



INVISIBLE ARCHITECTURE

A Geomantic Newsletter

Working within the seamless web to create a peaceful harmony,
space, place, and you.

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Health and Harmony

Feng shui is about creating optimal health and harmony within our environment. The quality and quantity of air within both our living and working space is one crucial factor in achieving and maintaining this goal.

NASA did massive research for their space missions to find the perfect plants that not only cleansed the air, but also produced an abundance of fresh oxygen. They did not want to use negative ionizers because of the harmful energies they emit. For years, I have recommended that clients use the "Golden Pothos" or "Peace Lily" rather than negative ionizers to cleanse indoor air.

Now, NASA's findings have been taken to an entirely new level! Kamal Meattle from New Delhi, India (because of personal health issues) has gone into these studies in depth to discover the three most common houseplants which can actually "grow fresh air" in an enclosed environment. This information is extremely important to us because many of our new energy efficient buildings no longer allow an exchange of indoor and outdoor air. As a consequence, we are becoming victims of what is known as "sick building syndrome" - buildings which no longer breathe and are also not grounded.

The three plants he found are the Areca Palm, Mothers-in-Law's Tongue and the Golden Pothos (he calls it the money plant in his video.) Mr Meattle designates the Areca Palm as the "living room" plant. It removes carbon dioxide and converts it into oxygen very efficiently. The second plant, the Mother-in-Law's Tongue, is called the "bedroom plant" because unlike most plants, it converts carbon dioxide into oxygen at night to improve our sleeping environment. The third plant, the Golden Pothos, removes formaldehyde and other volatile chemicals from it's surroundings. All three plants need little sunlight.



The following six minute video from his TED presentation gives the details of his experiment. This project shows there are immediate solutions to many of our current environmental problems which do not cost alot of money. Mr Meattle found that in a short time, the oxygen level of his employee's blood was going up, productivity was increasing, and eye irritation, respiratory problems, asthma and headaches were diminishing.

His green architecture project is so successful that he is currently partnering with the city of New Delhi to replicate his findings in a 1.75 million square foot building which will have 60,00 indoor plants. Currently, 40 percent of the world's energy is taken up by buildings and 60 percent of the world's population will be living in cities with over one million in the next 15 years. This is a simple, inexpensive solution to improve our health!!

http://www.ted.com/talks/kamal_meattle_on_how_to_grow_your_own_fresh_air.html

Now is the perfect time schedule a "Space Clearing."

Please email me at carol@invisiblearchitecture.com or call 323-665-8410

*Love and Light,
Carol*

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