Bio Harmonic Design



What is Bio Harmonic Design?

Bio Harmonic Design is a holistic design process, which looks at the design and construction of a building from a spiritual and social point of view rather than a purely technical one. There are twelve Bio Harmonic design concepts, which are like looking at your home through different lenses. Applying the concepts imbues a house with meaning, which may otherwise only develop after many years.

The Twelve Concepts

1. **Heritage concept** - a sense of where you come from, your ancestry, your family heirlooms and your memories add to the richness of your existence.
2. **Family concept** - a family home needs to adapt to accommodate extended family, different generation lifestyles, changes in lifestyle, work or finances, and leaving/ returning family members.
3. **Social concept** - a proper balance of community and privacy, promotion of communication and co-operation within the family, and a welcoming aspect to visitors make for a socially harmonious household.
4. **Spiritual concept** - beauty in proportion and detail, living and object treasures, family rituals and traditions, respect for others, and creative, soulful living express the spiritual nature of a place.
5. **Psychological concept** - spatial order and harmony, appropriate use of colour and light, outlook and connection to the outdoors, and opportunities for personal expression all help enhance wellbeing.
6. **Biological concept** - a healthy indoor climate and breathing structure is vital for the health of the occupants.
7. **Ecological concept** - using sustainable building materials, and using energy, water and land in an efficient, caring and regenerative manner are vital for the long-term health of the planet.
8. **Functional concept** - smooth spatial flow within and around a building, proper public to private gradations and a good relationship of rooms to each other and the outdoor environment help harmonise life in the building.
9. **Materials concept** - materials feel more appropriate if they reflect the place where they are used. Regard for local materials and design responses to the local climate create a style of house that feels at home.
10. **Structural concept** - a structure that is appropriate to the site and climate, honestly expressed, and with carefully placed solidity and openness, increases the connection between people and the spaces they live in.
11. **Maintenance concept** - the appropriate placement of materials is important to get the best out of them. Enjoy caring for your home and accept the beauty of weathering or the patina of age.
12. **Economy concept** - build in stages to avoid financial stress. Being involved in the building process with friends and family, and re-using existing materials can stretch a budget and create a strong bond with your home.