



THE LANDSCAPE SPACE AS A CONTEMPLATIVE MEDIA

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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.