

INTRODUCTION

THE HOME WHERE LOVE LIVES.

HOLISTIC, TENDER AND MYSTICAL.

ABOUT THE UNIQUE RELATIONSHIP BETWEEN A MAN
AND HIS PLACE OF RESIDENCE.



KAJA KOCHAŃSKA

The home where Love lives.

An original method of creating a living space that reflects a personal constitution,
"Home is your wider body".

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This book is a collection of many years of experience in working with people.

In the field of architecture, design of private and public spaces.

And also my work as a yoga, meditation and breathing techniques instructor.

The book is the result of observation of the process of transformation of clients, participants of classes and workshops. Human internal transformation took place as a result of renovation activities in their living spaces. And also, on the other hand, influenced by yoga and meditation classes.

I have seen over the years that a man, his personality and the closest surrounding space work together like a duo of the best dancers. The change at the level of the body carries over to the change of the environment. Movement in the living space is reflected in human behavior and personality.

Man and the space that surrounds him create an invisible but tangible thread.

And the nature of this connection is visible at the level of the body, mind, heart and immediate surroundings.

The book is an invitation to personal reflection, feeling and good change.

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The backbone of the apartment.

Have you ever wondered what to do to feel good in your apartment?

Or what to do to make the apartment your personal oasis, friend, lover?

A flat is a relationship, regardless of whether you rent it or own it.

This is a relationship like any other in your life. You build everyone just like you build your life.

You are accompanied by thoughts, ideas, intentions, dreams, emotions and feelings.

"You become what you perceive"

William Blake

You shape the space of your body and your home in the same way.

Accompanying these processes are the same principles of creation and interdependence.

The apartment is our mirror image.

Do you like what you see in the mirror when you get ready for school, work, daily duties each morning?

Love your reflection and it will love you. To love your reflection is to love yourself, your life.

"When we move into a new apartment, we dress our personality in it, like an armor or a shell"

Dominique Loreau "The Art of Simplicity"

There is no one-size-fits-all recipe in this design process. Because each of us is a specific set of components that are unique and exceptional. Each of us should be approached anew, with a fresh, uninterrupted look and without ready answers.

The course of action appears during the design process. It is like embarking on any journey. You take it step by step and discover the direction with each new breath. This is called experiencing, discovering.

Or you can have everything planned, buttoned up so that you can't put anything in between. In this approach, there is no place for life, for spontaneity, and for intuition.

This is the mental experience of life.

I will talk about the sensory side, soft, intuitive, focused on vivid expression and spontaneous experience. I will talk about openness and readiness to change.

I will tell you about living life from the heart level.

That is, one that is focused on being rather than doing or acting.

About relying on intuition and spontaneity. To be like water, which changes shape depending on what vessel or space it is in.

In my opinion, this is being authentic and alive.

It is not planned and ready. This is discovering. Being curious about life and in awe of what is.

The same attitude is present in everything you do. You cook, work, love yourself, create, visit, renovate, drive a car, walk, play with your child.

Openness, curiosity, staying at the point of open space, quiet, focused on receiving.

Open book.

Curiosity is what guides our lives, which gives new directions more and more. It is the driving force.

Stimulating inner joy and childlike spontaneity.

This is the point where we are very receptive, our senses are active, sensitive, empathetic.

You could say that this is the point where a new life begins, a new adventure. Each begins with curiosity. It is a beautiful, innocent state that ennobles us, sensitizes us, makes us shed our armor, common values or patterns. This is a fresh start for everything.

"An apparently empty room can be truly luxurious if it has carefully thought-out details. It allows its user, just like a spacious temple, to clear the mind "

Dominique Loreau "The Art of Simplicity"

The dependencies that arise between you and your apartment are like an open, unsaved book waiting for its first words, chapters, heroes, adventures. There are epilogues and endings.

Every renovation is an internal renovation, every change we experience from the outside is a change we experience inside and vice versa, everything we wear inside is reflected on the outside.

The slightest change in you affects what is around you, there is a castling, a change of roles, places, thoughts and feelings. That is why it is worth remaining like water that is not afraid of movement and change.

Trust yourself.

To open up to yourself is to open up to life. The more courage you have to express yourself, the more life you let inside. When you get stuck, you close in on yourself, life hits you, you feel an inner coldness, a mental shell that overwhelms not only the mind but also the body. You stop feeling.

Openness is continuous filling, but without attachment. It is supposed to be more like pouring over.

When you sprinkle sand on your hand that is clenched, it does not rub you, it does not penetrate you, it does not sweep your fingers. And when you open your hand, extend your fingers, you can experience a flow that is much more interesting, fuller, more sensual.

You have to go inward, to feel yourself.

"An answer should never be sought outside.

They are all inside, inside you, waiting to be discovered there "

Chris Prentiss

"Contemporary Zen"

Only from this point is each next move possible. Turning inward is being yourself, exploring yourself, being responsible for yourself, thoughts, actions, feelings.

Turning inwards is an endless road.

This is the point where you begin to consciously connect to your personal source, Heart, God, Soul.

This is the point where miracles start to happen.

ONE's home is ONE's castle

Building a living space is like building with Lego bricks. I mean, you choose the components, you have the diversity, and you decide what the final form your building will take. You should also remember that at each stage the bricks can be rearranged, replaced, added and subtracted from what has already been created. Designing is life, it is the same process, but transferred to a residential, public or any other space ...

"The home shapes man and man is influenced by the place where he lives. The environment creates the personality of a man and has an impact on the choices he makes "

Dominique Loreau "
The Art of Simplicity"

Each of them is special and unique, one-of-a-kind, unique.
When creating your living space, you should approach with interest, intrigue, openness and full acceptance of what will happen during the creative process and later in the period of its materialization.

Involvement.

The bond you create with your home is unbreakable, I mean it is a set of connected vessels, one feeds the other and you react to each other, you watch each other, you change.

As long as you are in a given room, you have a relationship with it, it applies to a restaurant, cinema or public toilet, everything leaves us with a memory, feeling, reflection. We are constantly in context with something.

Therefore, when a person decides to design for other people, he or she must remember what this role is. He is a helper, a far-reaching observer who listens before he says, suggests or suggests anything.

Designing is the ability to listen to the individual or group of people for whom you create. Each of us knows how he wants to live, everyone knows "what turns him on, what excites him" only sometimes we cannot verbalize it, we do not know how to express it, how to express it. We don't know how to start. We are afraid to overdo it or to give too little. My role is, among others, on taming these fears and giving courage to express your needs and reveal, often hidden, potentials and dreams.

Designing is fun, putting blocks together, letting go of the fears of "I can't, I can't, I don't know how". Again, my opinion is to prove otherwise, that everything is already in you, you just need to vent it. So I turn on the turned off water tap, that is, with your stream of wisdom, creativity and confidence in what you create.

I often emphasize that the apartment changes with us. Over time, items with sentimental value, energized, reminiscent of the sun and love, may lose their charm. And then let's not be afraid to give them further, to let them go out into the world. This is the natural order of things. We are making room for new ones. We take care of the free flow of energy in our lives and in our apartment.

"Leave only those things that make you happy."

Marie Kondo

For new experiences to come, we must first make room for them, that is, we must be ready and mature to accept them. Awareness that this is the time for this new adventure.

Each of us will take care of their living space differently, for each of us different things will be important and in the "first place" and this is also natural because we are different and we have different needs. However, it is worth realizing the values that we carry within ourselves and whether my apartment reflects them? Is my apartment in harmony with my needs, values and passions?

This is building a conscious relationship. Based on self-reflection, a moment of isolation, reflection and then putting into practice changes and new ideas.

The way you treat your apartment, the way it treats you. There is no other rule. This interdependence exists throughout the universe. You get what you give.

"Good food, candles, a fireplace and a warm blanket are permanent elements of hygge"
Meik Wikinkg "Hygge, the key to happiness"

That is why it is worth stopping, considering and seeing if I really live the way I want and like. Whether I am acting from the heart or the mind. Am I living creatively or in medicine and regimens?

We don't have to ask a friend or colleague about it, just look at how I live and how do I feel about it? As I wrote earlier, the apartment is our faithful reflection.

Discovering beauty.

It is a passion to discover these interdependencies, which even cause astonishment, often disbelief that these connections are so consistent and direct.

Every time I clean my apartment, I have an intention, and interestingly, often these more thorough cleaning are combined with the cycles of the moon, full moon or new moon. And also with the events of my life that are important to me.

I like to talk to my apartment, listen to it, listen to my paintings, objects, flowers. I like the time when I can stay in bed longer and just be, without the rush and responsibilities.

I also like to cook slowly without looking at my watch.

I like to watch the light change in my apartment, both during the day and through the seasons. All the time giving this space a different meaning, it builds a different atmosphere and evokes different feelings. I love these changes and being a part of them.

A Polish journalist (whose name and surname I do not remember) said that when we fully immerse ourselves in life, when we feel its intensity and depth in our veins, then the journey from the kitchen to the living room will be the most ecstatic one.

I always tell my clients that we create a space that you will not want to leave and that you will want to come back to. Which is supposed to be better than a hotel room in Tel Aviv. She must be better because she is with you every day. Because he knows you through and through. Can you approach the apartment this way? Do you want to build such a relationship with the place where you live?

All I can say is it's worth it. It is worth giving it time, giving it attention. It may revolutionize much of what has been so far, but the fruit, satisfaction, joy that comes from such a transformation and depth of relationship is worth every effort and commitment.

I heartily recommend delving into this daily and unusual journey which is the relationship with your living space, because "home is your wider body".

What can you expect during such design sessions?

Topics include, for example:

- free flow of energy in the apartment, what does it mean and how to maintain it?
- an apartment, a reflection of your thoughts, feelings, emotions
 - psychology of a well-kept living space
 - choose the colors to suit you
 - lighting and its influence on your mood
- structures, shapes, symbols that surround you, how do they affect you?

This is just a pinch of what we do in such design sessions.

It is invariably the client who sets the course of action and determines the form and scope of cooperation.

Two pillars.

The home is your wider body program includes breathing, meditation and relaxation classes in its deepened structure, which are to contribute to a deeper sense of yourself, plunging into your truth and wisdom of the heart.

My main idea was that the work on changing the living space should be preceded by breathing meetings in order to make it easier, fuller and more conscious to move around in the concept of "home is your wider body".

I thought for a long time how to start such a process of sensitizing myself and what I surround myself with until I came to the conclusion that this sequence would be most useful for the client. It takes an internal willingness to dive into this process. From my experience, I can only say that it is worth it. Personally, I couldn't live differently.

Therefore, I encourage you to this common adventure, transformation and experience. It is an endless adventure that will last as long as we allow it in a more or less conscious and obvious way.

Such workshops build a deeper picture of yourself and the environment, and allow you to establish a fuller relationship with yourself and the world. They encourage development, curiosity and learning. This program is the result of my personal experiences, experiences and education. It is based on two pillars, the design of living spaces and the Tantric path.

Such a fusion is a fiery couple, giving a lot of satisfaction, challenges and joy.

More about my professional path can be found in the description about me.

When the client decides to include breathing sessions in the design process, he can expect topics such as:

- breathing techniques showing the flow of energy between me and my apartment.
- combining the me-my apartment relationship. How does the breath flow in the body? How does the energy flow in the home?
 - Ba-gua mesh. Chakras. The elements. The colors.
 - felt sense, healing through the connection of the heart-mind relationship.
- yin and yang of the apartment. 4 Mythical animals. The main thing is invisible to the eyes.
 - I breathe my breath. I live in my beloved apartment.

As I have mentioned many times, it is impossible to divide life into segments that are separate from each other. Just as our body cannot be divided, we cannot dismember it. One part won't work completely. We are a cause and effect network. Our organs are directly connected to each other and constantly communicate with each other. Likewise, each of our life spheres is in close relationship with each other, one results from the other and interacts with each other, that is, the same set of interconnected vessels. It is impossible to separate one from the other, whether we like it or not. Therefore, the only way I can see designing for clients is an approach that takes into account every sphere of life with equal respect and care.

We will not avoid moments of hesitation, unknowns, but it is an integral part of our lives.

The house where love lives.

Renovation should be approached in a gentle manner, with trust, openness and calmness. The energy we put into this process will stay with us for a long time, so it is worth taking care of its high quality, regardless of the challenges it presents to us.

"By creating an environment that corresponds to our deepest aspirations, we can consciously harmonize the relationship that exists between our inner and outer self"

Dominique Loreau "The Art of Simplicity"

The architect is always ready to help his client, provides advice and support in difficult situations, but is not responsible for the renovation process. Just as it is impossible to live for someone else, here too, each of us is responsible for our own personal repairs

The designer-client relationship is very learning. The more we want to draw wisdom from it, the more we get. This applies to both parties.

A good design is characterized by the fact that it reflects the person it is created for. There is no single definition of beauty, it all depends on who is looking, who is watching. So the most important thing is that the one for which I create the project should be satisfied with the effects of joint activities, regardless of the degree of changes, colors, types of materials or furniture brand. Each of us is the architect of our lives, we build, tear down and so on. It is good to feel at ease in this constant process of change, then life will become nicer and what we used to call a problem will be called a challenge or a new experience that enriches our life in a new way. Open up to this process and you will see how full life is every second of it.

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Clients about collaboration:

"We are a family consisting of parents and two small children. Thanks to the cooperation with Ms Kaja, we managed to make our dreams of our own, cozy and modern home come true. Ms Kaja designed our whole house and its interior atmosphere. Ms. Kaja's talent and professionalism made a great impression on us, but in retrospect, we most appreciate the mutual understanding and trust, and even the spiritual understanding that has accompanied us from the first meeting. The idea of creating a house was associated with great excitement and joy, but also with great stress. Thanks to the meetings with Ms Kaja, her personality, openness and commitment, the creation of the project proceeded in a creative, relaxing and joyful atmosphere. The ability to listen to the client's needs, create comfort for expressing his expectations, openness to the craziest ideas and then the ability to beautifully translate them into a project are the greatest advantages of Ms. Kaja as an architect.

With Ms Kaja, we could certainly design a few more dream houses :) "A. Skorupa

"I got to know Kaja from two sides: as a yoga teacher and as an architect. Practicing both disciplines allows him to listen, show direction and present the environment in the right light. I am grateful to Kaja for allowing me to find a proper perspective on areas I have not dealt with before. I practice yoga to this day and the changes that have taken place in my apartment they make me happy every day. Thank you." Basia

"I met Ms Kaja while looking for an architect to carry out a general renovation of the kitchen. From the very beginning, the cooperation was excellent. Ms Kaja's great understanding, she listened carefully to what we like, how we see the kitchen, etc. After we agreed the plan, accepted the visualization, we received full documentation for the renovation team: exact location of electrics, etc. I am very pleased with the cooperation with Ms. Kaja, she has a lot of great ideas, she is open to the client, and she is a very nice person. I recommend it! "Agnieszka G.

"I wholeheartedly recommend it. Professionalism in every goal, amazing sense of detail and openness to the client's needs - these are just some of the features of architect Kaja Kochańska. Each millimeter of space that is designed is characterized by harmony and the ability to extract maximum functionality from the rooms. perfect - the quality of the work is great with a large S. Finishing my apartment was a pure pleasure, thanks to Kaja I was able to fulfill my dream of a perfect interior that gives me incredible peace and suits my personality. Thank you very much.

"Patrycja L.

KAJA KOCHAŃSKA about herself.

I am an architect by education and a yogi at heart.

In 2009, I graduated from the Faculty of Architecture and Town Planning at the Lodz University of Technology. I remember that when I was thinking about which studies I would like to go to, I had thousands of ideas, from archeology, photography, journalism, psychology - to architecture.

Apparently, an architect combines all the professions of the world, which I liked very much and that is why I decided to go this way, because I love the diversity of life and the ways of experiencing it. I have been running my design studio since 2009.

I started my adventure with yoga in 2005. The turning point in this report was my trip to India in 2011, when I became fascinated with the philosophy of the East and began to explore its knowledge in many ways. I started teaching group classes in 2012.

You can find more about me, my professional path and my work at: www.kajakochanska.com

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