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Journey in architecture: Organizing architectural episodes in creating “Shanta Rasa”

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Life is a journey, a sacred adventure of inner self. It is a constant struggle with time, stepping through avenues of both good and bad, until one reaches the final destination. It is a flow of experiences gradually taking one to his personal development. These experiences that we collect as we travel through remain within us in the form of emotions that underline our existence within the material world. These emotions or else ‘*Rasa*’ become the media in connecting two extremes; the tangible outer world with the intangible soul (our inner being). One may experience nine basic *Rasa*; so called *Navarasa*, of which some are essential as we travel through, and one such is the *Rasa* of calmness; ‘*Shanta Rasa*’.

Man expresses the form of articulated *Rasa* through art, which transcends the body and makes the world a more congenial stimulus to the soul. Through a variety of media, art expresses one’s inner self, subjective emotions and sensations thus producing for him the physical and spiritual needs. Apart from all other arts, architecture is an inescapable art both concerned with man’s physical and psychological satisfaction; an essential media to dwell. It is a wall between inside and outside; enclosing a fraction of the external environment and converting it into an ‘architectural space’. Space is the language of art of architecture and the qualities one experiences in it generate the relevant *Rasa* in the perceiver’s mind. Every *Rasa* consists in a correspondence between outer and inner worlds, and between body and psyche. These *Rasa* filtering the space provide an outer physical environment for inner transformation. One such essential *Rasa* that every place needs to speak of is *Shanta Rasa*, which offers nourishment, support and balance for the human spirit.

As our lives entirely interact with architecture as a necessity, all experience the journey in time (our life journey) through the journey in space. This space journey is a ‘mood journey’ that presents a composed set of *Rasa* through its organization of the triad: entry, path and goal. Within this basic triad the change of mood one experiences moving from one space to another needs to be brought into a meaningful relationship, which is a result of the sensitive ‘articulation of episodes’. Journey in architecture is a mixture of several *Rasas*, but a particular *Rasa* highlighted by each journey. In heightening *Shanta Rasa*, architecture becomes a tool to find one’s own *Shantiya* by organizing the triad where the final episode; goal, filtered with *Shanta Rasa*, allowing to drag the outer nature into the inside space, enabling one to find true rest and peace of mind within the rhythms of nature.

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