

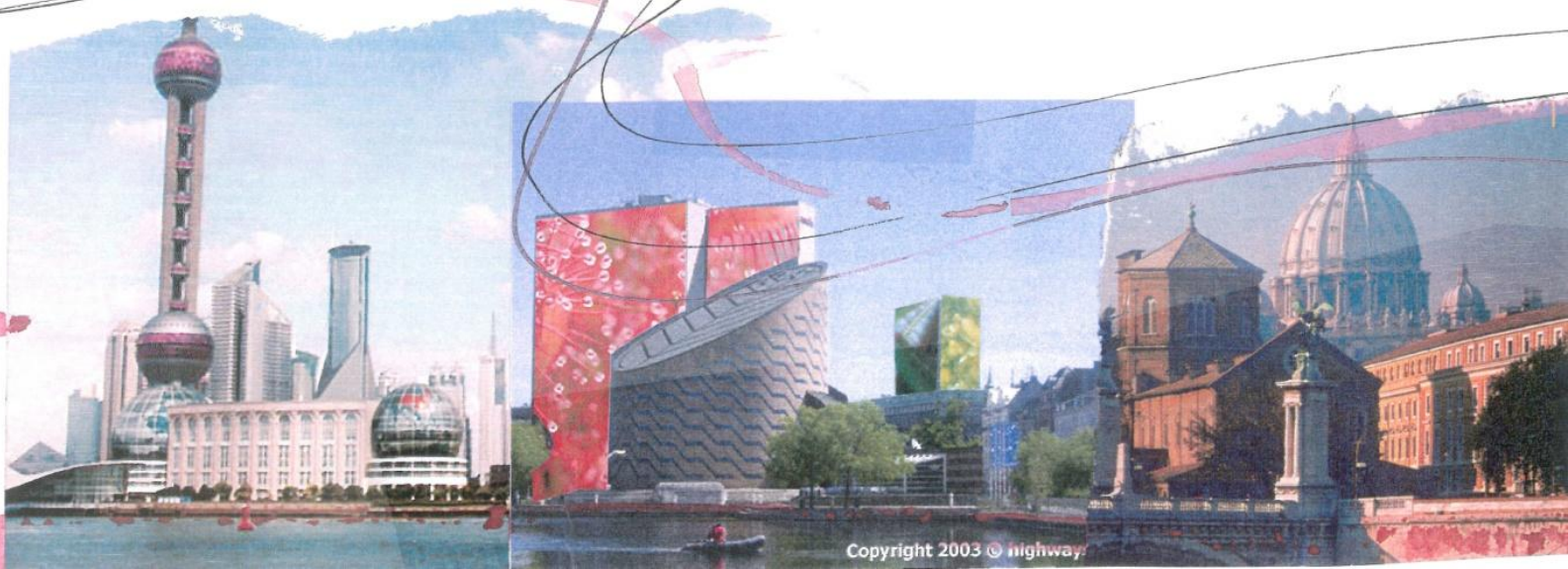
A wide-angle photograph of a busy public square in Paris, likely the Place de la Concorde. In the center, a large fountain with multiple jets of water is the focal point. The square is filled with a diverse crowd of people walking, sitting on benches, and taking photos. The background shows the Arc de Triomphe and other Parisian architecture, partially obscured by lush green trees. The sky is bright and clear.

BIG CITIES

QUIET PLACES

Paris° Amsterdam° Copenhagen° Damascus°

Welcome to the **Magical world** of urban planning

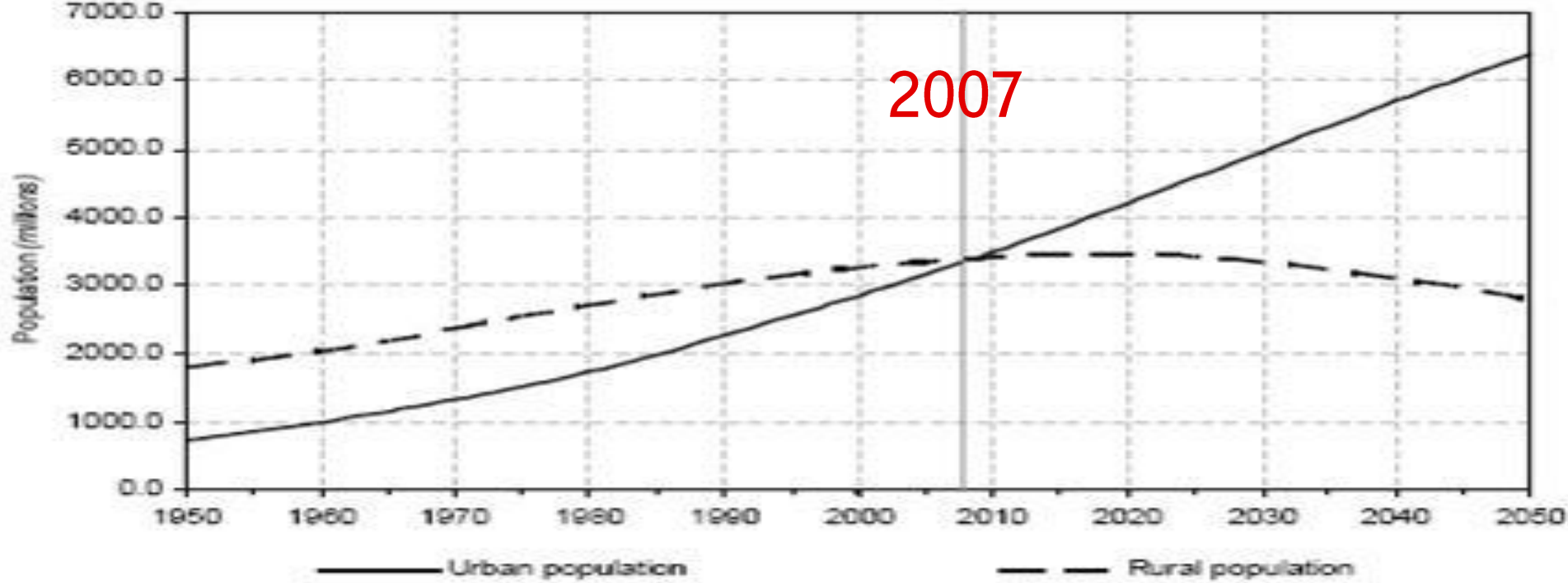


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Turning point

potential sustainability energy challenge urban development urban visions



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Energy

flows

thoughts

immaterial energy

feelings

experience

material energy

CO2



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Quietness

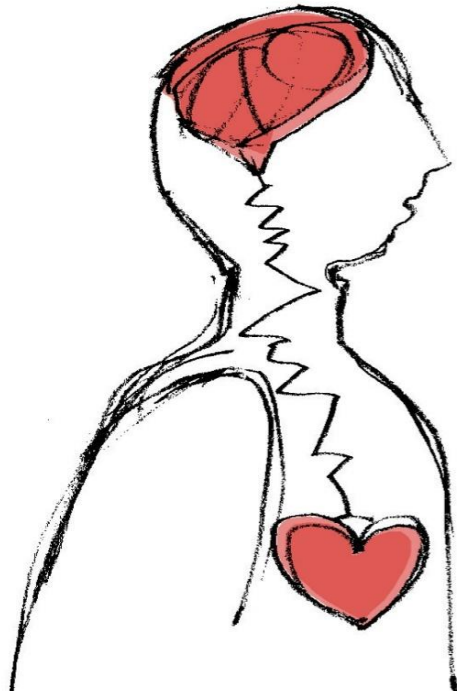
connection rhythms flow silence
balance soundscape cycles



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The heart-brain

incoherence



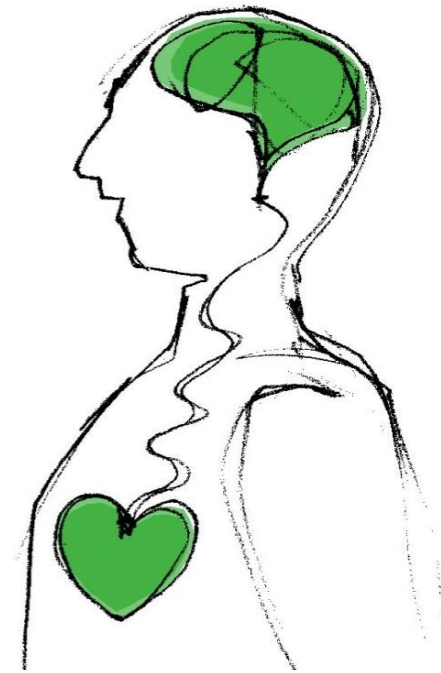
rhythms

flow

silence

coherence

balance



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HEALING ARCHITECTURE

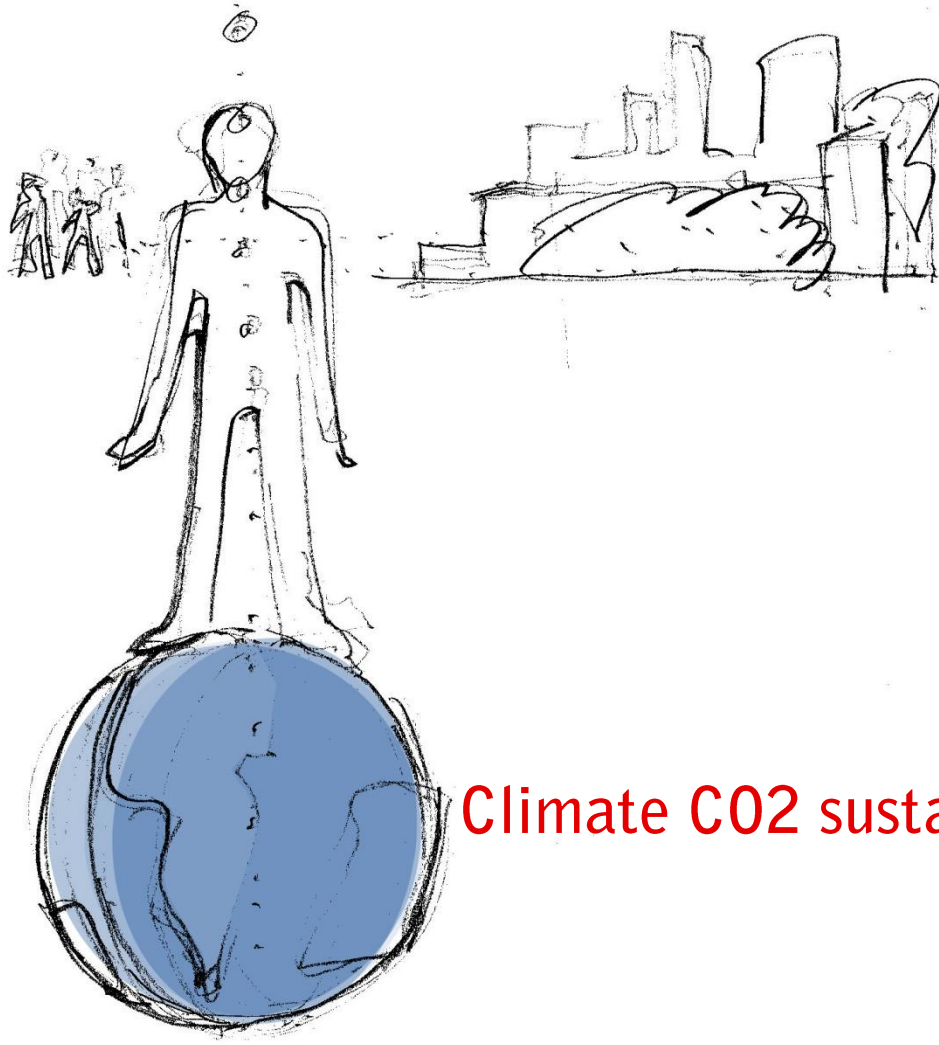
STIMULATING LANDSCAPE

BALANCING

CITYSCAPE

Scenario

Quiet places inner balance



Climate CO2 sustainability

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3D < 4D <

MD

Cité de l'architecture et du patrimoine

[view]



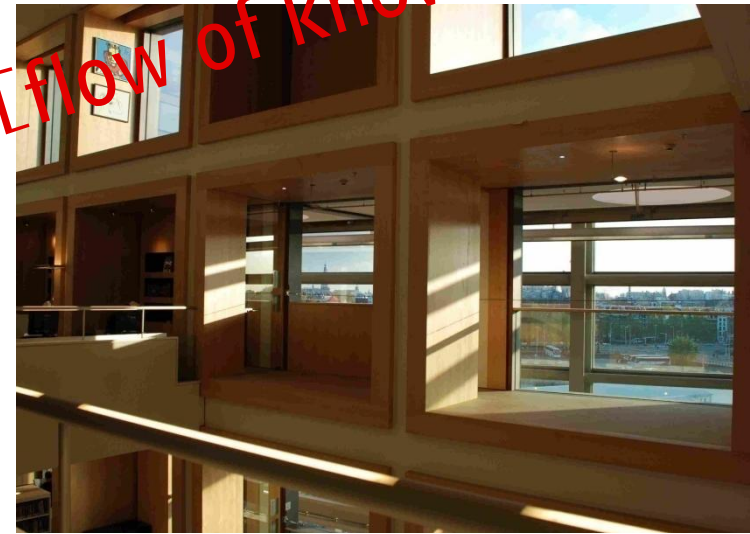
MD Sitting on the terrace at the Cité de l'architecture et du patrimoine one can see the Eiffel tower stretching to the sky, the open spaces of the river Seine, the Champs de Mars. Distanced from the hustle and bustle of the city one can find the pause and the space that often seems to escape us while pacing through daily life activities and the continuous flows of traffic. Watching the horizon; looking to the end of the world is important for our energy field to unfold in order to let go of the restrictions we place on ourselves in the linearity of daily life. Generated by the exquisite architecture, the rich culture and the historical perspective thoughts and feelings gain wings. We shine! Everything speaks to us about harmony and infinity, and we can let go of everything disharmonic and disconcerting, sending it off into the eternal cycles of energy and transformation while merging with the surroundings and the harmony at hand..

3D *La Cité de l'architecture et du patrimoine is situated at the Palais de Chaillot, inaugurated in 1937 for the world exhibition. La Cité offers a permanent as well as temporary exhibition of historical and contemporary architecture and is one of Europe's leading architecture centres holding the "Institut français d'architecture" (IFA) including a place for documentation and research of French architecture. The building is designed with two symmetrical wings, holding two curved galleries and completing the Trocadéro - Eiffel axis. Inside as well as outside the building has a beautiful view to the Eiffel tower, rising in the horizon behind the Trocadéro park and fountains.*

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Openbare Bibliotheek Amsterdam

[Flow of knowledge]



MD OBA mirrors the multicultural, fast and loud culture of Amsterdam, reflecting contemplation and tranquillity , beautifully staged by the white interior and the magnificent view of the city. The formal and precise architecture provides room for disciplines like politics, religion, philosophy, language, literature and poetry; disciplines that seem to merge into one single body of consciousness, enriched by the red wood, the white walls and warm glow of sunlight filtering through the wooden frames, energizing the building. Carried by smooth and silent escalators one moves in dialogue with the library, the consciousness and one's unlimited self. On the terrace one feels the dialogue with the city, and just as unknowingly one becomes absorbed in the rich silence of the library, just as unknowingly one seem to again pick up the dynamic rhythm of the city, having left the building - energized, invigorated by the silent and timeless pause, offered by OBA.

3D OBA is part of the large scale urban development plan for the Oosterdokseiland, ODE, situated next to the central station between the historical city centre and Het IJ. The development of the area is planned to house 200.000 m² mixed office and residential use by the year 2020. The library is designed by Jo Coenen, Dutch architect and 'rijksbouwmeester' (2000-2004). The works of Jo Coenen are know for their sensitivity to the existing context, but as the library has been built as the first building in the greater scheme of the development plan, thus following extended limitations to area use and footprint, in this case the emphasis was given to the relation with the public space and visual contact with the city, the interior of the building and it's access to daylight. Designed in the shape of a large 'L' the facade also serves as a landmark, strengthening the visual contact between the library and the city.

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Tivoli

[magic]



MD The Tivoli Garden is all about magic – here there is no distinction between flowers, leaves, pavilions, structures, lanterns, buzzing insects, nymphs and shiny dragonflies - and people! A magic world where what is seen with the eye blends with all that is seen with the heart. A world where elves and fairies peek out from under the leaves.. a dreamscape within the cityscape and a soundscape of traffic, music, laughter and delight, welcoming visitors in Copenhagen with happy, thrilling screams! The scenography of the garden speaks to our inner worlds, calls on us to let our energy fields unfold and shine like the art installation on the water, reminding us of our inner light and eternal being. Stimulated by the magic and the multiverse of the garden we can renew our energy, refresh our colours and light. Relax and unwind in it's many worlds en miniature, while finding new surprising ways to our own, inner multiverse..

3D *Founded by Georg Carstensen and architect H.C. Stilling the Tivoli Garden was built on part of the old fortification as an amusement park in 1843. Trees and part of the moat were integrated in the design with a sensitivity to the context that has set the standard for later works, including the architectural diversity as can be seen in the Chinese Tower, the Tivoli Concert Hall, the Pantomime Theatre to mention a few. Since the '90 grand scale attractions like 'Det Gyldne Tårn', 'Himmelskibet' and 'Vertigo' have been added to the garden. The Tivoli Gardens make part of the Cultural Axis, defined by the Municipality of Copenhagen in the cities strategy for the 'Metropolzone'. The strategy aims at opening the garden to the city by introducing new urban functions like restaurant, casino and retail, placed in the rim of the garden.*

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The Old City

[Anonymity]



MD The Old City is vibrant, colourful, aromatic, noisy and tactile – walking the streets of the Old City, one feels every sense awoken to the business of the place, the people, the sounds, the smells. In the Souk the coolness on a warm day not only relates to the temperature, but also to the freedom one can feel in the anonymity of the numberless streets and alleyways. Like an organism of rhythmic multitude and dynamic order the souk stimulates the flow. Disorderly and overwhelming at first, but surrendering to the cycles and rhythms of the souk, one can feel the flexibility of the structure and its room for dynamic change and transformation. Here, in the freedom of anonymity we can become part of a greater order, stimulating our own dynamic change, transformation and intimacy. Incognito, in balance, in silence..

3D *The Old City is enclosed by a wall with 7 gates, holding two souks and a Christian, a Jewish and a Catholic neighbourhood. In Souq al-Hamidiyya the sun filters through the roof, penetrated by bullets launched by the French air force during a nationalistic fight in 1925. Today rays of sunlight, hitting the pavement like gold coins, are said to bring good trading luck. Parallel to the Souq al-Hamidiyya sits Souq Madhat Pasha which was recently restored and brought back to the way it looked in the 1900 century. The restoration brought new functions and facilities to the old city, and today a large number of restaurants and hotels are situated in traditional family houses, attracting a greater number of wealthy Damascenes as well as tourists.*

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RECOMMENDATIONS

City as landscape

1 The **cityscape** is made by man, designed and regulated, yet created by nature, as man is a part of nature. Therefore, the city can hold the same stimulating and **healing qualities** like the ones, we find in nature, that stimulate body & soul and connect us with the energy of our inner being, our silence. Just as we strive to address the climate changes, reducing the emission of CO2 and developing new means of **renewable energy** in dialogue with nature, we should also strive to identify, acknowledge and develop the healing, stimulating and **transformative energy** of the urban fabric and **cityscape itself**.

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Materials

2 As building blocks on the micro level of the city, materials are of great importance, and just like the expansion of the definition of human intelligence - from deductive linearity to intuitive insight - the definition of **intelligent materials** is expanding too. To understand and continuously develop the energy producing and transformative capacity of materials, the **immaterial energy** should be addressed to the same extend as the material and quantifiable energy.

"[...] what takes time is not just the training of technical skills, but more so the refinement and developing of the heart, so that the gardener opens himself to the fact that everything is alive and conscious – rocks, plants, earth - and he learns to connect with it's essence."

Yasuo Kitayama, landscape architect, Kyoto

"An ecologically aware architect would immerse herself in the life of each place, tapping into natural and cultural history, investigating local energy sources, the availability of sunlight, shade, and water, the vernacular architecture of the region, the lives of local birds, trees, and grasses.

Her intention would be to create a building that creates aesthetic, economic, social, and ecological values for the surrounding human and natural communities – more positive effects, not fewer negative ones. This would represent an entirely new approach: Following nature's laws, one might discover that form follows celebration."

William McDonough, architect, NY

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Visible processes

3 The **city** should provide the space for accessing **greater awareness** of the principles and processes of **nature** and for communicating with natural phenomena and elements. In strengthening our connection to nature and its principles we can align ourselves with the energy flows, that make up the city, and in dialogue with the **urban fabric** and the city itself open up to the silence and balance within.

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Energy flows

Everything is energy and motion; cycles, rhythms and processes. **Energy** is conducted in **flows**, communicating and exchanging with other flows. When flow and exchange happens freely the energy creates a state of balance and space; when interrupted it becomes stagnant and distorted and clogs up like an embolus clogging up the bloodstream. **Cities** as such can be understood as **conglomerations of energy flows**, some material and quantifiable, some immaterial and not quantifiable but rather describable. The more flows, the more complex ~the more compact, the more delicate the energy balance which is why MD composition and quality of plot ratio and building materials e.g. are essential for the energy balance. The unique **composition** of these energy flows make up the characteristics of each city, along with the influence of the physical structure, architectural quality, economic and ecological decisions, cultural awareness and political choices; people living and connecting with the city, their thoughts and feelings, and the story they live.

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Energy exchange

5 **Energy exchange** and transformation is a natural principle, that should be addressed in creating a new basis of development and inspiration for city planning and management. To strengthen the principle, the **cities** should be designed and managed as **energy producing** and **transforming organisms**, as a natural part of the greater **ecosystem** and overall energy exchange, consisting of material and immaterial energy alike.

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Man

6 Feelings, emotions, relations, experiences of which some can be easily measured and described in linear language, some not at all, is essential in characterizing each human being and his / her **energy field**, making man an integral part of the overall energy exchange. "She lights up the room", is not just a metaphor, but an actual description. People engage individually in energy exchange with the surroundings, materially and immaterially - which is also why **quiet places** can be experienced **individually**. Just like physical structure has the ability of stimulating us and lifting our spirits, people hold these attributes too. The more balance is added, the more we feel in connection with the flows and our inner being, and the more energy is produced. This should be recognized and integrated in a **new energy understanding**, relating to city planning and daily life living.

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Sound and soundscapes

7 **Sound** is profoundly ingrained in the character and soul of the city. Thus the **sounds of the city** should be identified, audible and not audible sound alike, harmonic as well as disharmonic, so that the **positive aspects** of sound – the stimulating, flow generating and spatial defining aspects – can be acknowledged and verbalized, providing a new basis for regulating the **soundscape** along with the landscape and cityscape.

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Energy calculation

8

Cities all over the world produce **energy calculations** as instruments for **sustainable city planning** and management, aiming at reducing CO₂ and other negative environmental effects, including noise, in order to create balance within the energy flows of the city and on a larger scale, the planet. Up till now calculations and measurements have primarily related to the quantifiable and material **energy flows**. Future energy calculations, however, should be based on the understanding, that buildings, people, vegetation etc. not only use and produce energy, but also engage in extensive exchanges of **material** as well as **immaterial** energy.

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The immaterial and city planning

9 The city as a living, breathing organism should give access to the same connectedness, the sensation of being part of the flows, that we find in a healthy, natural environment. Planning framework should support this, going **beyond traditional regulations** to be based on an understanding of the city as a conglomeration of flows, just like regulations on density should not only be limited to quantitative measures, but capitalize on experienced density, taking energy flow and exchange into consideration. Planning for movement and orientation in cities should be part of a comprehensive **planning for flows**, material and immaterial. Planning should not merely address “**the citizen**” or user of the city as an administrated dweller / user, but rather as a **living part** of the nature/city – each with individual energy, needs, feelings and thoughts. Planning should make room for organic processes and flows within the city; ensure more organic material in the built environment; give access to elements of nature, the experience of belonging to the city, and **connecting** to Earth itself - water, air – and the universe.

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T TYPOLOGY

G GLOSSARY

Typology



CITYSCAPE

MD materials and energy exchange in balance ~ harmonious conduction of flows
3D urban spaces / urban planning / urban development / Architecture / Spatial layout



CONNECTION

MD bridging the present with the past, restoring the timeline



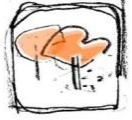
FLOW

MD movement and transformation of energy patterns
3D Infrastructure



INTERACTION

MD state of being



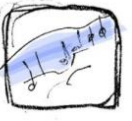
LANDSCAPE

MD xxx
3D Landscape architecture



LIGHTSCAPE

MD beauty of colour, vibration



SOUNDSCAPE

MD healing nature/city sounds



VIEW

MD connection between man, Earth and Universe

draft

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Glossary

3D [θri:] [di'menʃən'æɪ] adj.

- *consisting of 3 dimensions - length, width, and depth*

6. sense [sens] n.

- *human senses are often considered to be 5 – sense of sight, hearing, smell, taste and feeling. Adding to these is the 6. sense that is described as the sense with which one can perceive that, which is not perceivable with the other senses.*

Brainwave frequency ['fri:kwensi] n.

- *human consciousness is limitless, expansive and transcendent. Awareness determines consciousness and capability of connecting with the material as well as the immaterial worlds. States of consciousness are often described by the brainwave frequencies per sec. (Hz) and are divided into four ranges Beta (13-36 Hz), Alfa (8-13Hz), Theta (4-8Hz), Delta (0,5-4Hz). State of the art research shows how nerve impulses are being transmitted between brain and heart, and how impulses from the heart can modulate the deeper centers of the brain. Thus the heart can regulate brainwaves, hormones, pain, instincts, feelings as well as cognitive abilities and give access to new states of consciousness.*

Cycle ['saik ʒəl] n.

- *cycle (from Greek "kyklos" = "circle") series of events taking place in a regularly repeated order with an integrated element of transformation and expansion*

Energy [enərdʒi] n.

- *force that creates movement and expansion.*

Energy exchange [enərdʒi ɪkstʃeɪndʒ] n.

- *shifting between balance and state the intelligence contained in energy always makes part of a bigger communication and interchange. This can be seen in the change and progression of the natural landscape (~ as in climate change) as well as any other landscape figuratively speaking.*

Glossary

Energy field [ɛnərdʒi fi:ld] *n.*

- *The immaterial, non visible dimensions of a being or an object of which some are recognized as electromagnetic and some uncharacterized. The energyfield conveys information internally throughout the organism, as well as externally in relation to the surrounding environment and is central to integration and balance.*

EU directive [eu dərəktiv] *n.*

- *EU directive 2002/49/EF points out indicators, according to which quiet places are recreative city zones where noise level does not rise above 55 dBA*

Flow [flou] *n.*

- *Movement, transformation*

Gateway [geitwei] *n.*

- *Point or portal for exchange of energy*

Healing [hi:liŋ] *n.*

- *healing (from xx "xx" = "xx" the natural process by which balance is obtained*

Immaterial energy [ˈimətɪəri əl] [ˈendəʒi] *n.*

- *everything that can't be weighed and measured like thoughts, feelings, moods, consciousness etc.*

Inner light [ˈinə*] [lait] *n.*

- *the life-force / soul, the presence that is contained in all life*

Glossary

Light body [laɪt] ['bɒdi] *n.*

- *part of the human body that stretches out beyond the physical body*

Materiel energy [mə'tiəri əl] ['endəʒi] *n.*

- *everything that can be weighed and measured e.g. physical materials and chemical compositions .*

Multi dimensional [ˈmʌlti-] [di'menʃən'æɪ] *adj.*

- *consisting of more dimensions – length, height and width along with a multitude of other dimensions that may not be visible or measurable but can be experienced with the 6. sense*

Rhythm ['riðəm] *n.*

- *rhythm (from Greek 'rhythmos' = 'move') is the order of different sequences, influences and objects over time. The concept of 'rhythm' is widely used, also in relation to architecture and urban structure and fabric while originally relating to music, dance and poetry. Recurring cycles relating to daily life, from change of the seasons or the circadian rhythm, are also described as 'rhythm' .*

Sound scape [saʊnd] [skeɪp] *n.*

- *the collective sound image of a place as well as non audible sound, stimulating as well as disturbing, natural as well as digital or mechanic.*

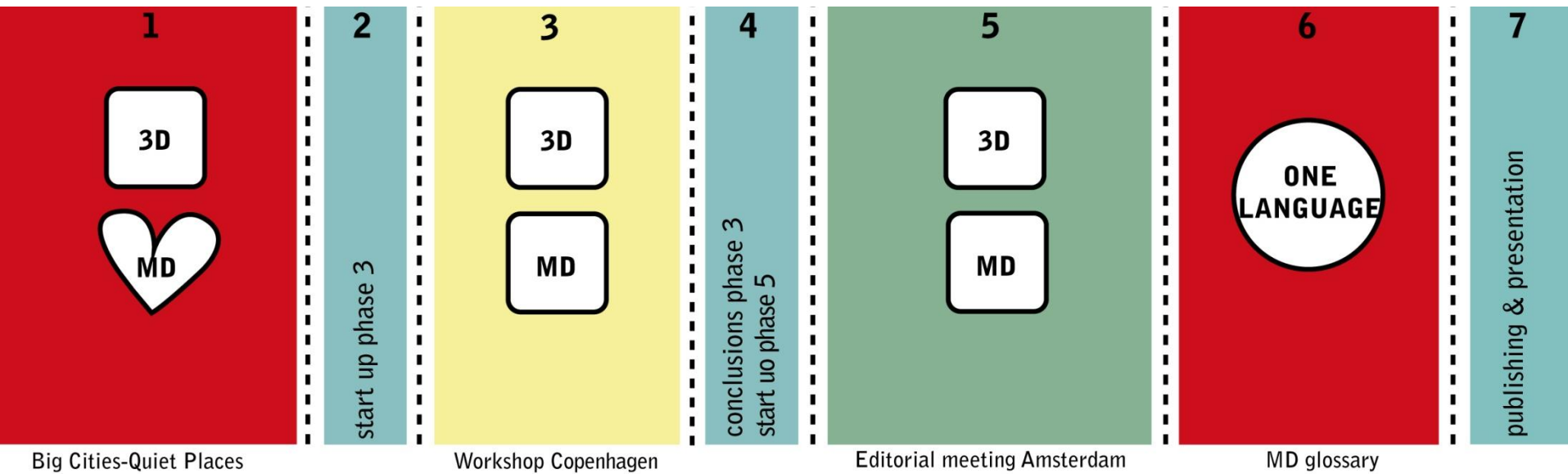
Timelessness [taɪmlesnes] *n.*

- *state of limitless being as opposed to acting in time and space.*

Universal HiFi spot [ˌjuːni'vɜːsəl] *adj.*

- *Like 'gateway'. A place or state of mind with a direct connection to the wisdom of the universe and our timeless being.*

Timetable



phase 1: concluded

initial draft for 'Big Cities-Quiet Places' - concepts and descriptions incl. 3D-MD terms of which 3D represents the mental, linear language, while MD represents that which we feel with the heart. These terms are used in 'Big Cities-Quiet Places'

phase 2: in progress

application to The Danish Art Foundation + start up phase 3

phase 3: September 2010

workshop introducing participants' ideas and perspectives, defining the immaterial qualities as well as refining MD descriptions and 3D-MD concepts. In the workshop we work on creating equality between the two languages, making them operational by developing one language.

phase 4: October 2010

conclusion phase 3 + start up phase 5

phase 5: November 2010

editorial meeting creating MD glossary

phase 6: January 2011

creating one language

phase 7: February 2011

publishing & presentation

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Workshop Copenhagen

Day 1 – 20.11.2010

09.00 - 09.30 introduction and welcome

09.30 - 10.30 presentation 'Big Cities-Quiet Places' - the idea / Hanne

10.30 - 12.00 presentation place / context / connection of interest / Amsterdam & Paris

12.00 - 13.30 lunch at Julian's, Nationalmuseet

13.30 - 14.00 presentation place / context / connection of interest / Damascus

14.00 - 15.30 brainstorm / qualities and categories / part 1

15.30 - 16.00 presentation place / context / connection of interest / Copenhagen

16.00 - 18.00 visit to 'place / context / connection of interest / Copenhagen'

18.00 - 19.00 apéritif at Ny Kongensgade 21 A, 3. th

19.00 - 20.00 promenade along the skywalk

20.00 - ??? dinner at Skybar Sticks'n'Sushi

Day 2 – 21.11.2010

09.00 - 09.30 coffee

09.30 - 13.00 brainstorm / qualities and categories / part 2

13.00 - 14.00 lunch at Café Glyptoteket

14.00 - 16.00 glossary / draft

16.00 - 17.00 conclusions and appointments

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Editorial meeting Amsterdam

Phase 5 - creating MD glossary

Possible dates January - February 2011

- *15-16 / 01 / 2011*
- *22-23/01/2011*
- *29-30 / 01 / 2011*

- *5-6/02/2011*

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Publication

Publication:

DK magazines

Scape (editor Lisa Diedrich (Paul) KU Life, Urbane Landscapes)

Byplan

Byplannyt

Arkitekten

NL magazines

Blauwe Kamer

FR magazines

Les Cahiers

SY magazines

?

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Fundraising

Fundraising phase 1 | Workshop and editorial meeting:

Funds awarded: The Danish Art Foundation

*Funds requested: BG Fonden
Augustinus Fonden
Ny Carlsbergfonden
Bikuben Fonden*

Fundraising phase 2 | Publication:

*Funds to be requested DK: The Danish Art Foundation
Dreyers Fond
Rockwool Fonden
EU (in relation to directive on quiet zones)
Others?*

*Funds to be requested NL: EU (in relation to directive on quiet zones)
Others?*

*Funds to be requested FR: EU (in relation to directive on quiet zones)
Others?*

*Funds to be requested SY: EU (in relation to directive on quiet zones)
Others?*

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