

Our house is not just a set of rooms. It is a living organism.



## The brain

BEDROOM, STUDY, QUIET ROOM

Rest, repair, and focus. The consolidation that only happens in the dark, and the architectural capacity to be still.



## The muscles

HALLWAYS, STAIRS, THRESHOLDS

Movement built into the day rather than scheduled into a calendar.



## The heart

LIVING ROOM, DINING ROOM, GATHERING SPACES

Circulation. Where the household collects, and how often it does.



## The kidneys

BATHROOMS

Water in, water out. The room that decides what the household drinks, washes in and breathes while it does.



## The lungs

VENTILATION, WINDOWS, AIR HANDLING

Twenty thousand breaths a day, almost none of them specified.



## The liver

LAUNDRY ROOM, MUDROOM, UTILITY

First-pass filtration. Where what the household carries in is stripped off before it reaches anything else.



## The gut

KITCHEN AND PANTRY

Nourishment and metabolic health. Everything that enters the body starts in this room.



## The skin

The envelope: walls, windows, roof. Not one of the seven. It is the outline the whole body sits inside.