



THE LANDSCAPE SPACE AS A CONTEMPLATIVE MEDIA

The dissertation is submitted to the Department of Architecture
University of Moratuwa in fulfillment of the requirement for the
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Abstract

Many Literature surveys show that contemplation has a great impact on our psychological and physical well being. Although there are number of relaxation therapies for stress reduction, Meditation or contemplation can be considered as the most advanced method. All is often considered as a contemplative media. The purpose of art is not just full fill the sensory satisfaction, but persuades a person towards spiritual upliftment. Since the landscape is a living form of art it has great possibility of being of this media for contemplation. This dissertation attempts to exams the possibility of landscape space as a contemplative media for achieving relaxation.



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The declaration

I hereby declare that this submission is my own work and that, to the best of my Knowledge and belief, it contains no materials previously published or written by another person nor material which, to a substantial extent has been accepted for the award of any other degree or diploma of university or other institute of higher learning, except where the acknowledgment is made in the text.

K.G.Gunasena

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Landscape Space as a contemplative media

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