



# *ARCHITECTURE AND THE SACRED INDEX*

*Tom Bender  
20 October 2015*

## **OVERVIEWS:**

[PLACES TOUCHING SPIRIT](#), 14 July 2006. How our places can bring us into deeper connection with the rest of creation.

[SACRED ART, SACRED SPACE](#), 27 March 2006. The different roles of art and architecture in a world where all is held sacred, and where the primacy of energetic realms is understood.

**"LIVING ARCHITECTURE,"** Bringing Buildings to Life Symposium, 18 May 2006. Published in *Biophilic Design*. Kellert, Heerwagen & Mador, eds. July 2007. The role of soul in architecture.

**FLICKR/QIBENDER** - My Flickr site, with 23 albums and 1778 pix of life-force energy, design, the sacred, and community, from around the world.

**"LIFE FORCE ENERGY: The Sacred Root of Place, Architecture, and Community,"** 2015 ARCHITECTURE, CULTURE, AND SPIRITUALITY SYMPOSIUM (ACS7), Ghost Ranch, NM. June '15.

**RESOURCE-LINKED SUMMARY PAPER**

**PPT - LIFE FORCE ENERGY - HISTORICAL AND CONTEXTUAL**

**PPT - MODERN ARCHITECTURAL DESIGN USING LIFE FORCE ENERGY**

**"LESSONS FROM THE OSUN SHRINE, NIGERIA"** 2014

ARCHITECTURE, CULTURE, AND SPIRITUALITY SYMPOSIUM (ACS6), Toronto CA. June '14

**"LESSONS FROM THE OSUN SHRINE, NIGERIA"** PPT from 2014

ARCHITECTURE, CULTURE, AND SPIRITUALITY SYMPOSIUM (ACS6), Toronto CA. June '14

**"THE REALMS OF SPIRIT"**, ARCHITECTURE, CULTURE, and SPIRITUALITY SYMPOSIUM, 25 March, 2009. A silent presentation, through images, of the role of the sacred in our surroundings and lives.

**"TOUCHSTONES - SEVEN TESTS"**, Dec. 1993. Reprinted in *THE HEART OF PLACE*, 1993, and *DIALOGS WITH THE LIVING EARTH*, Swan & Swan, ed. 1996. A good checklist for good design.

**THE HEART OF PLACE**, 1993. The sacred core of architecture and its role in sustainability.

**PUTTING HEART BACK INTO OUR HOMES, for ANOTHER KIND OF SPACE, Dealing & Meltzer, ed.** 2001. A piece of my own journey into the wholeness of making places.

**"TIME AND PLACE"**, Nov. 1993. Going deeper into our relationship with place.

**"VISITS OF THE KAMI TO IZUMO SHRINE, JAPAN,"** AMERICAN SOCIETY OF DOWSERS, Summer '01. Unexpected results of a research project using dowsing to discover the truth beneath some obscure words and events in Japan.

**HOSPICE: GATEWAYS OF LIFE AND DEATH,** Oct. 2000

Acknowledgment and honoring the major transitions of life transform the institutions we create to deal with them.

**"NATUREBUILD"**, 2009. Working with the beauty and extravagance of natural materials and places.

## **THE ROLE OF LIFE-FORCE ENERGY IN SACRED ARCHITECTURE:**

**"PORTALS TO THE SPIRIT WORLD,"** SHAMAN'S DRUM, Sept. '01.  
Introduction to the use of life-force energy in architectural design.

**"FENG-SHUI: ENERGY AND PLACE"**, 1972. First publication in this country asserting a geophysical basis to the Chinese practice of feng-shui, and asserting the acknowledgement by other cultures of the existence of life-force energy and its central role in all aspects of a culture.

**FENG SHUI CALENDARS**, w/Gary Braasch. A best-seller for twelve years, the photographs powerfully illustrated the principles of feng shui discussed in the text for each month. Maybe an e-book soon?

**BUILDING WITH THE BREATH OF LIFE**, 2000. The definitive introduction to the field of energetic design. This companion volume to *Silence, Song and Shadows* provides the detailed historical, conceptual, and how-to information for working with chi energy in our surroundings. Over 300 illustrations.

**BUILDING WITH THE BREATH OF LIFE**, 2000. The 1999 draft chapters (no pictures) available on this website of *Building with the Breath of Life*.

**BUILDING WITH THE BREATH OF LIFE**, DVD, Fire River Press, 2003.

**SILENCE, SONG & SHADOWS**, 2000. A compelling affirmation of the role of the sacred in our lives and surroundings, the energetic connections between people and place, and the importance of our surroundings to our health. A visual and poetic introduction to the energetics of place in other cultures and in our own culture today. 96pp, 12" x 12", full color, richly illustrated with original photographs.

**THE CAVE TEMPLES OF INDIA**, DVD, Fire River Press, 2004.  
Embodied in these rock-cut temples and sculptures more than 1500 years old is a knowledge of how our universe operates that dwarfs our present comprehension and opens the door for our culture's next stage of growth. The sculptures in these temples employ an unlikely palette of tools - empowered geometry, intention, passion, stillness, and coherence - to access and work in the realms of life-force energy (*chi* or *prana*). These elements enable the sculptures to act as sophisticated tools for chakra opening, healing, and direct connection with the sacred and other consciousness.

[\*\*THE PHYSICS OF QI - DVD\*\*](#), 2007. The physics underlying energy practices around the world, and the manifesting from intention into our physical world.

[\*\*NOTES ON OUR PLASMA UNIVERSE\*\*](#), 2007. A quick intro and overview of the new physics that is coming into being from our space program, showing our universe to be more fundamentally electromagnetic plasmas than inert matter. The energy in those plasmas may come from the faster-than-light qi energy realm.

[\*\*THE PHYSICS OF QI\*\*](#), 2007. A slideshow of images from the Physics of Qi DVD.

[\*\*THE PHYSICS OF QI\*\*](#), 2006. A brief article summarizing the Physics of Qi DVD. Acknowledgement that qi energy has a physics, and lies outside of the boundaries we've asserted that our universe has, profoundly alters our sciences and our culture.

## **THE ROLE OF THE SACRED AND LIFE-FORCE ENERGY IN THE ECONOMICS OF SACRED ARCHITCTURE:**

[\*\*THE ECONOMICS OF TRUE SUSTAINABILITY\*\*](#), March, 2012. Second Edition of LEARNING TO COUNT WHAT REALLY COUNTS: The Economics of Wholeness. The true kind of interaction that needs to underlie all of our actions – from the sacred, ecology, life-force energy, and wholeness. Ten times as effective as what we've been doing!

[\*\*"THE ECONOMICS OF WHOLENESS,"\*\*](#) Magical Blend, '02. An overview article of *Learning to Count*, my Factor-10 Sustainable Economics book.

## **SOME REAL-LIFE PROJECTS:**

[\*\*"THE SHRINE OF THE MOUNTAIN AND THE WATERS"\*\*](#), March 1997. The story of shrines we constructed on the Oregon Coast to reconnect with the life-force of our home world.

[\*\*"ECONOMICS, ARCHITECTURE, AND BANKING,"\*\*](#) GREEN MONEY JOURNAL April '03. How does a building impact the performance of an institution?

[\*\*"BANK OF ASTORIA: BUILDING COMMUNITY SUSTAINABILITY"\*\*](#), May 2001. 2001 AIA Sustainable Design Award, 2002 Top 10 Green Buildings Award. A small town bank designed from F-10 economics. Just the impact on employee effectiveness more than pays front-end costs.

[\*\*ARCHITECTURE PROJECT SLIDESLOWS\*\*](#)

## **OTHER ELEMENTS OF ARCHITECTURE AND THE SACRED:**

**BUILDING WITH A SOUL**" in DIALOGS WITH THE LIVING EARTH, James & Roberta Swan, 1996. What elements give soul to a building?

**THE SACRED ROOTS OF SUSTAINABLE DESIGN**, Sept. 1995.  
A personal commentary on moving to enriching and nurturing patterns of living and working.

**MULTICULTURAL DESIGN IN AUSTRALIA**, 1995. From Winter Cities to desert countries- the power that comes from living and designing in touch with the heart and spirit of different places.

**"BEING AT HOME"**, RESURGENCE #169, March 1995. Meaning and place.

**THE SPIRITUAL HEART OF SUSTAINABLE COMMUNITIES**, May 1994. Dealing with the *diseases of the spirit* that haunt our society, the essential role of a sacred basis to our lives and culture, and how the power of sustainability becomes expressed in cities of passion and life.

**"TRANSFORMING TOURISM"**, EARTH ETHICS, Summer 1993. Doing everything a little differently can give very different rewards.

**"NOTES ON ECOLOGICAL HOUSING IN JAPAN"**, GREEN POST (Japanese Environmental Journal) #10, 1993. Every culture and situation gives a different faceted look into the dimensions of change and the nature of sustainability. Why is Japan looking for ecological housing?

**"TOWARDS A SACRED SOCIETY"**, THE URBAN ECOLOGIST, Spring 1993. Why, and how, to have a sacred society.

**"MAKING PLACES SACRED"**, in THE POWER OF PLACE, James Swan, ed. Quest Books 1991. What makes places sacred, and how can we do so?

**"SACRED BUILDING"**, SPIRIT OF PLACE CONFERENCE, 1989. Feeling our way into rediscovering how to live and build in a sacred way.

**PUTTING HEART INTO OUR HOMES** from YOGA JOURNAL, Sept. 1986. Reprinted as "Putting Heart into Our Homes," Bendigo Advertiser, Bendigo, Victoria, AU, Jan 5, 12, & 19, 2002. How our surroundings mirror our values, and how to bring our homes to reflect the values of nurture, love, and being a part of the ongoing creation of life.

**SHARING SMALLER PIES**, Excerpts from monograph. 1975. Thirty-seven years old, but still an excellent introduction to the "new" operative values involved in becoming a part of a sustainable world. Pioneered consideration of

values as core and highly productive elements of change. [SHARING SMALLER PIES](#). Full monograph. 1975.

**ENVIRONMENTAL DESIGN PRIMER**, Schocken Books, 1973.

**LINKS TO RELATED ITEMS:**

[AFFORDABLE HOUSING INDEX](#)

[ENERGETICS OF PLACE INDEX](#)

[GLOBAL WARMING INDEX](#)

[OCCUPY EARTH INDEX](#)

[SOCIETY WORTH LIVING FOR INDEX](#)

[SUSTAINABLE ECONOMICS INDEX](#)

[ALPHABETICAL ARTICLE INDEX](#)

[CHRONOLOGICAL ARTICLE INDEX](#)