

# Social Context

9 in 10 young people in Britain feel like their life has no purpose or meaning

Metanoia is a designated space to **discover and practice spirituality** through venturing through four domains. It combats **current issues of youth meaninglessness and purposelessness** through using spiritual practices, grounding the protagonist within different chambers, to **build foundations for a meaningful future**.



### Spiritually Intelligent

Needs a designated spiritual space to practice regularly. They understand the journey to spiritual enlightenment is winding.



### Spiritually Inquisitive

Needs a space to learn clear exercises to practice when away from the space to tap into their spirituality more.



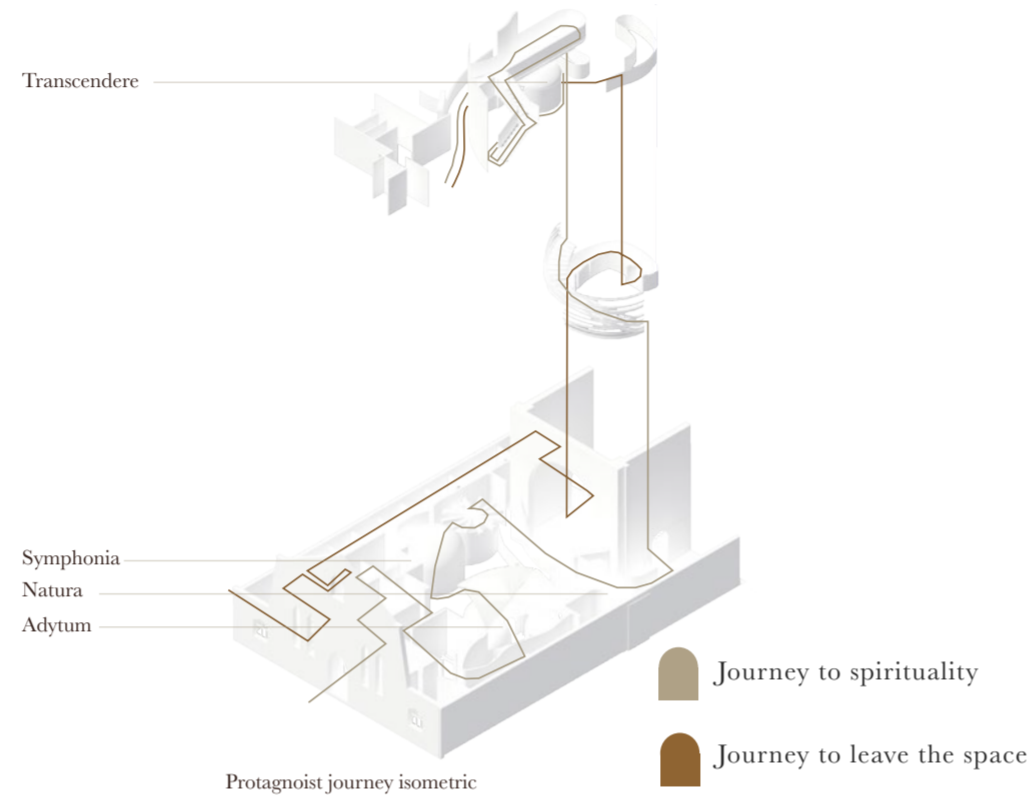
### Spiritually Improving

Needs a space with a clear learning path to exercise their curiosity to see if spirituality is a practice they would like to continue.

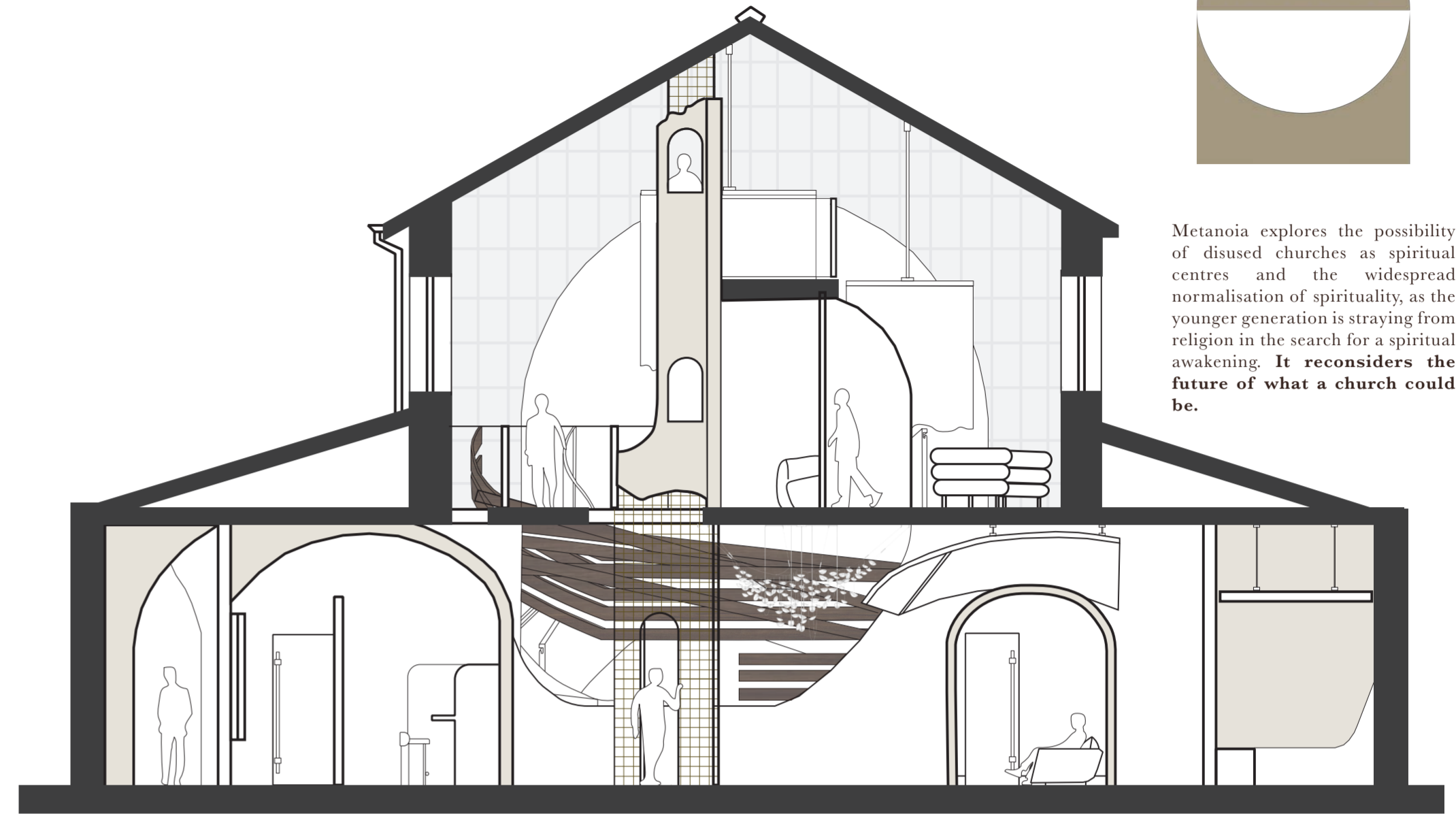
Protagonist

History does not repeat itself ...but it does rhyme

The philosophy of Metanoia has been derived from research unearthing a lack of space for spirituality. Society has churches, Mosques and Synagogues for religion but no sacred space for the spiritual. **There is a social shift from 'church' as a refuge, to spirituality as a refuge.**



Metanoia explores the possibility of disused churches as spiritual centres and the widespread normalisation of spirituality, as the younger generation is straying from religion in the search for a spiritual awakening. **It reconsiders the future of what a church could be.**



Rendered section showing traditional church elements contrasting with a spiritual future

# Chambers of Spiritual Domains

Metanoia addresses the future of spirituality, celebrating the spiritual through exploration of the four domains.



### Adytum - Chamber of Self



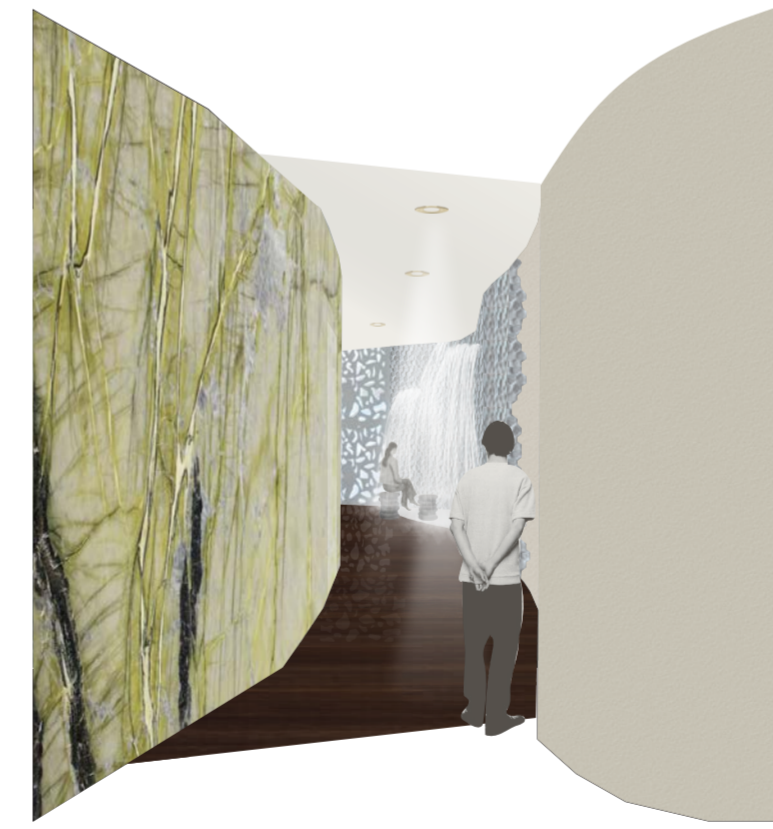
A space for guided mindfulness protected by a vault, a form that represents safety and shelter. The space represents summer. The acoustic walls of the space are made of pressed hay. The space is formed of small chambers that form one whole.



### Symphonia - Chamber of Others



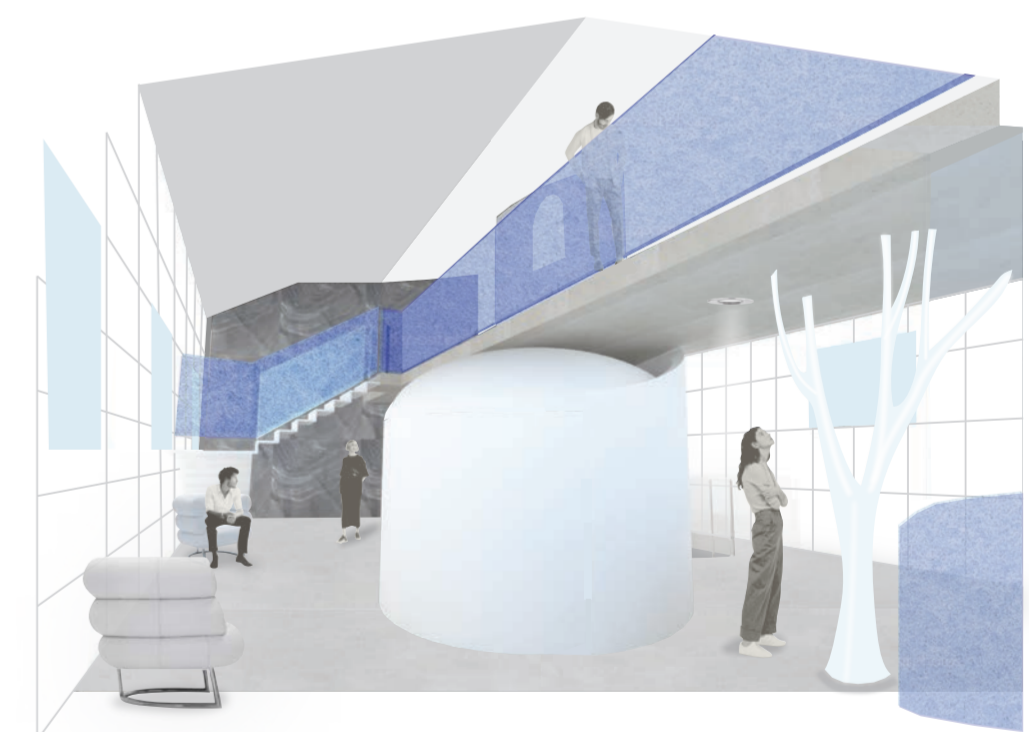
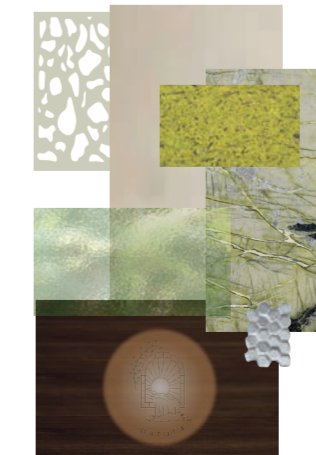
A space for group singing. It has an autumnal material palette. It has two sides: one for those who are confident enough to sing together openly, and those who are not confident enough, but who can still join in through the other side: a more private group singing. In this side, the protagonist can hear the other protagonists, but is in their own booth around a communal table.



### Natura - Chamber of Nature



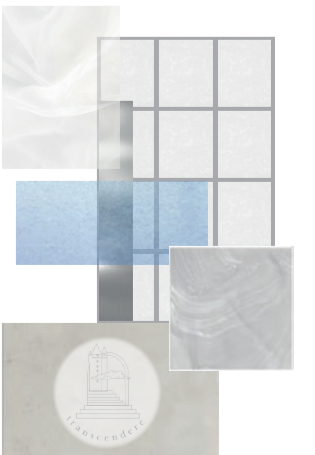
A space is orientated around spring, new life and the natural world. It encourages forest bathing and sitting quietly within the space listening to the noises of the forest. The perforated wall casts dappled light on the space and the opposite wall is formed of pressed moss to immerse the protagonist's senses.



### Transcendere - Chamber of the Transcendent



The second floor observation platform in Transcendere is supported by sculptural metal forms, resembling bare trees in the winter. The frosted blue and clear glass mimic ice on a frosted lake and the white LED shoji paper walls glow like sun on winters snow. The space represents a shift from the earth to the heavens through a contrasting materiality.



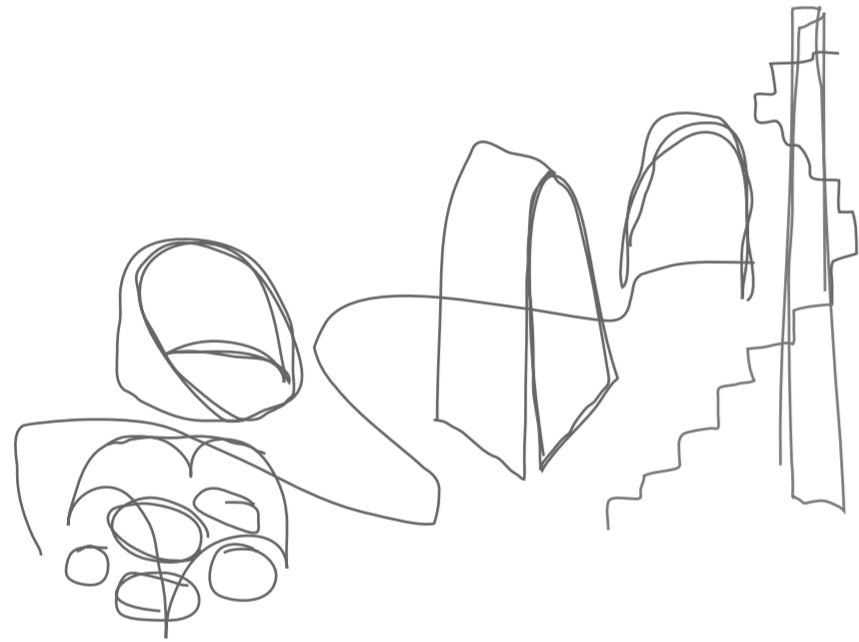
# Spiritual Journey

Society is suffering from the loss of meaning and grounding in purpose. Spirituality at its core is the foundation of belief, the meaningful act of engaging with self, others, nature and the transcendent. The future is reverting to the past, the inner simplicity of spirituality and Metanoia provides this.

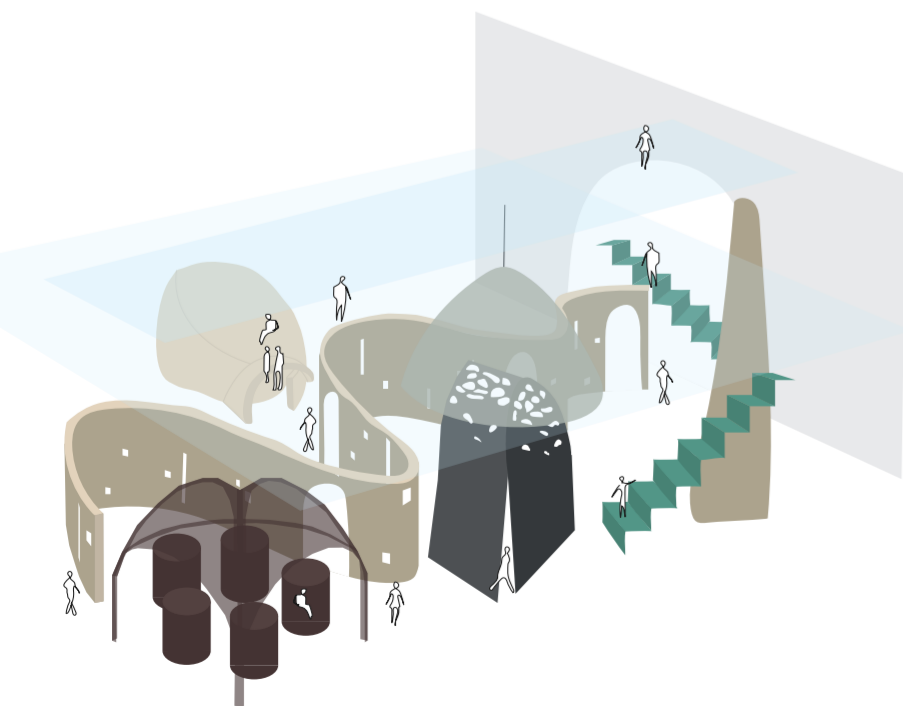
The trajectory of society shows a **need for more spaces like this in the future.**



Concept collage depicting the four domains of spirituality through action; Self: a solitary shelter, Others: a group song, Nature: an immersion into nature, and Transcendent: a physical upwards journey to pansophy.



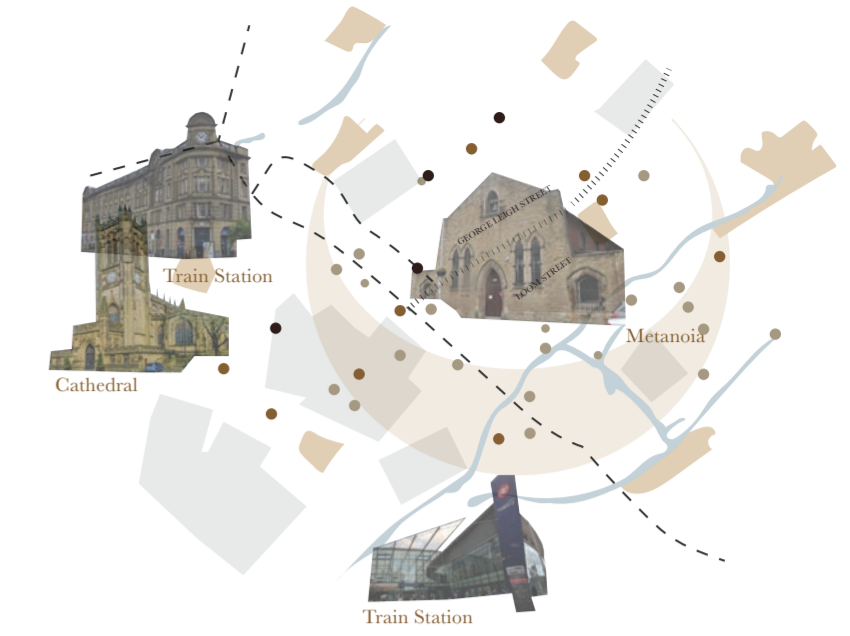
Initial concept sketch showing simple forms found in churches (arches, vaults, columns) reimagined as the spiritual chambers of the future.



Initial concept illustration showing these forms and the way in which they could form four distinctive spiritual chambers.



Main space visual representing the earth



Every dot highlighted on this map highlights a religious space, yet **1 in every 3 adults** identifies as **'spiritual but not religious'**. The only spiritual space is Metanoia. In a society where **360 churches are at risk of closure by 2026**, there is a calling to utilise these buildings for the future 'church'.



Transcendere visual representing the heavens

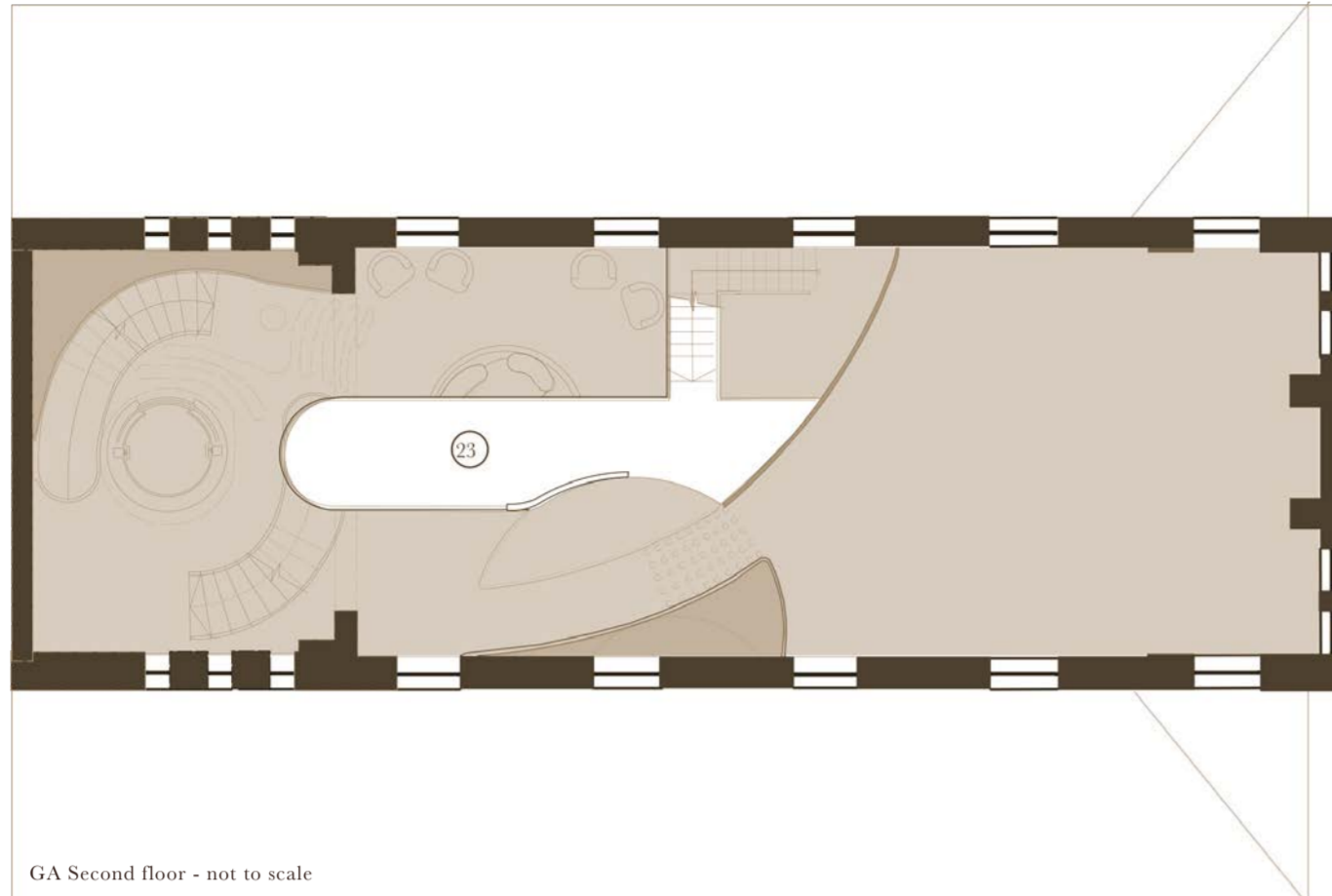


Rendered section

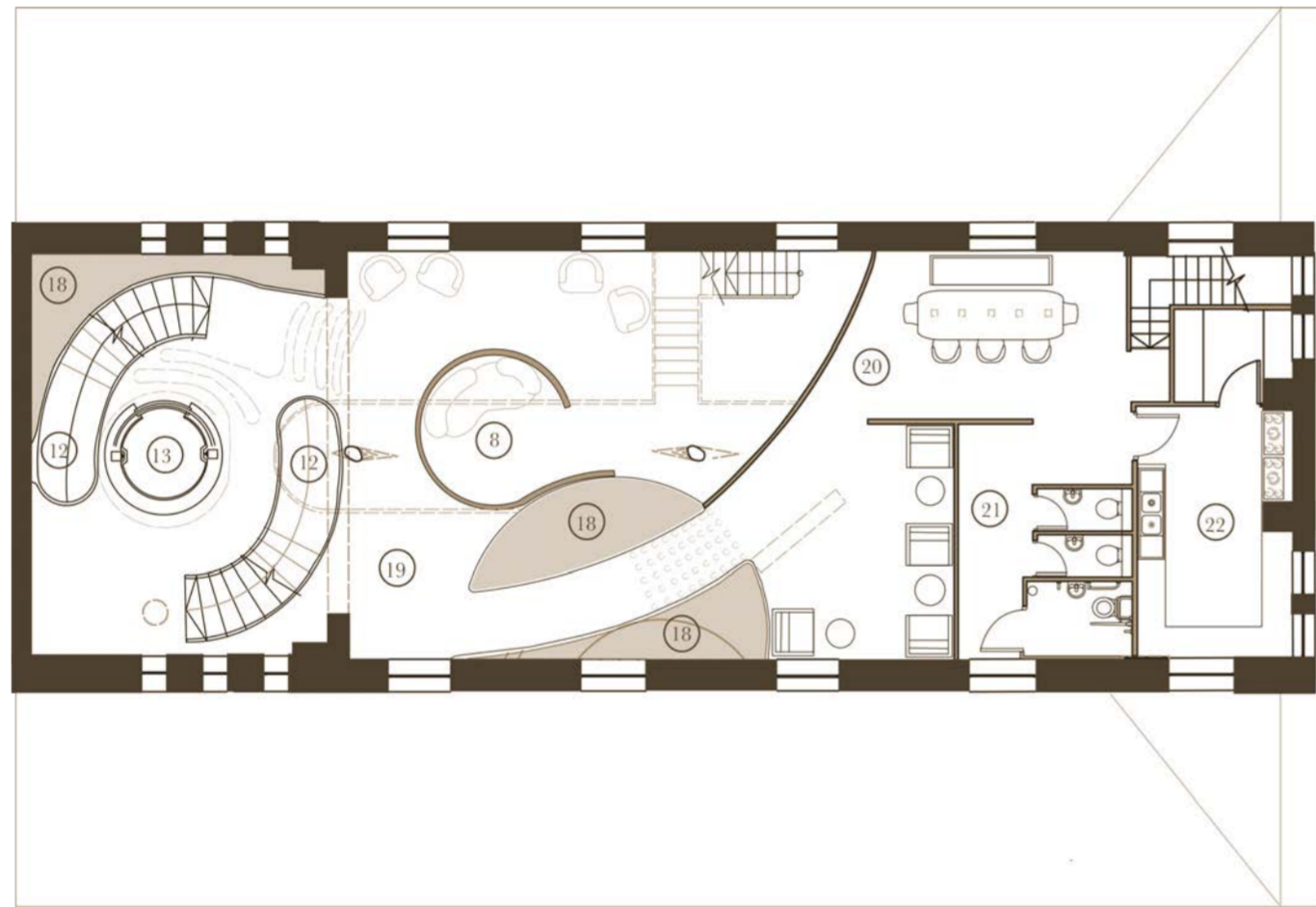
# Design Language

The language of Metanoia derives from Latin. This is because the modern English term 'spirituality' refers to spirit and comes from the Latin spiritualitas. Spiritualitas springs from the noun spiritus which means 'the breath of life'.

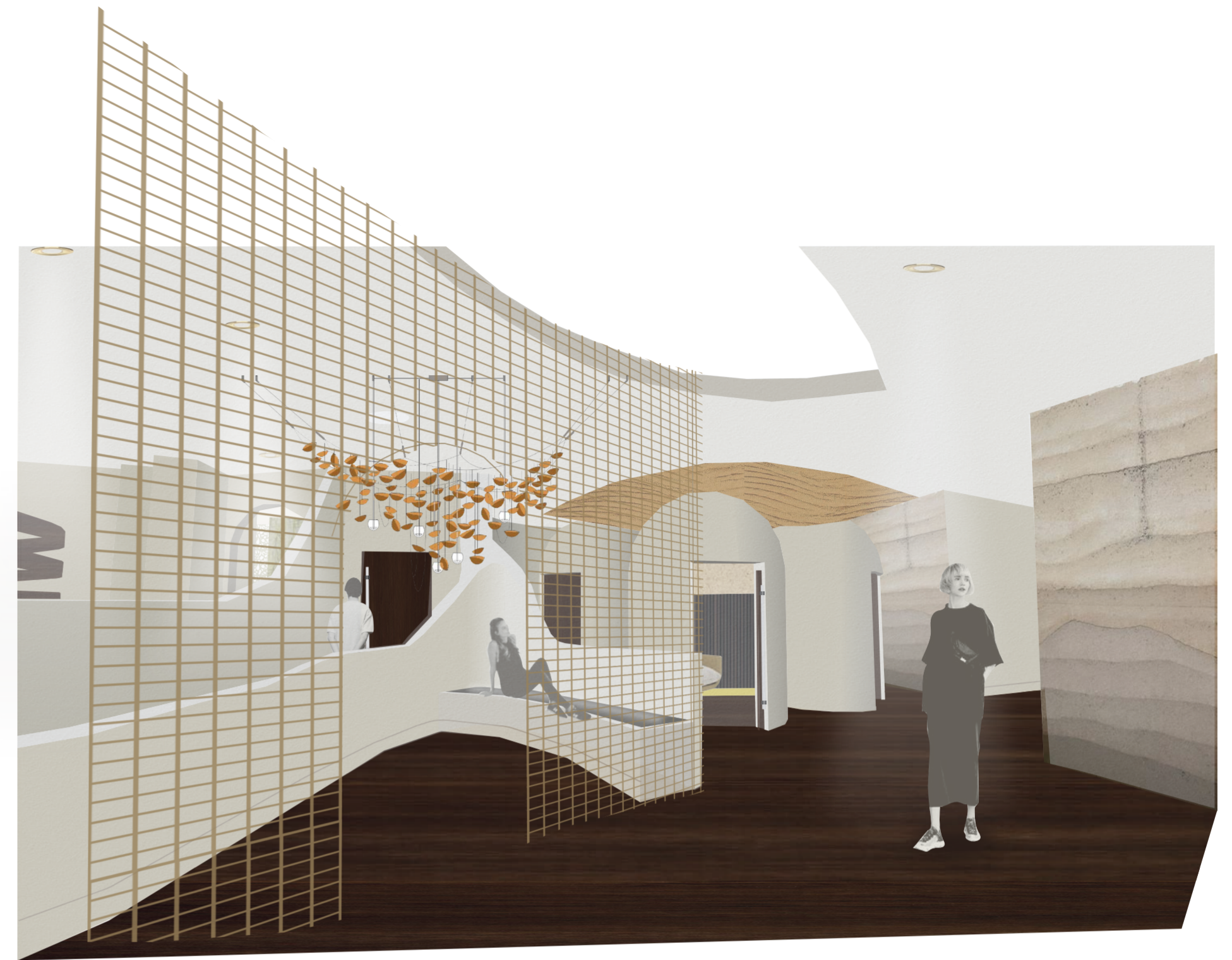
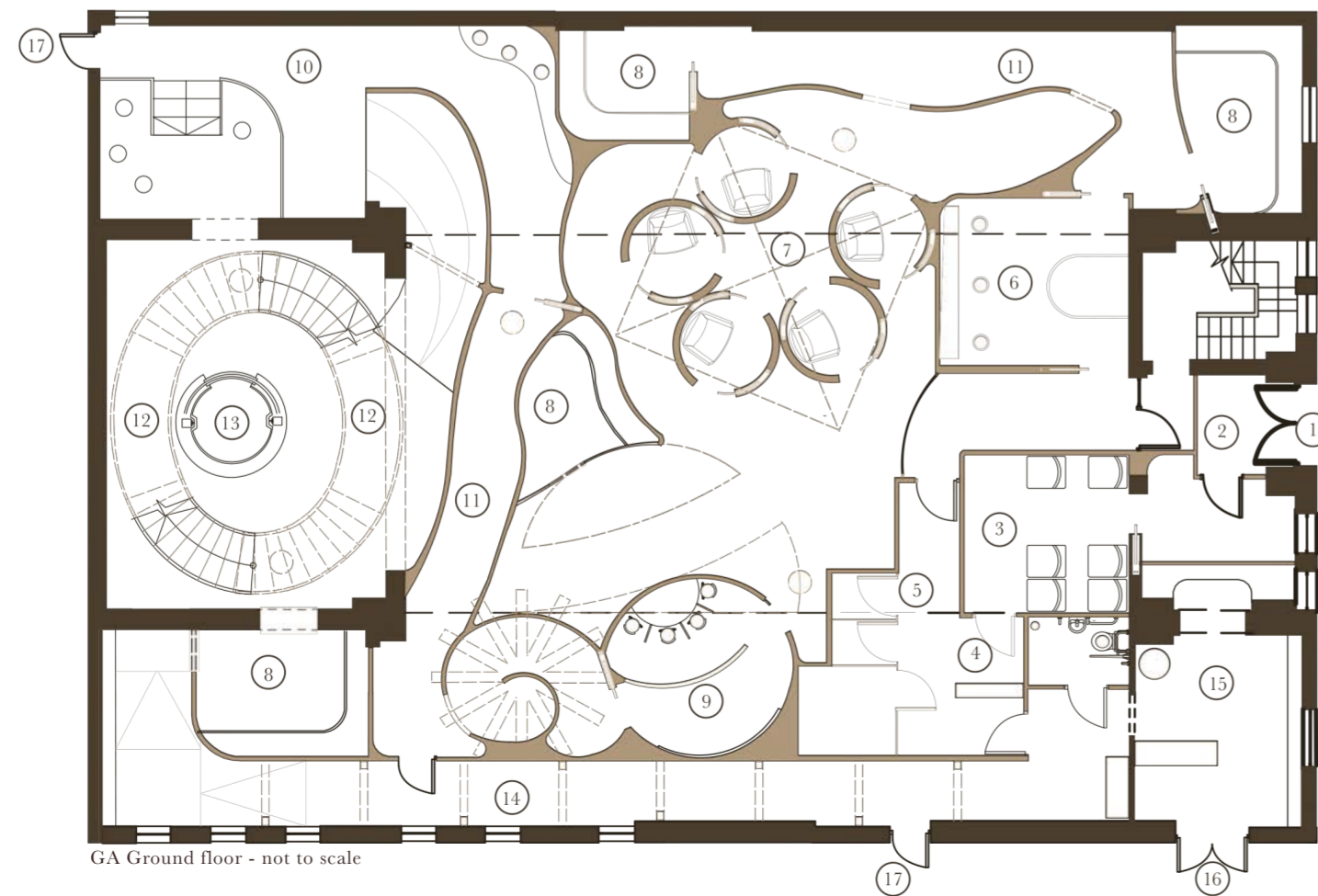
23. Supra (observation platform)



- 8. Conloquor
- 12. Helix Stairs
- 13. Lift
- 18. Void
- 19. Transcendere (transcendent chamber)
- 20. Vescor & Potum
- 21. Latrina
- 22. Kitchen/ Store room



- 1. Fores (entrance)
- 2. Vestibulum (reception area)
- 3. Conperio (briefing room)
- 4. Dedo (cloakroom)
- 5. Verto (changing room)
- 6. Purus (washing chamber)
- 7. Adytum (self chamber)
- 8. Conloquor (socialising chamber)
- 9. Symphonia (others chamber)
- 10. Natura (nature chamber)
- 11. Concelo (labyrinth walls)
- 12. Helix Stairs
- 13. Lift
- 14. Back corridor
- 15. Mercatura (shop)
- 16. Relinquo (exit)
- 17. Fire escape



Main space visual representing the earth



Purus visual - A washing chamber to physically cleanse the protagonist for a spiritual experience

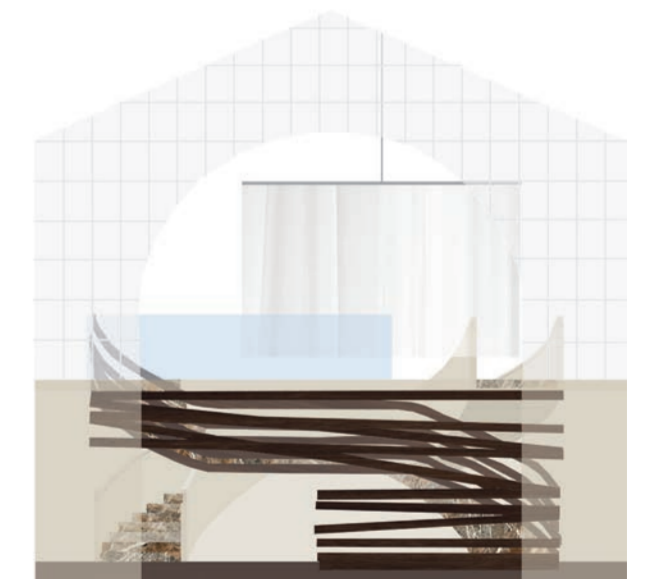
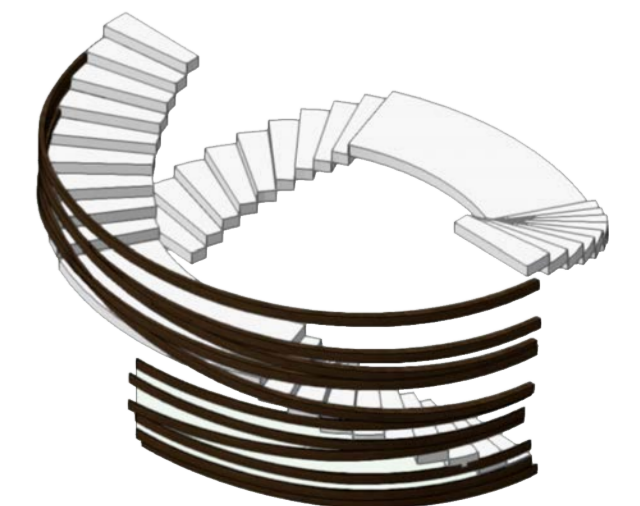


Diagram showing the heavens and the earth and their integration through the existing Apse of a disused church.



Helical stairs model, keeping the future (those who are spiritual) and past (those on their journey to spirituality) separate.