0.0 Abstract

Modern man has acquired much comfort and material wealth due to great advance of science and technology. Yet inwardly, he feels the inner poverty, something amiss despite the outer riches. All attempts to fulfil this inner poverty with material lavishes present an ever more frustrating process. He is imprisoned by the objective and subjective in life as thought itself can only move within the premise of opposition: struggle-submit, win-lose, rich-poor...

This thesis presents meditation as an technique of 'healing' such illness. It is only through the experience of meditation that allows a possible break in this closed cycle of Thought. The vehicle chosen is a meditation retreat for the Brahma Kumaris Yoga group.

Meditation is essentially a process of the 'observation' of one's own thought. It is through such technique that one allows the mind to ascend to a higher plane of 'observation', moving from the mundane to the spiritual.

The intent of the notion of healing is reflected in the choice of the site, a disused railway track site near Clementi. It takes on the form of a ravine, brutally cut into the natural landscape.

The strategy adopted is one of a sensitive intervention of the site, capitalising on its potentials. Through a careful programming, it sets out to create various architectural elements and spaces, serving and capturing the essence of the experience of meditation.