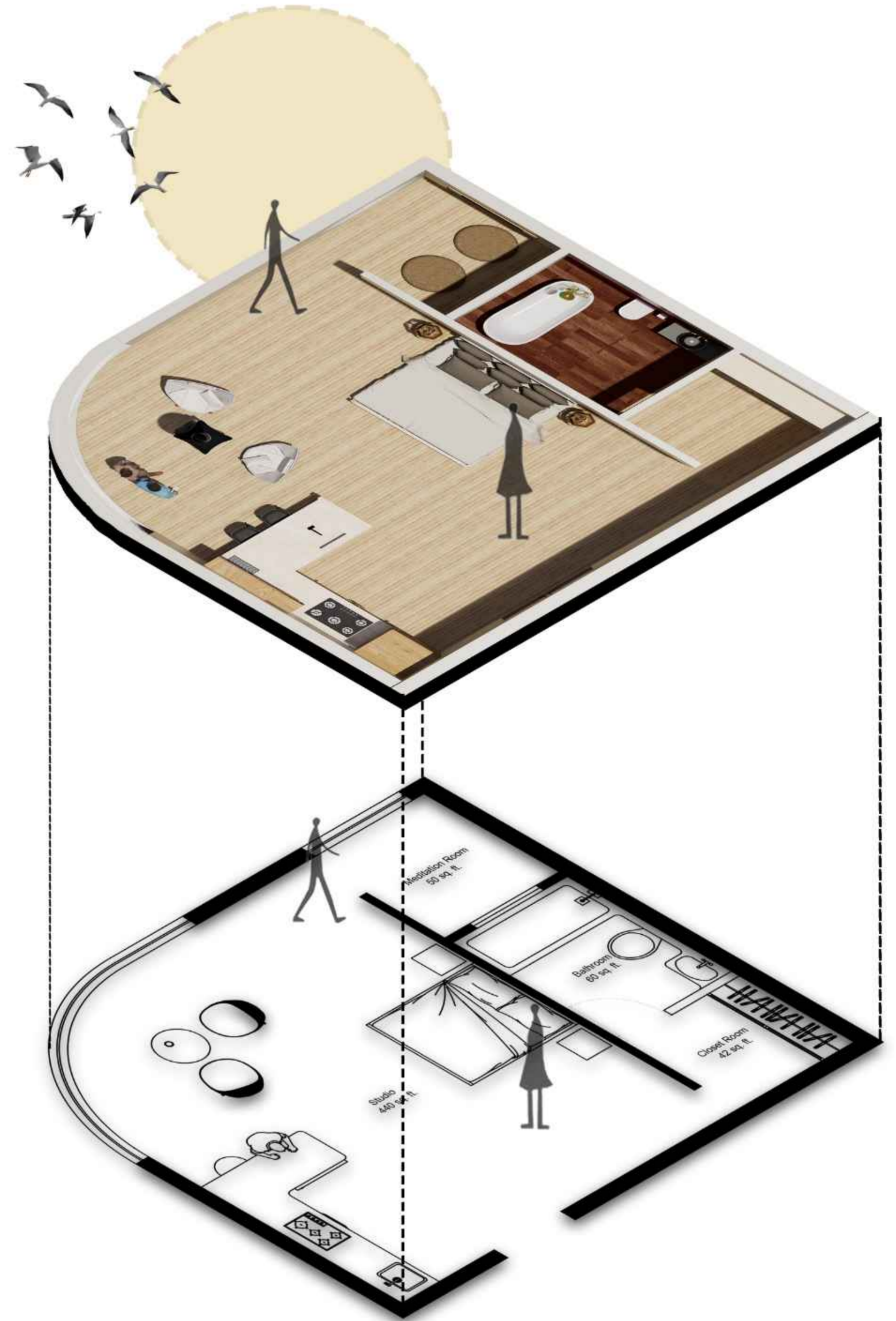
Crow's Nest in Spitbank fort:





The Crow's Nest: Exclusive Studio Retreat

The Crow's Nest in Spitbank Fort, originally a prime observation point with stunning sea views, has been converted into **just two exclusive luxury studio apartments**. I chose to create only two to maintain an **intimate and uncrowded atmosphere, ensuring a truly special experience**. Each studio features lime-washed walls, rattan and wooden furniture, and hardwood flooring, all selected to keep the space connected to nature. The bathrooms and kitchenettes are finished with cream marble for a touch of luxury. Additionally, each studio includes a meditation room with a round window that offers serene sea views, making this retreat both rare and deeply relaxing.



Wooden
Furniture & Flooring



Marble



Rattan Furniture



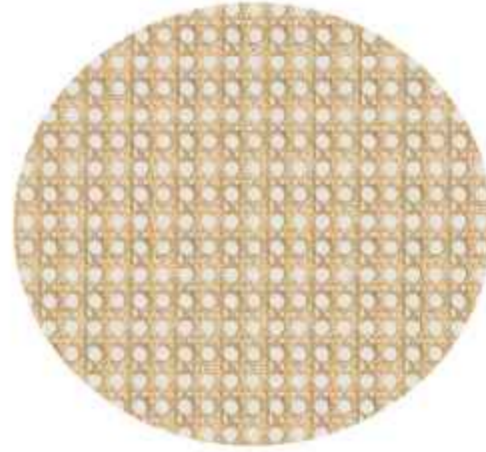
Lime wash paint



Wooden Furniture & Flooring



Marble



Rattan Furniture



Lime wash paint



SCAN ME



Watch the video to discover the exclusive features of these luxurious studios.