

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.