

Designed by TIME

Living Transparently
Sejima's Evolutionary Glow-Up.

It's in the Walls
Why your house now owns
your DNA.

Mirror, Mirror on the Wall
Oh Wait, That's My Face!

NOW WITH
BLOW-IN
CARDS!



GLASS CEILINGS ARE SO LAST EPOCH

Fitbit

A Personal
Physician on
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MONITOR YOUR BODY'S GRADUAL
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A Letter from the Publisher

discover how cramped quarters and creativity are rewriting the rules of humanity!

Our lives have become exceedingly comfortable. In fact, we are cheerfully inside of comfortable bubbles, while the world around us burns. Today, 90% of our time is spent indoors, transforming interior spaces from mere shelters into comfort cocoons.

Daniel Barber's After Comfort questions the necessity of such intensive comfort in buildings, citing their environmental impacts. However, the conversation must go further. Designers must critically examine the comforts we create—not only for their environmental consequences but also for their effects on the evolution of the human species.

This thesis posits that architects must consciously consider the long-term impacts of their designs on future generations. It is imperative for designers to intentionally decide what

to advocate for as we build for the deep future—not only addressing today's environmental effects but anticipating those of tomorrow. How can we predict the repercussions of our current lifestyles on future generations? How might we design with these possibilities in mind?

To explore these questions, this thesis employs simulation as a design tool, to observe humans' social, physical, and psychological responses to architectural conditions over generations. The research concludes with strategies derived from simulations to mitigate undesirable outcomes and proposes revised existing building designs to implement them.

By merging design, gaming, and narrative fabulation, this research explores how the spaces we inhabit today could transform humanity's future, urging architects to approach design with greater intention and foresight.

Tanya
Estrina

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Living Room to Living Code

Where did these humans come from?

Sims has historically served as a surreal digital mirror to the consumerist and comfort centric lifestyle. A game which centers around the player being able to control the life of an in-game human, the “sim” and construct their environment and family around them. This game goes into great detail, allowing the sim to have a career, a variety of relationships with other sims, attend events, and be affected by a variety of other mundane life-like experiences. This game sounds very mundane, why would it be at all interesting to play? Well perhaps it is because players enjoy the control and comfort in the dissociation from reality.

Sims 4, originally released in 2014, is a very established game, and after 10 years old over 50 expansion packs were released, and it has become a very popular game for the community to create modifications, or “mods” for.

For all of these reasons, sims is the perfect setting for the exploration and simulation of comfort. Thus the “evolution mod” was born. This mod within the game creates a pop-up within the game where the user can “evolve” their sim. The mod then connects with multiple other extensions of the game, including plumbbros, which is a mod for HVAC and environmental controls, and others to extract data from the games, including the sim’s appearance, stats, behaviors, and environmental factors. The code then parses through the files to gather the critical information and write them in a “biography” style document before calling an external script to boot up. This second script is able to read the biography file, and send it to OpenAI API to determine which variables would change after a given time period of evolution. These updated values are then read by the main mod and updated within the game.

[1] Image of the simulation ‘s environment from a bird’s eye view of the modular housing elements.

[2] Aerial view of the dorm reconstruction within the simulation environment, showing the subject Shyn Ra in her most frequently occupied spot - in the kitchen.

[3] Interior photograph of the actual condition of the house’s transitory space and staircase.



[4] Film footage of subject Shyn Ra within the running simulation.

[5] Photograph of actual condition of house exterior space.

[6] Interior view of the simulation running and subject Shyn Ra within one of the eating spaces in the house.

[7] Photograph of actual condition of the house from a aerial view.



packs



seasons



get to work



city living

kits



eco lifestyle



bust the dust

library



sims community library

mods



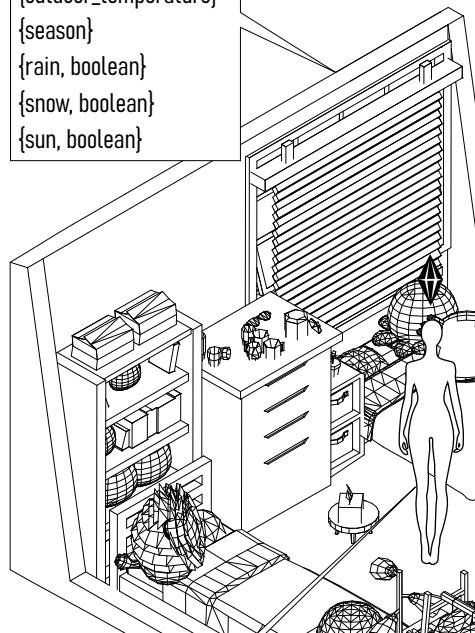
plumbBros



MCCC



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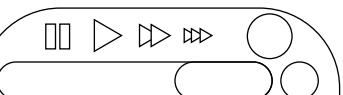
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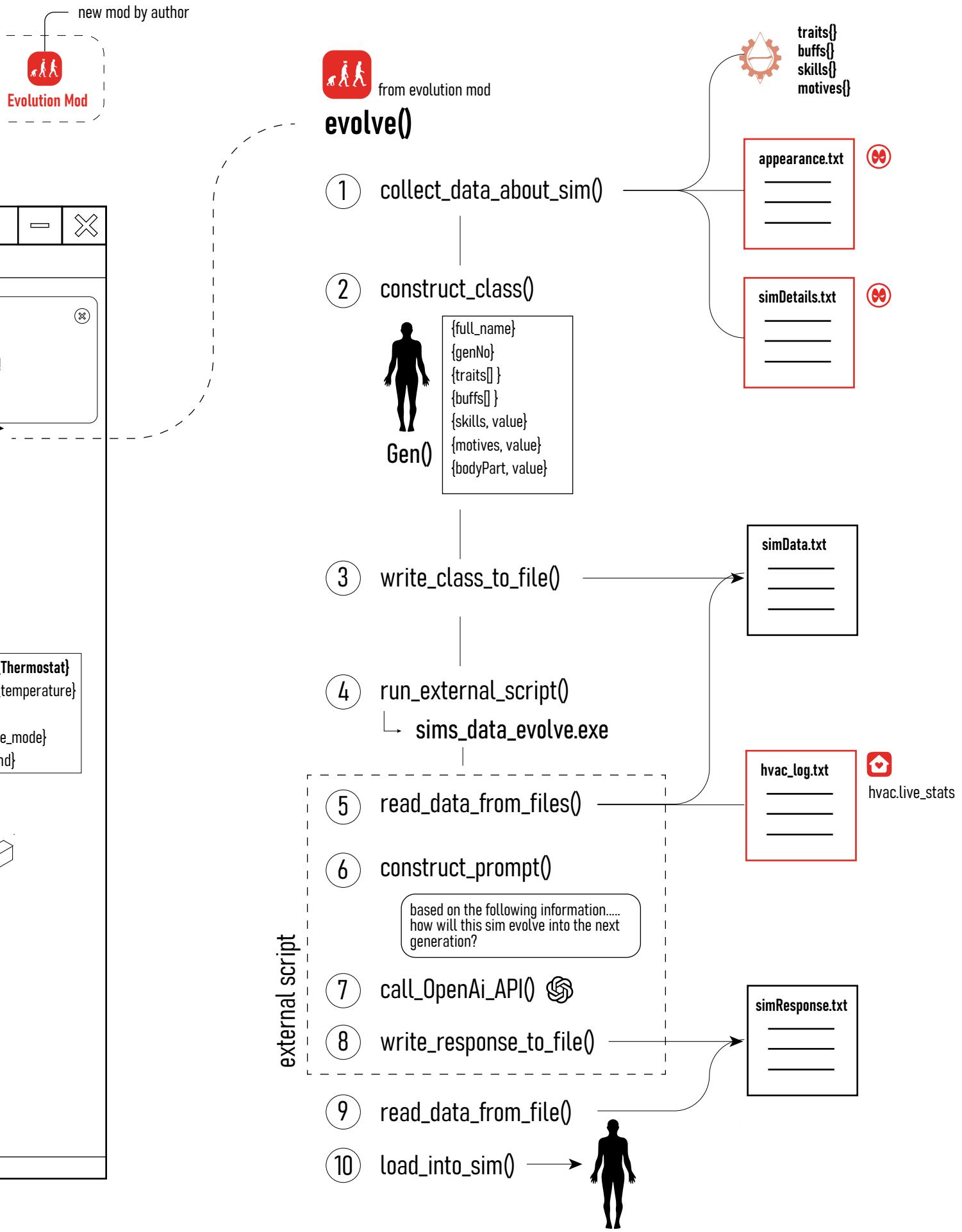


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Anatomy of a Modular Dweller

Meet the Evolved and her Ancestors

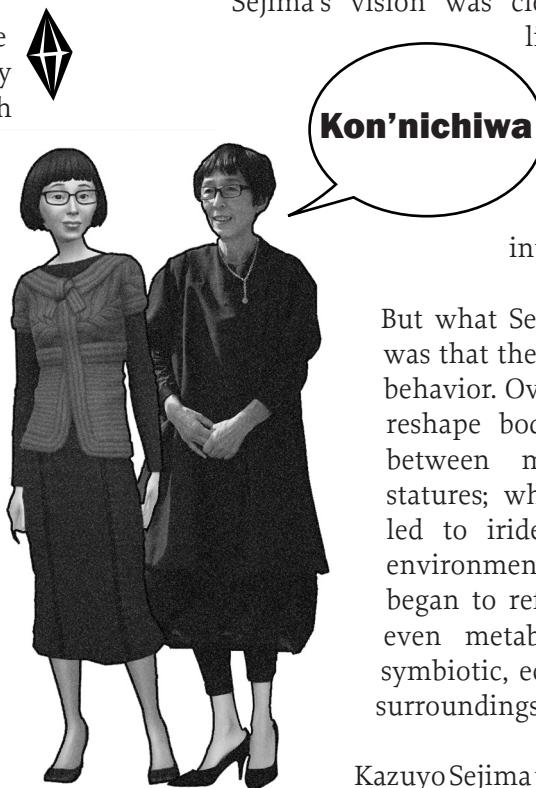
Before humans adapted to shifting spaces and shimmering light, before bodies evolved to reflect walls and movements grew modular, there was Kazuyo Sejima—a groundbreaking architect whose work would, unknowingly, set the stage for evolutionary change.

Born in Japan, Sejima became one of the most influential voices in contemporary architecture. Known for her work with SANAA, the firm she co-founded with Ryue Nishizawa, Sejima's designs challenged conventional notions of space, transparency, and the relationship between people and their built environment. Her projects were airy, flexible, and unrelenting in their honesty—structures that rejected decoration and embraced minimalism. Among her most iconic works, one stands out as a quiet revolution: the Moriyama House.

Completed in 2005, the Moriyama House is often described as an experiment in modular living. Located in a quiet Tokyo neighborhood, the house is less a single home and more a series of interconnected white cubes scattered across a garden plot. These individual units—some only large enough for a single function, like sleeping, eating, or bathing—forced inhabitants to leave one building and go outside to access another. The concept was radical. It broke the traditional boundaries of domestic life, demanding constant negotiation with both space and nature.

The Moriyama House wasn't just about living; it was about adapting. Sejima's architecture eliminated unnecessary barriers while introducing new ones. Movement became deliberate, walls were starkly white and unembellished, and the spaces were prescriptive—guiding behavior through form and function. The house rejected the cozy

warmth of traditional homes in favor of a more thought-provoking simplicity. Sunlight was celebrated but unforgiving, pouring through uncurtained windows and bouncing off white surfaces to flood every corner. Privacy was redefined; connection became a choice, not a given. Sejima's vision was clear: architecture could shape lives by framing how we interact with space. For the Moriyama House's first residents, it was a philosophical challenge—how to live efficiently, thoughtfully, and intentionally.



But what Sejima couldn't have anticipated was that the house would shape more than behavior. Over thousands of years, it would reshape bodies. The constant movement between modules encouraged smaller statures; white walls and abundant light led to iridescent skin that reflected its environment; spaces designed for precision began to refine muscle tone, posture, and even metabolism. Relationships became symbiotic, echoing the modularity of their surroundings.

Kazuyo Sejima was not a prophet of evolution—she was a student of design, an architect of fluid spaces. But in her quest to create homes that interacted with their occupants, she planted the seeds of adaptation. The Moriyama House, once a marvel of minimalist architecture, became a cradle of evolutionary change.

Sejima herself described her work as being about “creating spaces that live in harmony with people.” Little did she know, her spaces would become people.

PROTECT YOUR GLOW! YOUR SKIN'S FRIEND IN THE SPOTLIGHT

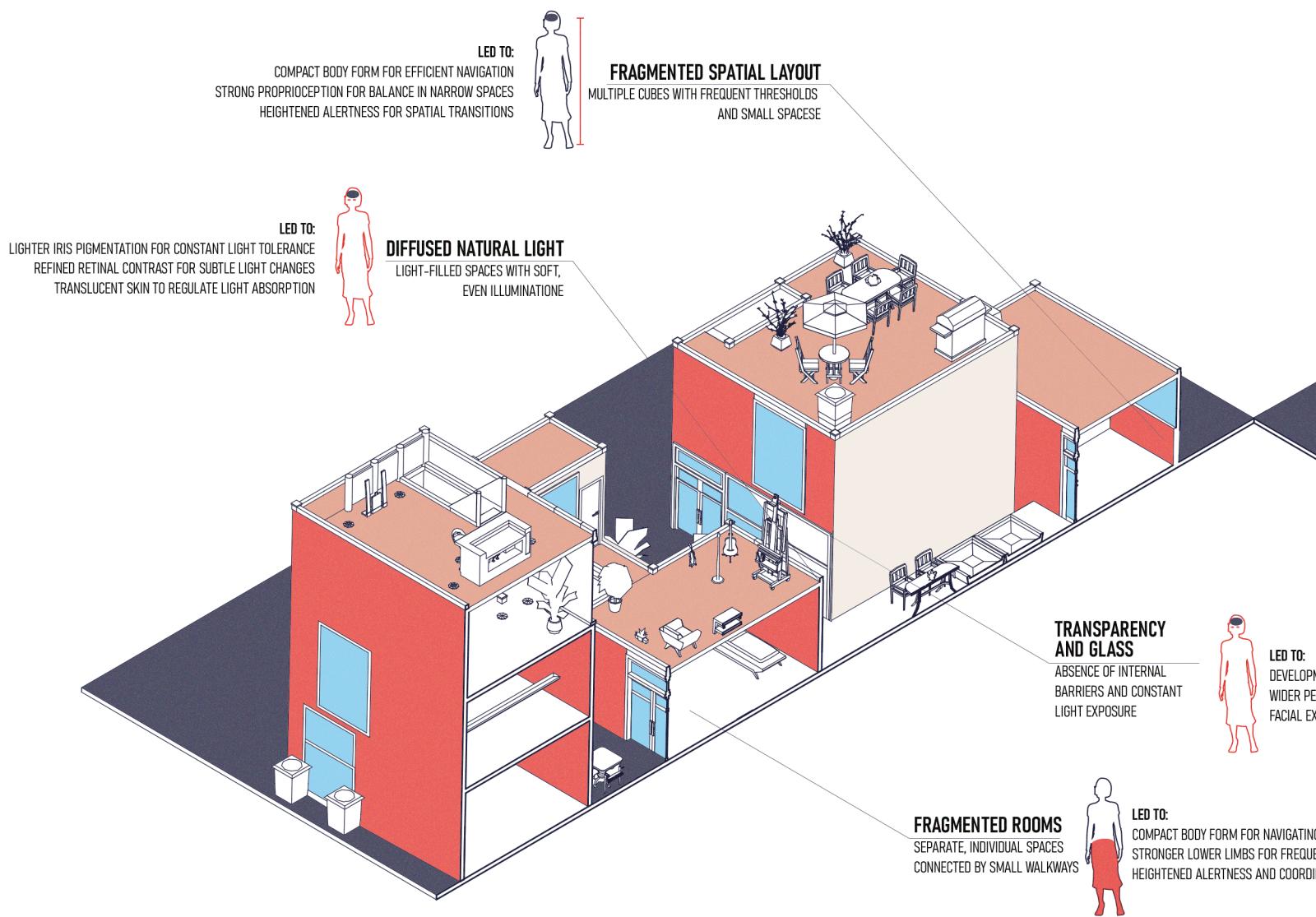


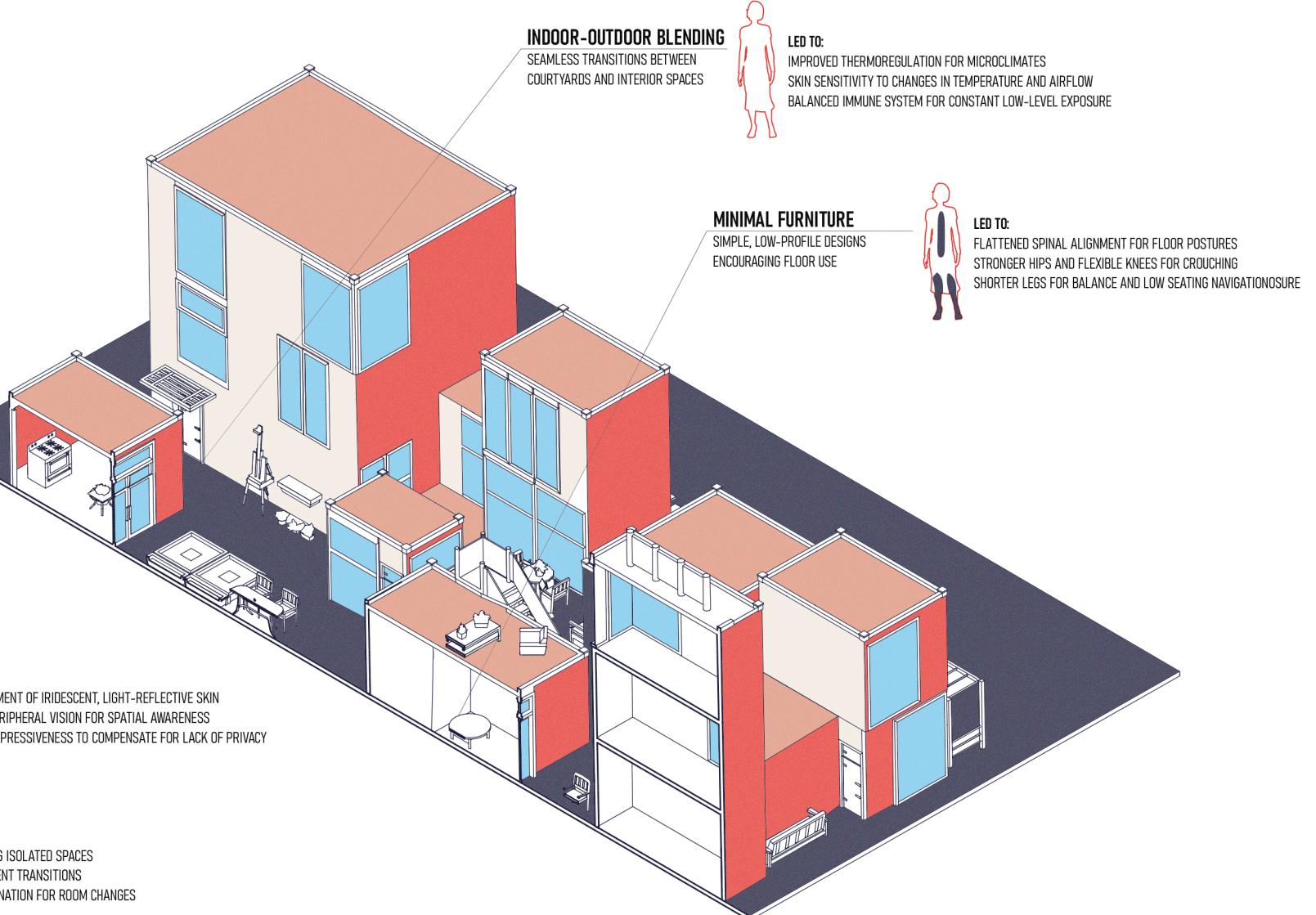
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Dwelling in Pieces

Living in the spaces between Moriyama's walls





The House That Made Me

Shyn Ra on Becoming One with Her Space

Shyn, it's incredible to meet you in person. Let's start with the obvious: You don't just live in the Moriyama House—you seem to be shaped by it.

S: Absolutely. Architecture isn't passive—it's prescriptive. When you live in modular spaces for generations, you start to adapt. Walls move, spaces shift, and so you learn to move and shift with them. My elbows, for example, are more flexible now, almost like hinges. My body grew smaller, more compact. Decreased stature allowed us to navigate tight spaces without resistance. You don't fight the architecture—you respond to it.

But you don't live here alone, do you? How does evolving alongside another person change things?

S: That's the fascinating part. Modular spaces require negotiation. There's no room for chaos. Nishizawa and I evolved together—shared behaviors, mirrored movements.

What impact does going outside between rooms have?

S: It's more profound than people realize. The house is efficient, precise, and minimal, but between the units, there's exposure—wind, temperature shifts, unpredictability. I began storing fat strategically to sustain energy during those transitions. It wasn't about scarcity; it was about practicality. The modular world inside is precise, but the space between buildings keeps us tethered to something more primal.

So there's a contrast between the control of the house and the unpredictability of the outside?

S: Exactly. Inside, everything has a purpose. You follow

the house's instructions: sit here, move there, adapt. The space itself becomes a constraint that sharpens you. Outside, you breathe differently. You feel earth beneath your feet. It's a reminder that the house isn't everything—that there's freedom beyond its limits.

I think that contrast is why we still thrive.

You speak about the house like it's alive—like it's a partner in your evolution.

S: Isn't it? Early on, people resisted spaces like these—tried to conquer them or bend them to their will. But after 50,000 years, we stopped fighting. I am what happens when you listen to the architecture. It asked me to be smaller, more efficient, more reflective, and I answered. The house shaped me, and in turn, I shaped how to live in it.

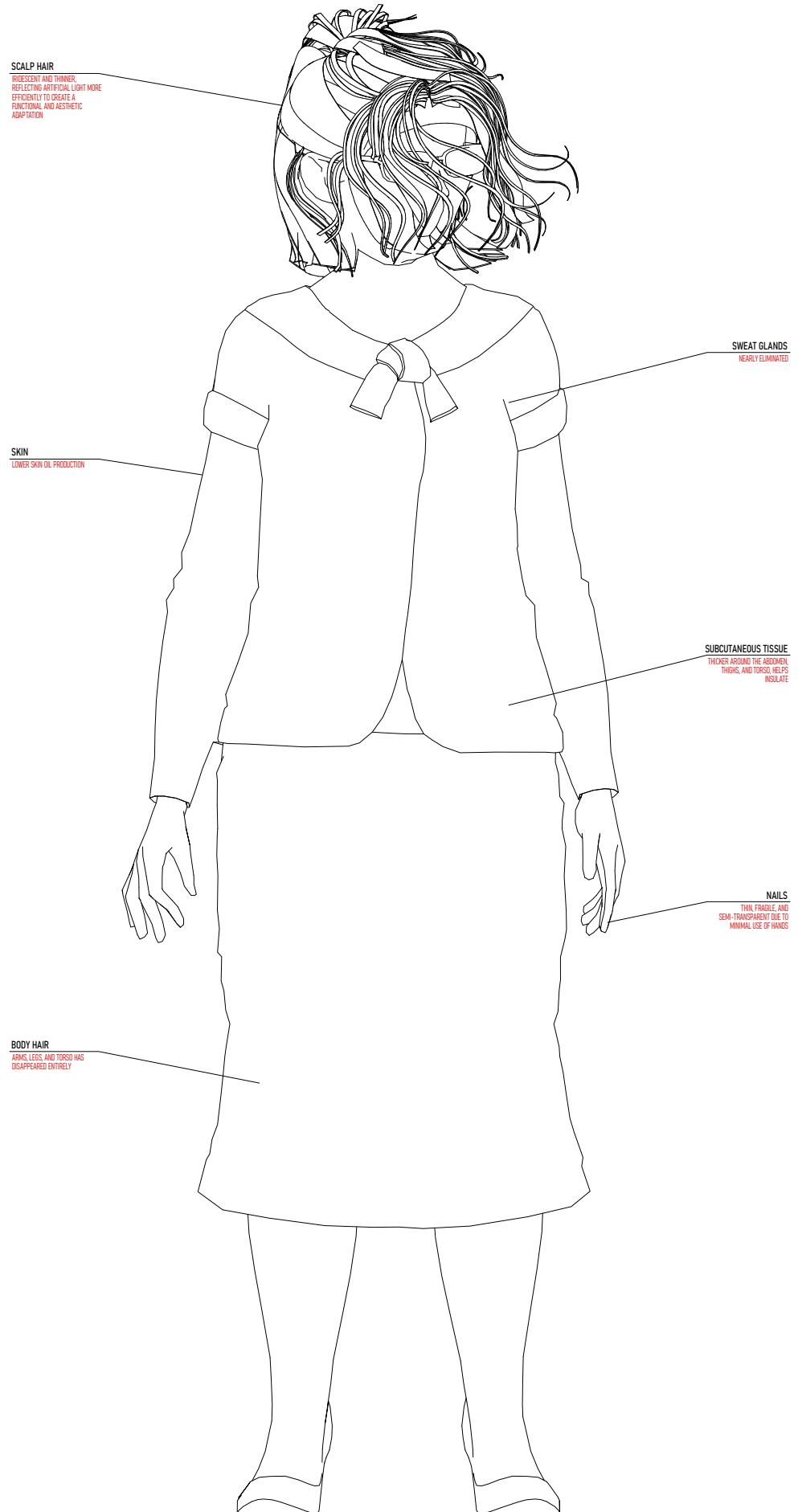
Do you think the Moriyama House is a glimpse of humanity's future?

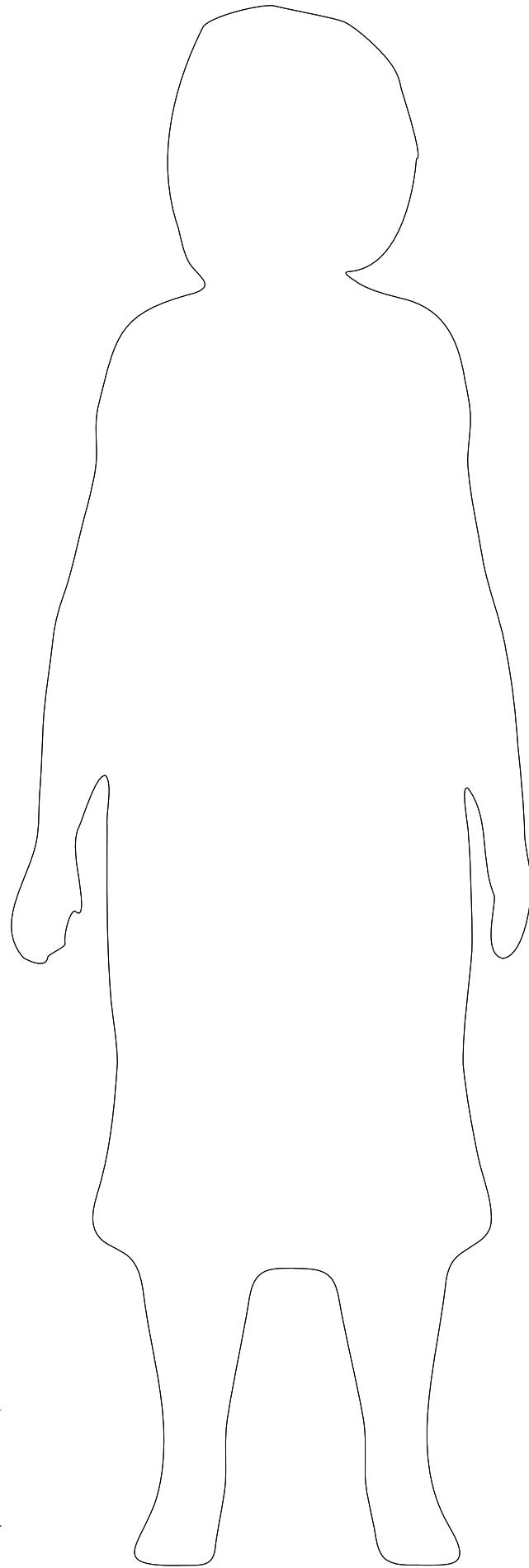
S: I think it's a mirror—one we're not always ready to look into. Architecture doesn't just shelter us; it transforms us. It's not about survival anymore. It's about alignment—understanding what a space demands and adapting to meet it.

One last question. If you could change anything about this house, would you?

S: No. The beauty of the Moriyama House is that it doesn't change for you—you change for it. That's evolution, isn't it?

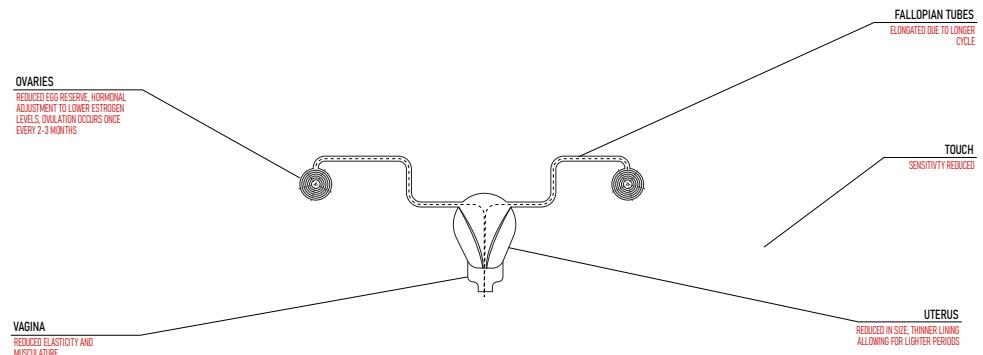
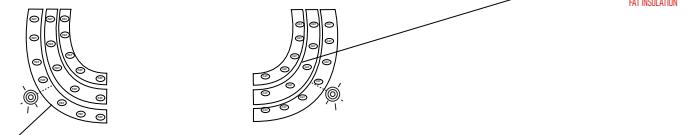
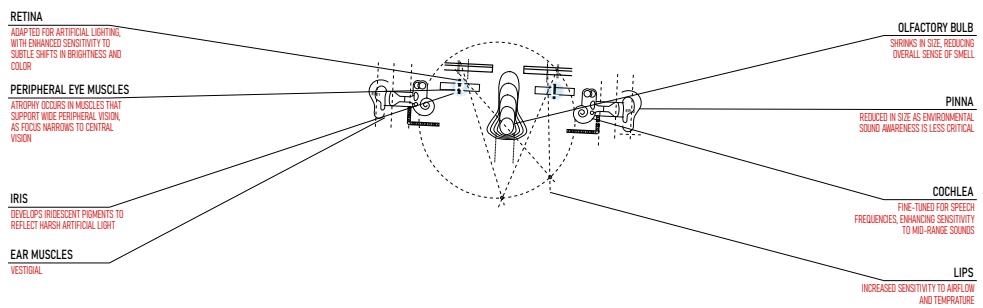




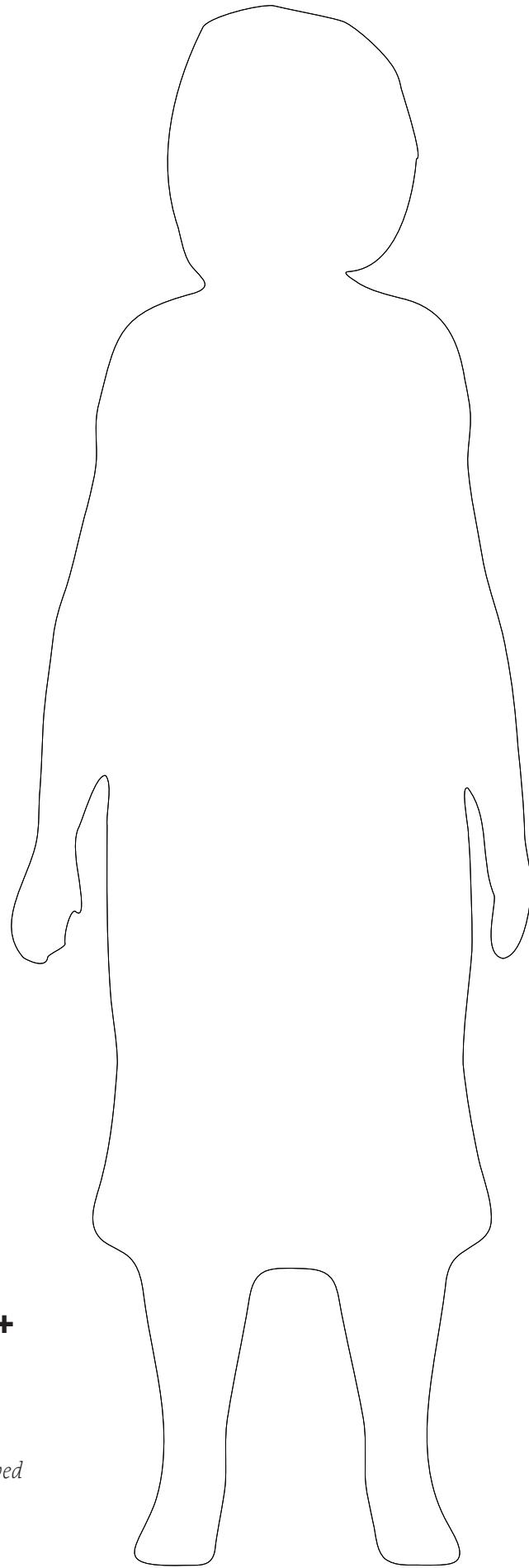


SKIN AND HAIR

The body has become more efficient with sweat glands, subcutaneous tissue has become thicker for insulation, and nails and body hair have become more resilient for environmental durability.

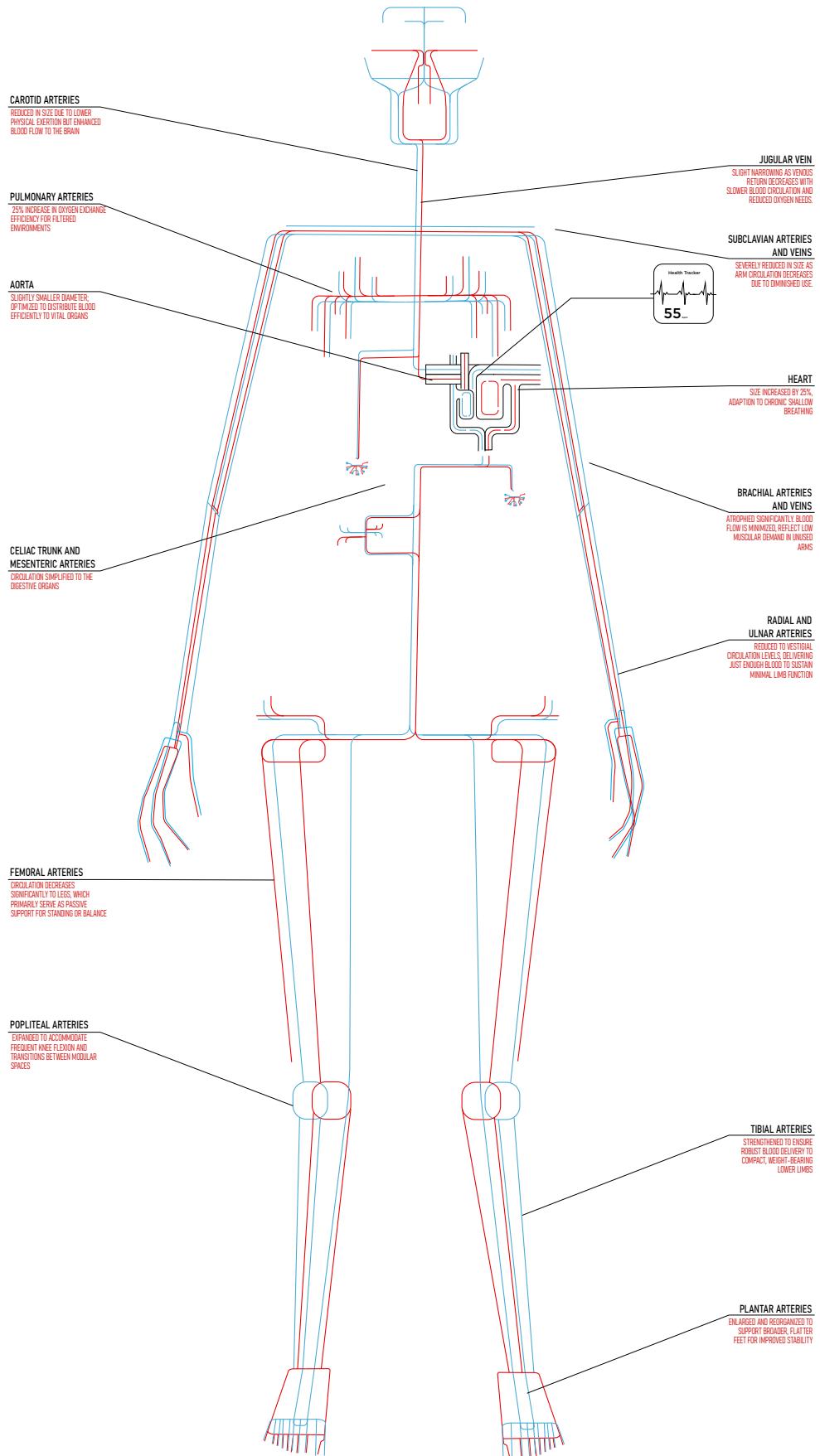


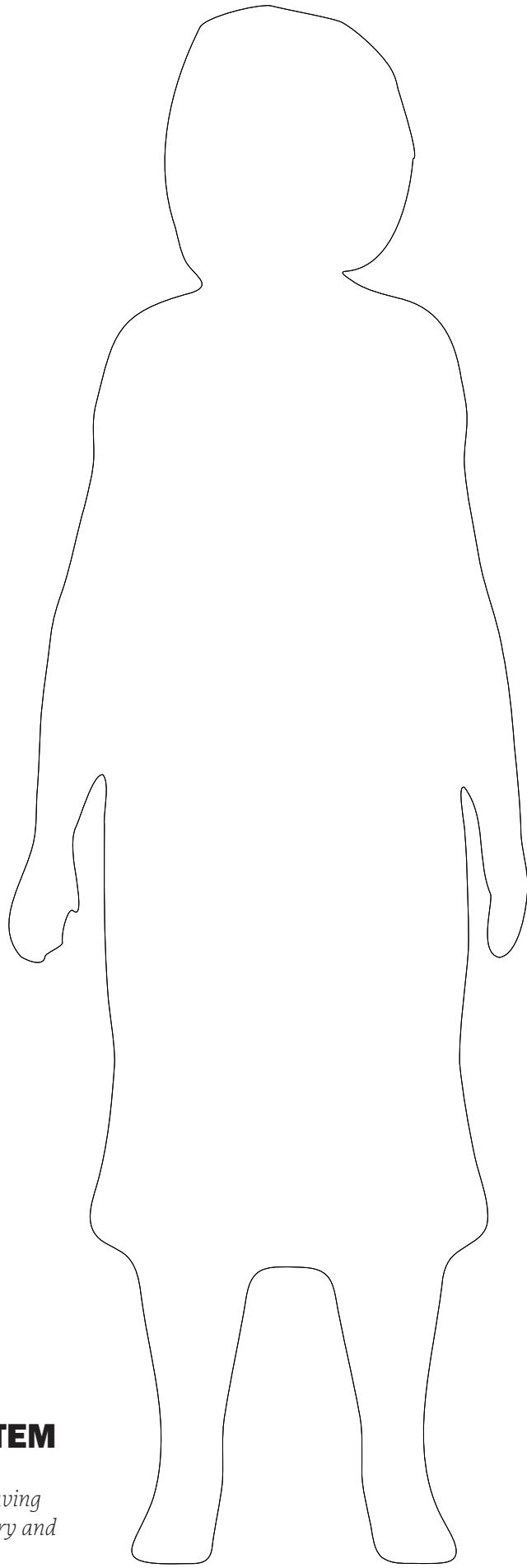
TOUCH
SENSITIVITY REDUCED.
WALKING ON DRY, DUSTY,
IRRITANT SPACES
ELIMINATES THE NEED FOR
DETAILED TEXTURE DETECTION



SENSORY SYSTEM + REPRODUCTIVE SYSTEM

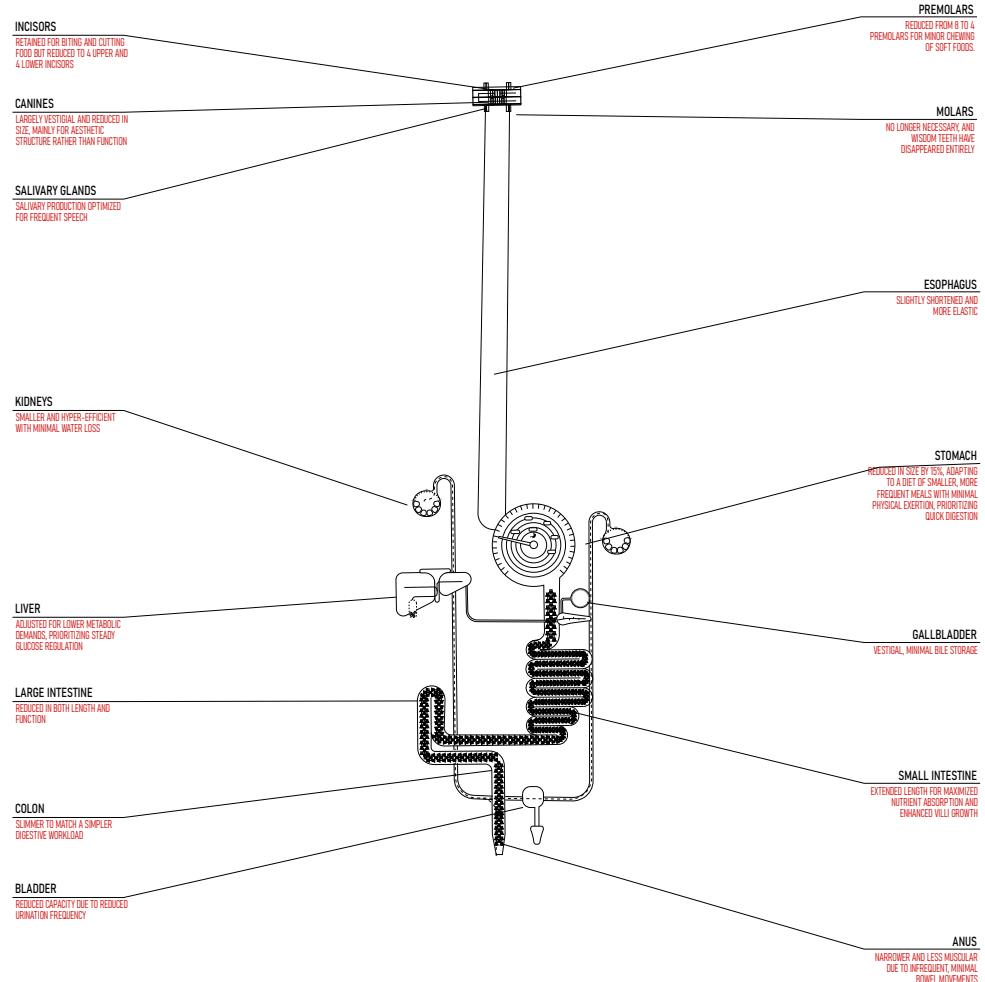
Sensory organs have become optimized for reduced light, improved olfactory detection, and enhanced auditory precision in enclosed architectural environments.

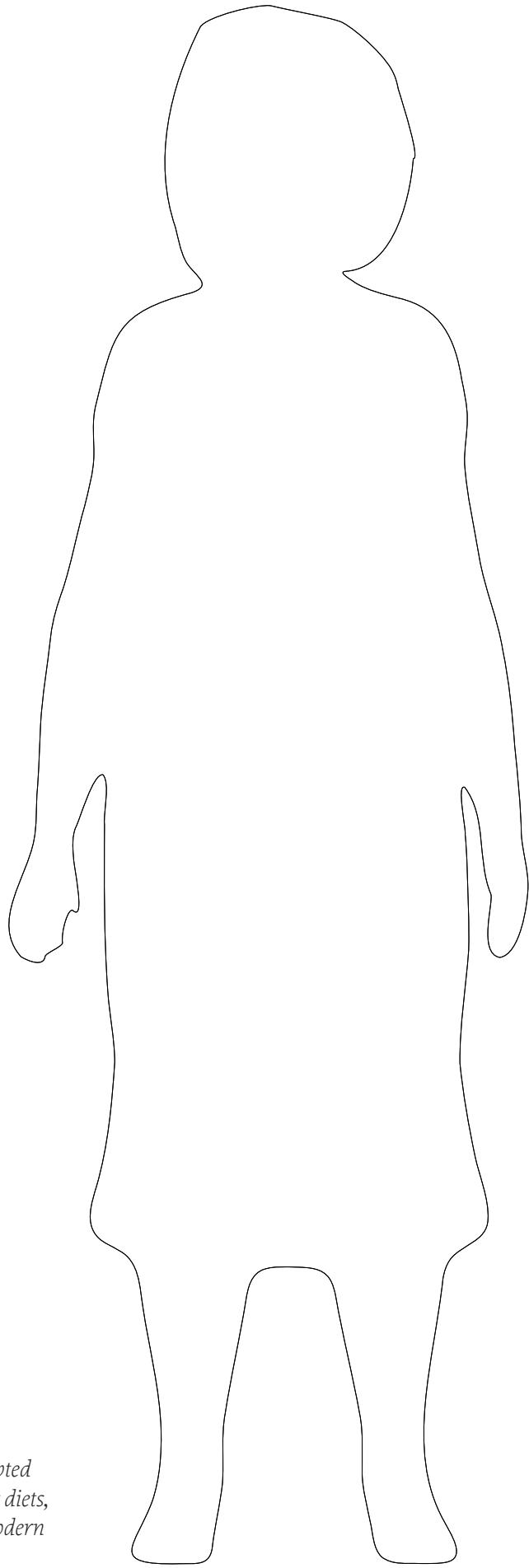




CIRCULATORY SYSTEM

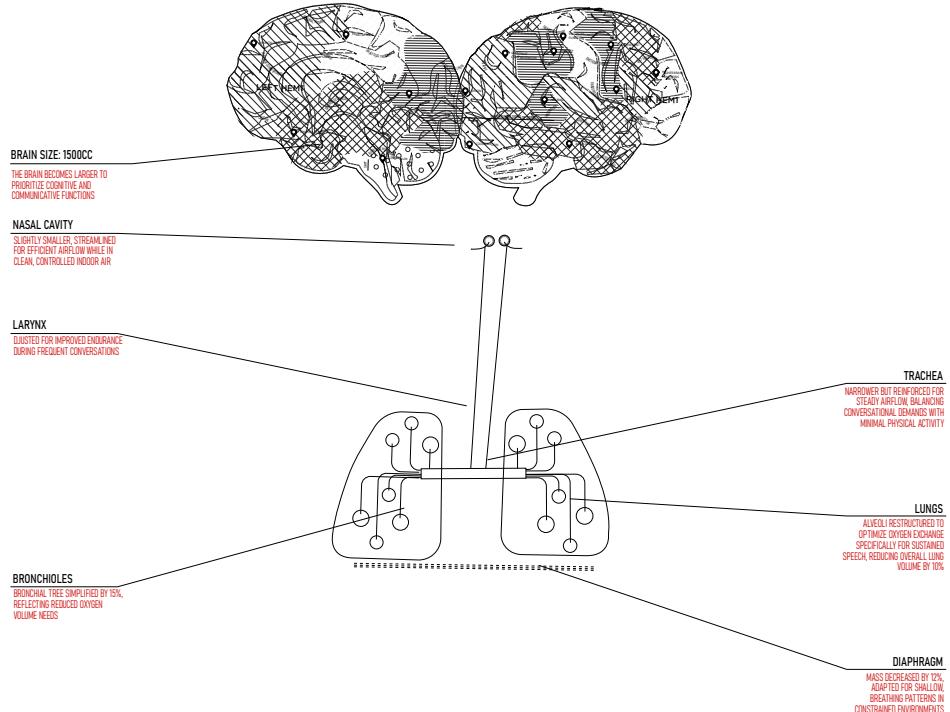
Blood circulation has become more efficient, with arterial pathways having become adapted to support sedentary and controlled indoor lifestyles.

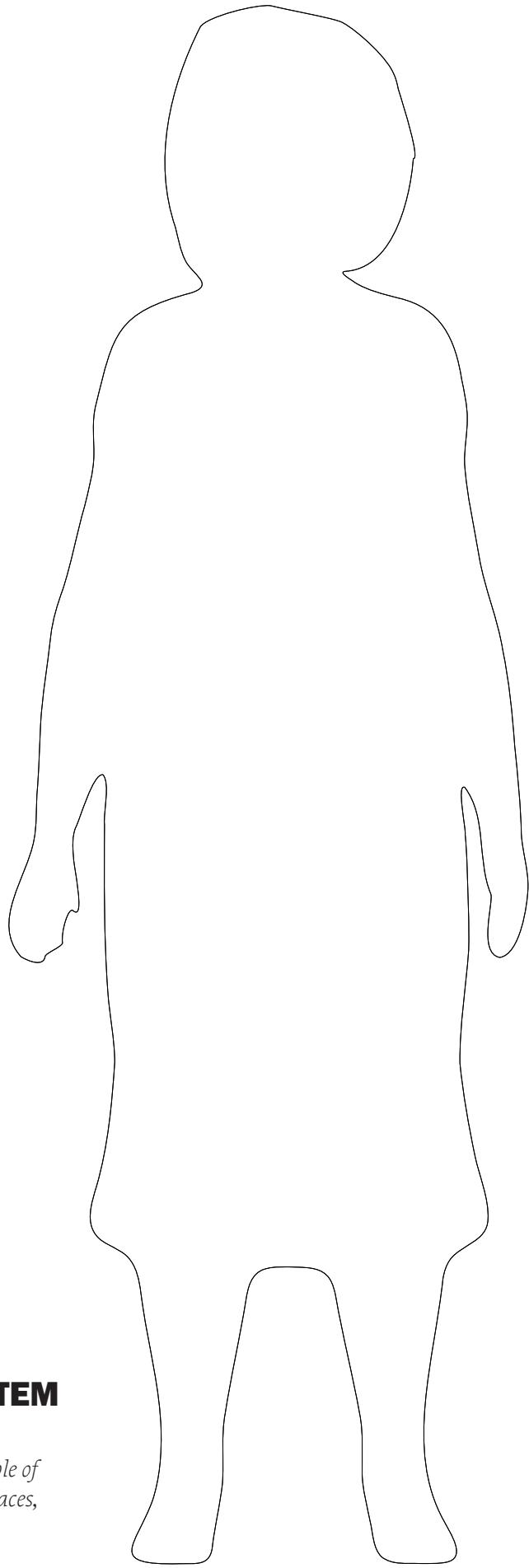




DIGESTIVE SYSTEM

Digestive organs have become adapted to process calorie-dense, lower-fiber diets, reducing energy expenditure for modern indoor living.

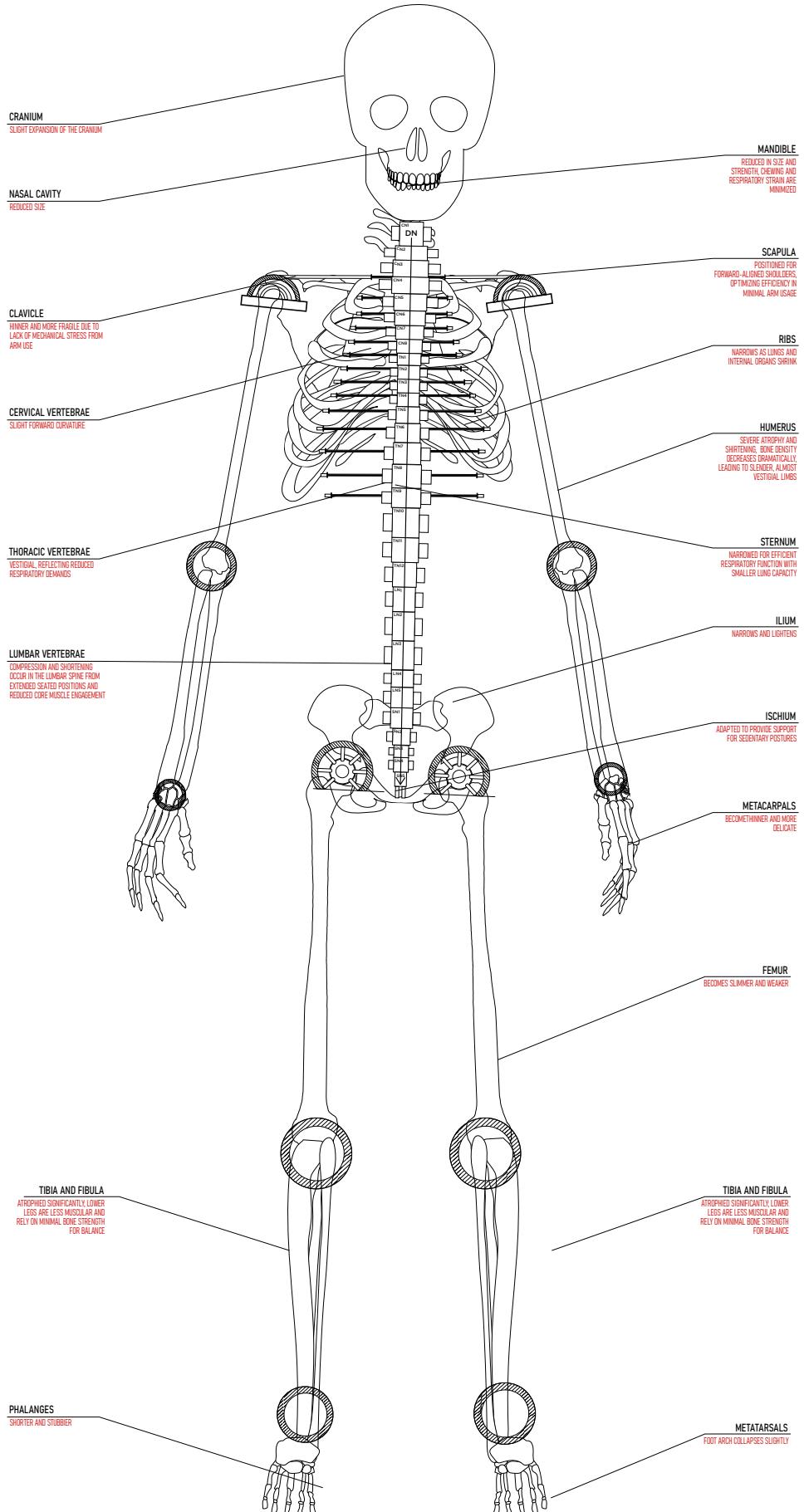


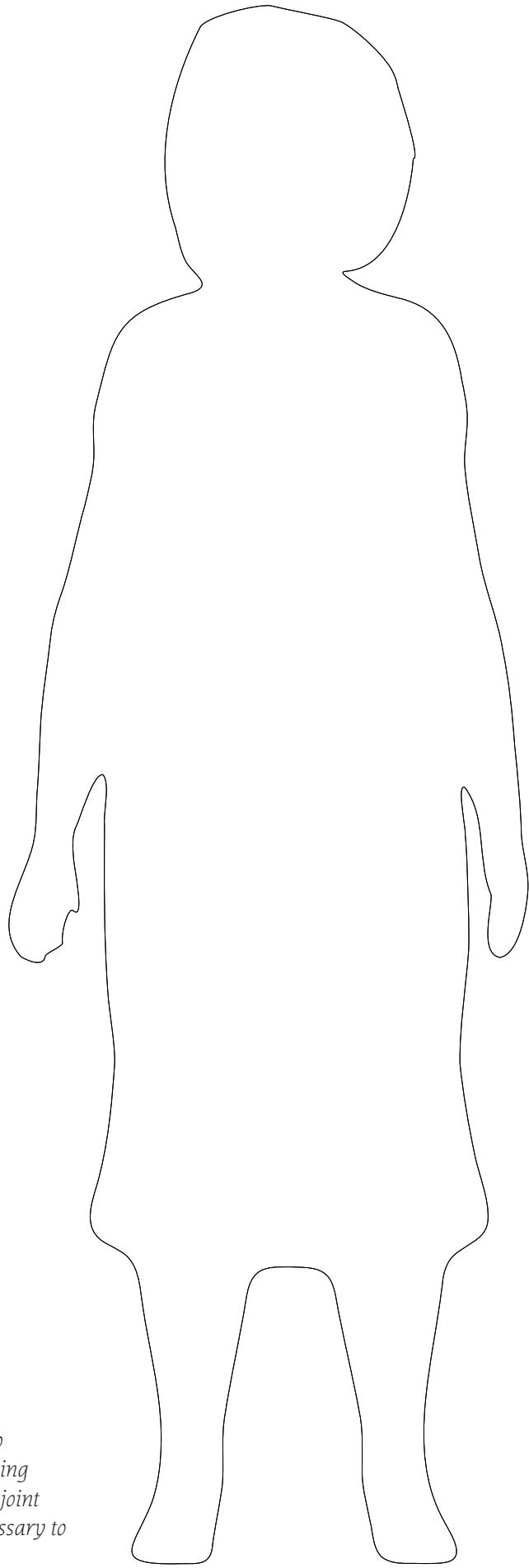


RESPIRATORY SYSTEM

+ BRAIN

The lungs have become more capable of filtering air in HVAC-controlled spaces, improving oxygen exchange under reduced airflow conditions.



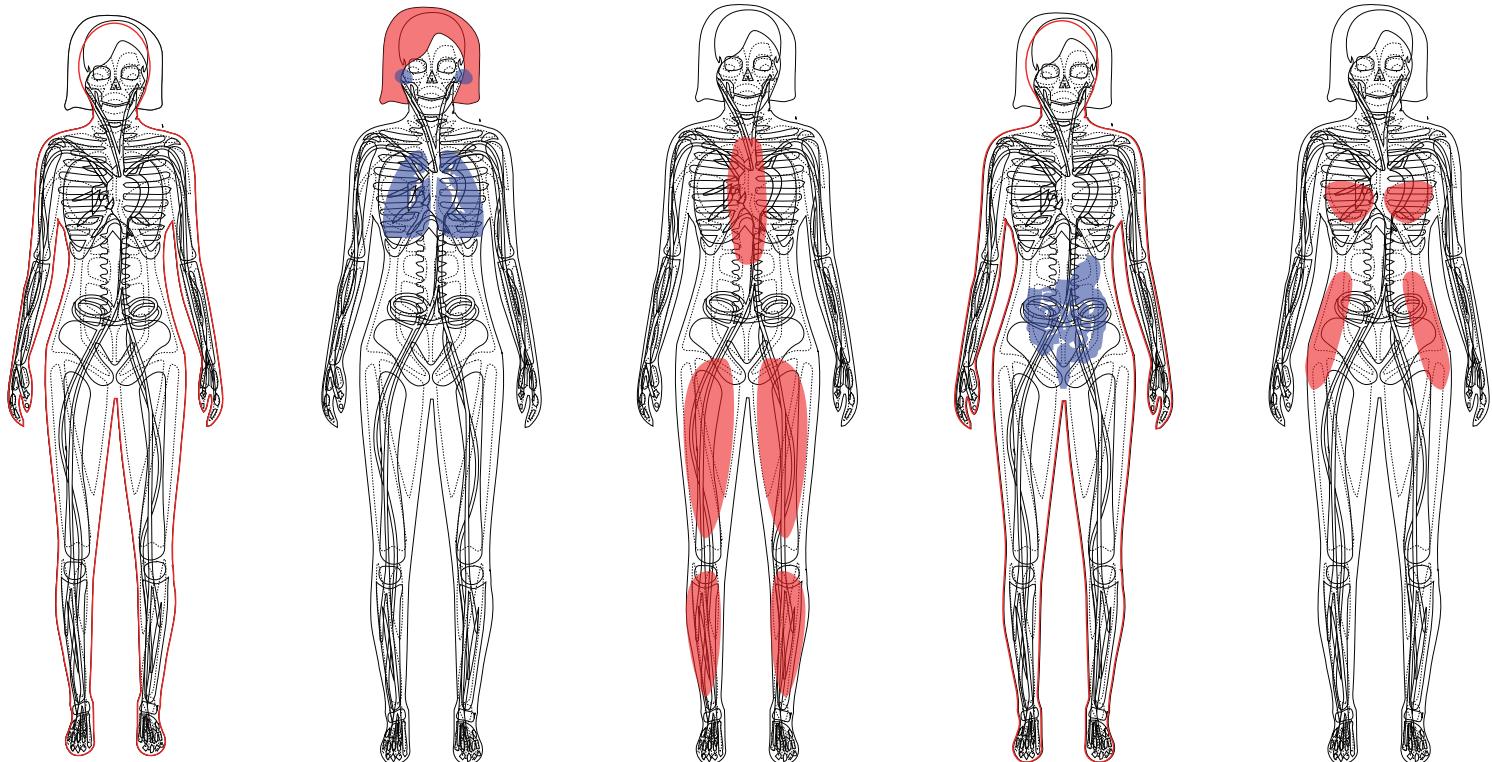


SKELETAL SYSTEM

The skeleton has become adjusted to prolonged sitting and forward-leaning postures, with spine curvature and joint reinforcements having become necessary to combat strain.

Architecting the Body

A 50,000-Year Transformation



Decreased stature emerges as a response to tightly constrained modular spaces.

Adaptation prioritizes fat storage efficiency to conserve energy.

Light adaptations to white materiality result in reflective vision adjustments.

Shared cognitive patterns evolve for coordinated modular routines.

Hair becomes iridescent, reflecting indoor artificial lighting.

Lung capacity slightly reduced demanding efficient oxygen processing.

Fine-tuned auditory focus on spatial instructions replaces peripheral awareness.

Spatial programs shape behavioral patterns, reducing free navigation.

Postural changes emerge due to movements between buildings under white material constraints.

Muscular adjustments form to accommodate movements across separated structures.

Eyes adjust to external light variations, reducing sharp contrasts.

Cognitive reliance on pre-defined pathways aligns with design constraints.

Further stature decrease reflects environmental limitations from prescriptive programs.

Metabolic processes shift to accommodate spatial design interruptions.

Heightened sense of movement detection improves external spatial navigation.

Efficient coordination develops for navigating indoor-outdoor transitions.

External fat storage increases to balance periods of constraint and external exposure.

Bodies streamline internal energy while evolving for indoor-outdoor shifts.

Sensory inputs adapt for prolonged white-space glare exposure and modular transitions.

Cognitive load reduces for environmental predictability and shared constraints.

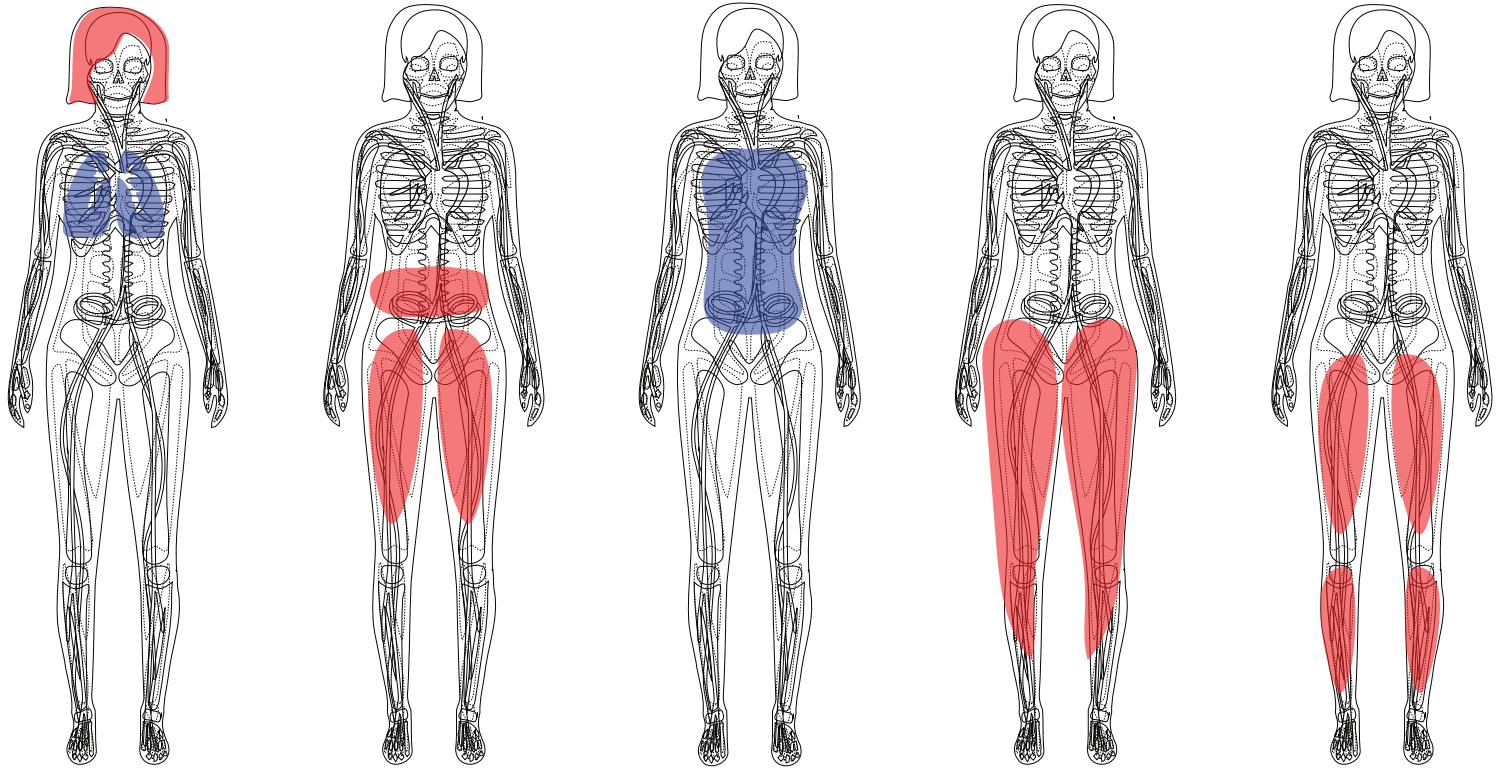
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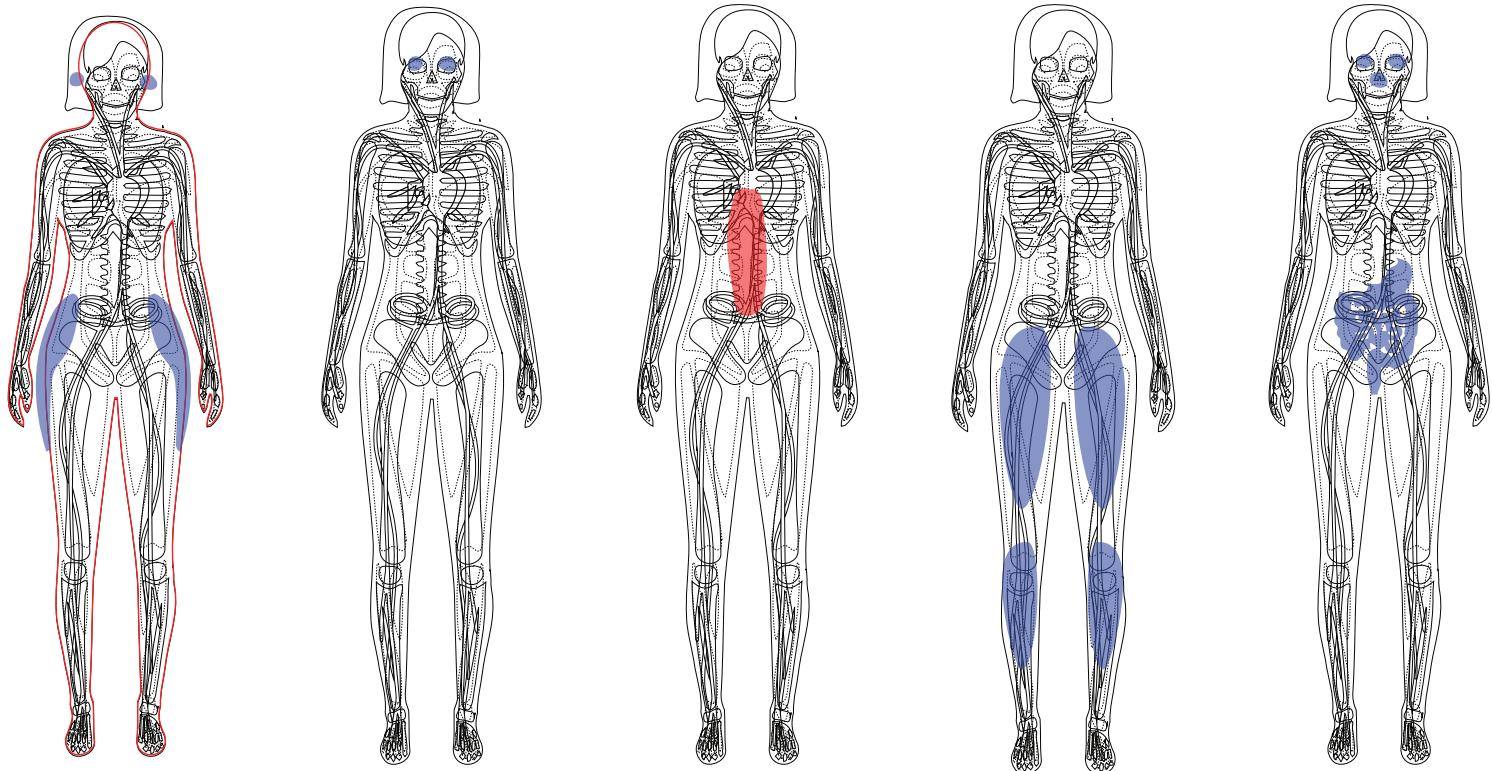
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Architecting the Body

A 50,000-Year Transformation



Decreased stature emerges as a response to tightly constrained modular spaces.

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Shared cognitive patterns evolve for coordinated modular routines.

Hair becomes iridescent, reflecting artificial lighting over generations.

Lung capacity slightly reduced, demanding efficient oxygen processing.

Fine-tuned auditory focus on spatial instructions replaces peripheral awareness.

Instructional spatial programs shape behavioral patterns, reducing free navigation.

Postural changes emerge due to movements between buildings under white material constraints.

Muscular adjustments accommodate movements across separated structures.

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Metabolic processes accommodate spatial design interruptions in activity.

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Efficient coordination develops for navigating indoor-outdoor transitions as a shared pair.

External fat storage increases to balance periods of constraint and external exposure.

Bodies streamline internal energy while evolving for indoor-outdoor shifts.

Sensory inputs adapt for prolonged white-space glare and modular transitions.

Cognitive load reduces, streamlined for environmental predictability constraints, recall and processing.

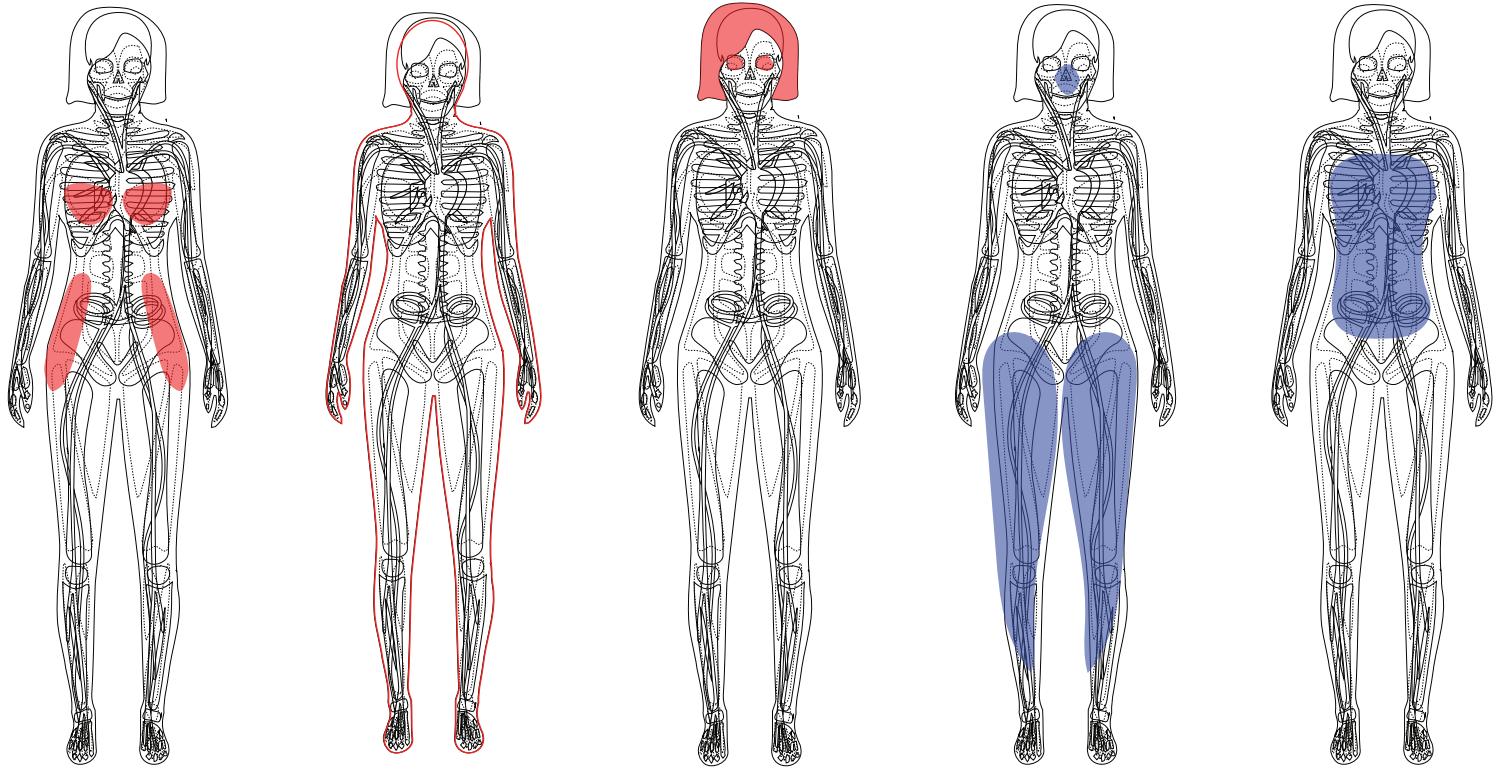
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42050

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Collect Them All!

SOME MIGHT CALL THEM "CARDS OF HOPE"

Fun Times with the Whole Office, even the interns!

Category A: Variable Floor Heights

Break the monotony of flat planes! This strategy introduces changes in floor levels to reduce visual clutter, enhance engagement, and create dynamic, multi-sensory spaces and paths while encouraging movement.

- Spatial Playfulness**
 - Encourages movement, exploration, and interaction by creating diverse floor levels that transform a static space into an active environment.
- Zoning Through Levels**
 - Naturally divides areas for different uses without the need for walls, fostering an open yet organized environment.

Life has ups and downs - so should your space.

Category B: Interactive Surfaces

Surfaces that respond to you! Transform static displays into interactive experiences that engage users eventually,激发 creativity and collaboration.

- Dynamic Engagement**
 - Encourages physical interest and user-driven exploration function in surfaces.
- Personalization**
 - Adopts user input, creating experiences that evolve with the user.

Design should always be malleable.

Category C: Gradients of Comfort

Create spaces with gradual transitions. This strategy introduces a range of microclimatic environments, such as varying temperatures and textures, encouraging adaptability and well-being. Each area is unique yet connected, promoting fluid movement and interaction.

- Thermal Flow**
 - Adds in reduction of the use of systems by ramping up natural air flow through a group of spaces by blurring thermal zones.
- Micrometeorite Balance**
 - Allows for different conditions in different spaces, making it easier for users to transition flexibly to different environmental needs.

From cold freezers to warm ovens, heating lies in the transition.

Category D: HV (Habitat Variety)

A collection with strategic moderation! This strategy allows for a variety of microhabitats to support users in naturally, creating a sense of safety and belonging.

- Circadian Artificial Lighting**
 - Synchronize with the natural rhythm of the user! This strategy adjusts indoor light to mirror the user's daily cycle, creating better times to wake up, work, play, and sleep.
- Gyde Harmony**
 - Encourages the natural circulation which promotes rotated rest schedules in light and rest.
- Stress Reduction**
 - The evening calm and the morning boost in light and in reduction of stress and prolonged longevity.

and rest

Category E: Natural Resilience

Resilient environments maintain the occupant's adaptability to changing external climatic conditions by mitigating the comfort condition.

- Energy Efficiency**
 - Allows for a reduction of energy use and aids in the mitigation of climate change.

Sometimes, all you need is a gentle breeze or a little warmth, not a hurricane.

Category F: Distant Sight Lines

Encourage expansive vision and mental clarity! This strategy ensures unobstructed views by providing elements for sight and avoiding visual clutter, helping maintain healthy vision, reduce eye strain, and increase cognitive performance.

- Vision Training**
 - Allows for the eye to practice seeing at a distance to encourage visual health and prevent myopia.
- Expands Horizons**
 - Allows for the space to appear larger to the resident and gives them views of spaces outside of their own.

Clear paths, wide spaces, sharp views.

Category G: Exterior/Interior Blending

Blur the boundaries between indoors and outdoors! This strategy creates seamless transitions, connecting occupants to nature and its exterior world.

- Natural Continuity**
 - Integrates natural elements like light, air, and greenery into interiors, fostering harmony with the environment.
- Expanded Perception**
 - Breaks physical boundaries, creating a sense of openness and connection that enhances spatial perception.

Let the blues fade, and let nature take the stage.

Category H: Material Diversity

Challenge conventional material choices! This strategy transforms spaces by integrating varied, sustainable, and sensory-rich materials to create unique, engaging, and meaningful experiences through materials that are safe and recyclable.

- Material Ambiguity**
 - Adds in different material conditions and user needs by providing multiple flexibility and resilience.
- Sensorial Enrichment**
 - Creates spaces that engage the senses through diverse textures and material compositions.

Every material tells a story; let your space narrate a symphony.

Category I: Program Ambiguity

Embrace the freedom of undefined spaces! This strategy allows environments to adapt to diverse and unexpected uses, fostering creativity, learning, and new opportunities for interaction.

- Flexibility Boost**
 - Spaces can shift on the day, year or body shift.
- Adaptive Zones**
 - Due to shifting spaces, body is less likely to adapt to one specific configuration or be confined by the original design.

Where space ingests and purges cycles.

Category J: Non-Solid Materials

Step into a world of sensory discovery! This strategy transforms the environment into a playground for the senses, emphasizing the importance of touch, taste, smell, and sound to engage with materials that address the senses and challenge physical stability.

- Tactile Awakening**
 - Encourages engagement with tactile aspects of the environment, enhancing spatial awareness and interaction.
- Acoustic Damping**
 - Non-solid materials add softness in the creation of diverse acoustic environments that engage and challenge the auditory senses of the occupants.

Feel your flowing, moving space, and find your balance.

Category K: Non-Standard Glazing

Break the mold of transparent design! This strategy introduces innovative glazing typologies like hinged, tilted, or shaded glass to diffuse light, reduce heat gain, and improve energy efficiency, all while maintaining aesthetic appeal.

- Light Diffusion**
 - Reduces the UV and glare within the environment.
- Privacy Shield**
 - Creates more private separation from the exterior space.

Blur the lines, shape the light, and radiate transparency.

Category L: Multi-Sensory Spaces

Stimulate the senses with environments designed to engage sight, sound, touch, and even smell. This strategy enhances spatial awareness through the integration of multiple senses, sounds, and lighting for a fully immersive experience.

- Olfactory Recall**
 - Interconnects all of the senses including smell, which is frequently lost in sterile building designs.
- Ambient Harmony**
 - Creates a holistic stimulation across all senses keeping them balanced.

Where textures whisper, light dances, and sounds wail the soul.

Category M: Program Delineation

Define and refine spaces with clear boundaries! This strategy organizes environments into distinct zones, each tailored for a specific purpose, fostering clarity, focus, and functionality.

- Boundary Creation**
 - Creates a focus for particular spaces and draws boundaries.
- Zonal Efficiency**
 - Makes specific zones efficient for particular purposes, can also optimize for lighting and environmental systems.

Clear zones for clear minds - where everything has its place.

Category N: Dynamic Layouts

Challenge traditional design norms! This strategy reorganizes environments with unexpected, adaptive layouts. Encourage exploration and movement, creating a sense of freedom and excitement from linear and predictable spatial designs.

- Exploratory Boost**
 - Provides constant opportunity for the application of walking and exploring within the space.

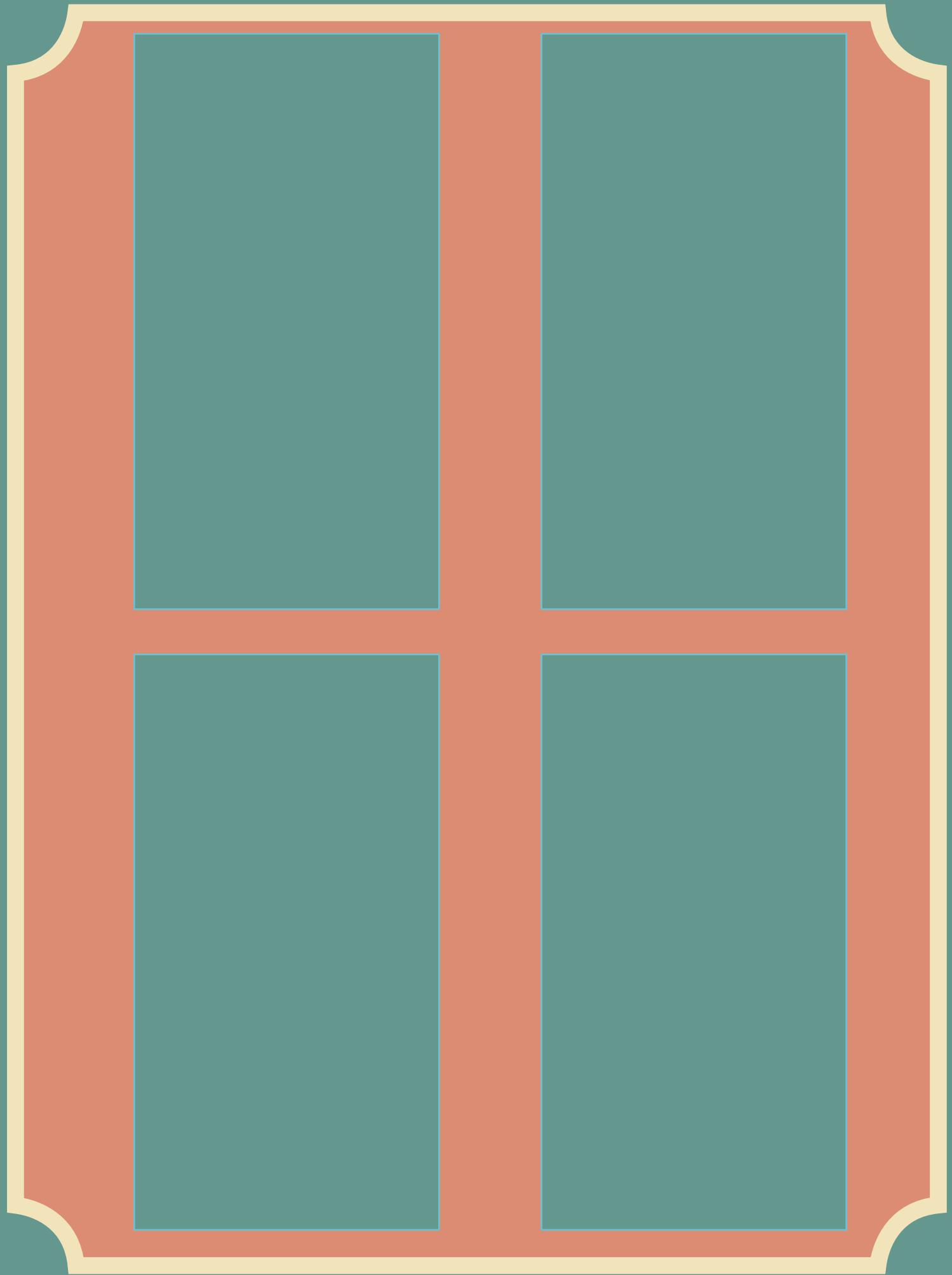
Life about moves in straight lines, and neither should your program.

Category O: Un-Flat Flooring

Engage with a dynamic environment! This strategy introduces rolling surfaces, textured steps, unexpected levels, and more to encourage users to move and explore, creating a sense of promote agility and creativity in your occupants.

- Balance Shift**
 - Ensures occupant-guest frequent practice in balancing over uneven terrain.
- Spatial Engagement**
 - Creates unexpected voids that engage the occupant beyond their program.

Not all journeys need to be smooth - let the floor guide the way.



Time Quiz

How Comfortable is your House?

*What Does Your House
Say About Your Evolution?*

1. What best describes your home's layout?

- a** Compact and efficient with minimal unused space.
- b** A labyrinth of rooms and hallways.
- c** Open-plan with lots of light and airflow.
- d** A single tiny room with no windows.

2. How does your home regulate temperature?

- a** Minimal heating/cooling—layers of clothing do the work.
- b** HVAC running 24/7 with no seasonal variation.
- c** I live in a constant sauna or icebox, depending on the season.
- d** Smart systems that adjust naturally to the seasons.

3. What's your furniture situation?

- a** Chaotic and mismatched—a mix of inherited, vintage, and DIY.
- b** Minimal and static—a chair, a table, and maybe a cushion.
- c** Dynamic and adjustable furniture, the works.
- d** Nonexistent—I sit, sleep, and live on the floor.

4. How much natural light do you get?

- a** Artificial light does most of the work.
- b** Sunlight? What's that? I live in the shadows.
- c** A few windows here and there—enough to know what time it is.
- d** Floor-to-ceiling windows flood my home with light.

5. How does your home connect you to nature?

- a** I occasionally hear birds outside... I think?
- b** My home might as well be a bunker underground.
- c** I have seamless indoor-outdoor spaces—plants, gardens, or views.
- d** A few potted plants or a balcony, but nothing extreme.

45–50 Points **Evolutionary Paradise**

Your home fosters growth, balance, and well-being. Future descendants will be physically and emotionally harmonious, with adaptable traits to suit a wide range of environments.

35–44 Points **Subtle Shaper**

Your home is gently nudging evolution. Your descendants might develop functional adaptations like improved efficiency, compact frames, and enhanced precision.

25–34 Points **Chaotic Influencer**

Your home creates unpredictable pressures. Descendants may evolve longer limbs, sharper senses, or unique adaptations to navigate dim, cluttered, or noisy environments.

10–24 Points **Evolutionary Extremist**

Your home is pushing evolution into overdrive! Expect descendants with translucent skin, enlarged eyes, and radical body changes suited for extreme isolation and confinement.

6. What's your primary way of moving through your home?

- a** Constantly reaching, crawling, or bending.
- b** Walking freely—there's plenty of open space.
- c** Dragging myself across the floor.
- d** Carefully maneuvering through narrow paths

7. How do you feel about your home's proportions?

- a** Cozy, but sometimes I feel a little cramped.
- b** Spacious, symmetrical, and balanced—it feels good to be here.
- c** I feel like my walls are closing in every day.
- d** I bump into things... a lot.

8. How often do you interact with other people at home?

- a** Rarely—it's my fortress of solitude.
- b** Almost never—I live like a hermit.
- c** Occasionally—my home is more personal than communal.
- d** Frequently—it's a hub for social gatherings.

9. What's the air quality like?

- a** Fresh and breezy—I open windows often or use natural ventilation.
- b** Questionable—what's air quality, anyway?
- c** Filtered and consistent—thanks to modern HVAC.
- d** Stuffy and stagnant—I think I'm breathing the same air from last week.

10. What's your relationship with noise in your home?

- a** Neutral—some noise, but nothing overwhelming.
- b** My home feels like living inside a machine.
- c** Peaceful—natural sounds or purposeful silence.
- d** Constant background hum—appliances and tech dominate.

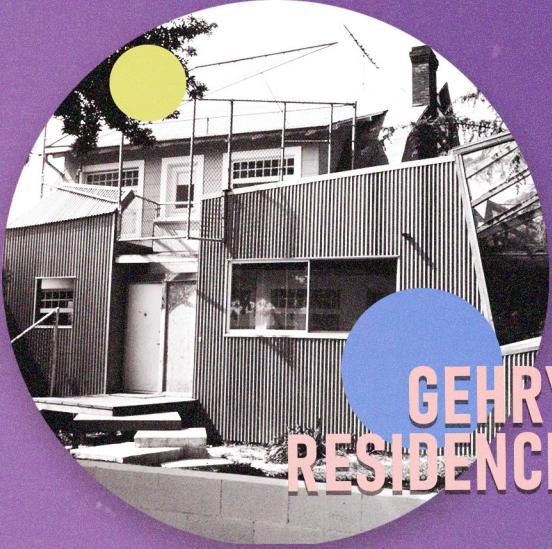
SEE HOW YOU COMPARE WITH OTHERS



18.36.54
HOUSE

EVOLUTIONARY PARADISE

This sculptural house in Connecticut integrates geometry and nature with its stainless steel panels and organic flow. The house's openness and connection to the surrounding meadow foster harmony and adaptability, creating a serene and balanced environment.

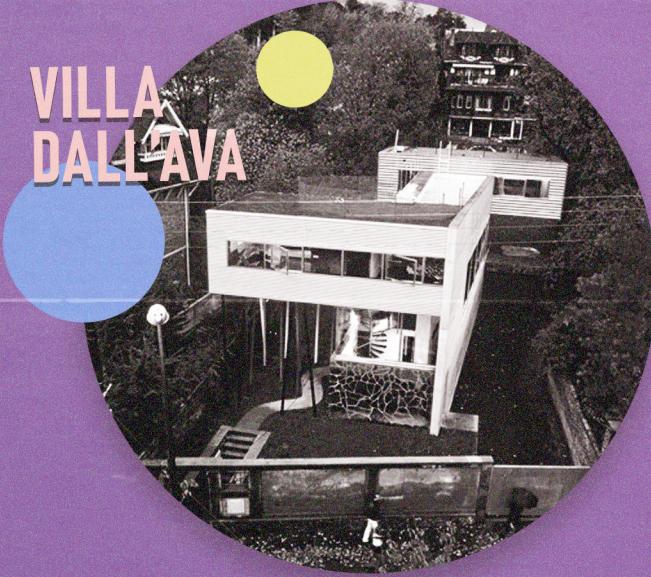


GEHRY
RESIDENCE

SUBTLE SHAPER

Frank Gehry's personal home in Santa Monica, California, is a masterful blend of experimentation and functionality. By wrapping the original bungalow in unconventional materials like corrugated metal and chain-link fencing, Gehry subtly reshaped the living experience. The juxtaposition of traditional and modern design gently influences inhabitants with its creative and playful spatial flow.

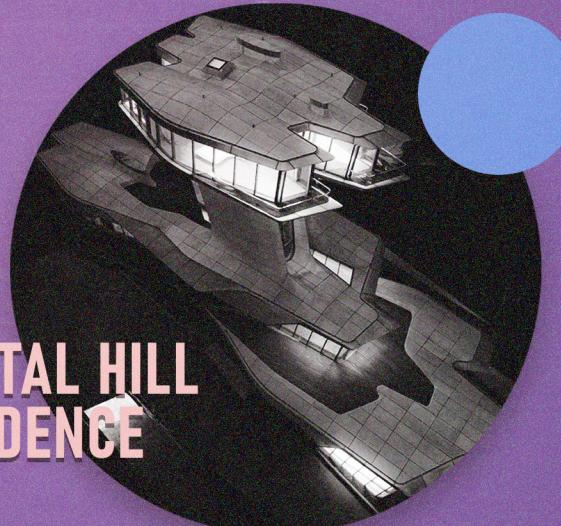
VILLA
DALL'AVA



CHAOTIC INFLUENCER

Located near Paris, this modernist villa features unconventional layouts, with a swimming pool placed on the roof and cantilevered sections of the house jutting out dramatically. The design's asymmetry and playful geometry challenge traditional living spaces, creating a vibrant, adaptable, and slightly chaotic experience for its residents.

CAPITAL HILL RESIDENCE



EVOLUTIONARY EXTREMIST

Nestled in a forest near Moscow, this futuristic home features striking geometric forms and a dramatic elevated structure. The extreme vertical separation between private and public spaces requires significant adaptation from its inhabitants, pushing the boundaries of functionality and personal comfort.



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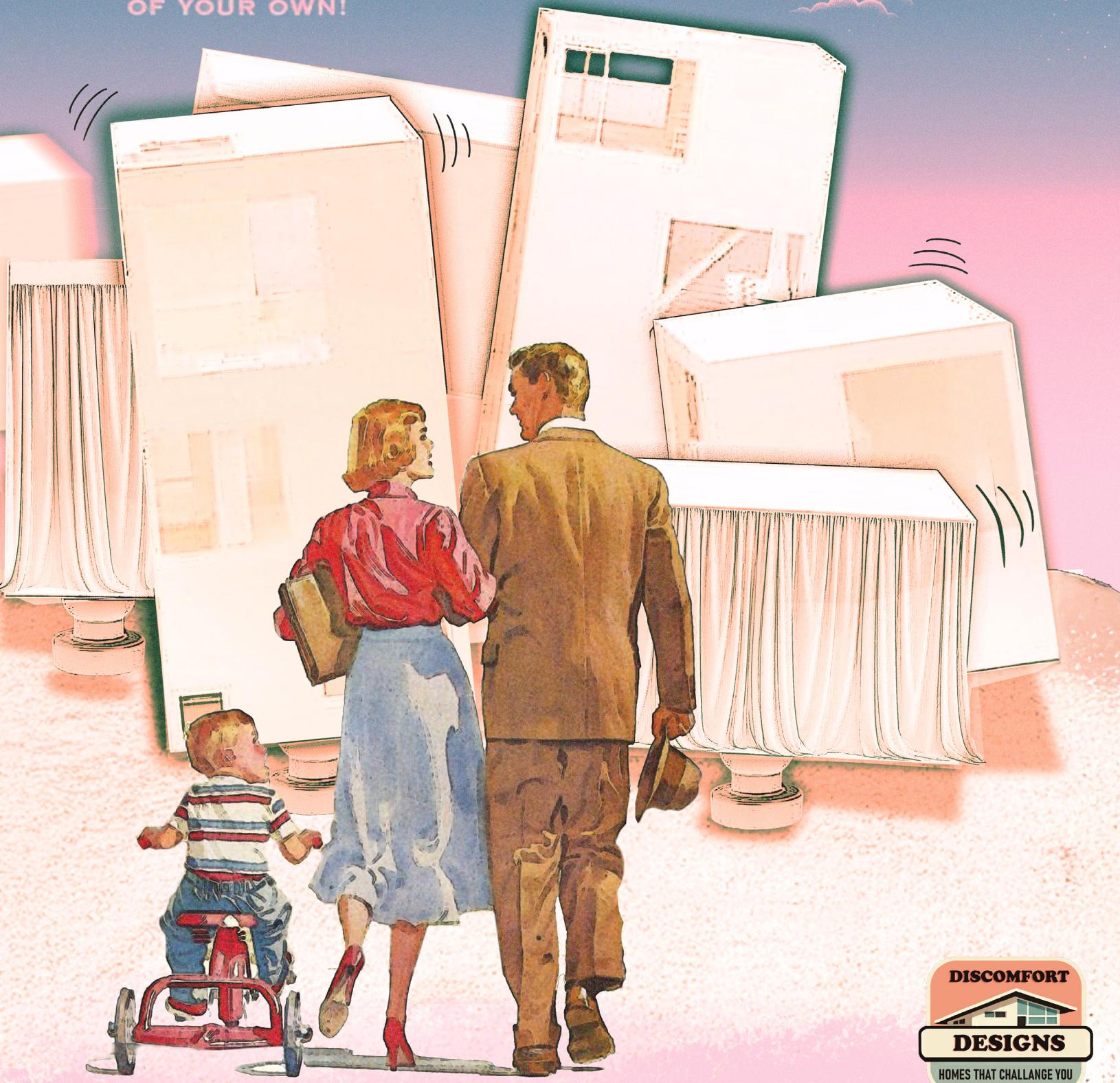


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