

# The Seven Days of Creation

*The Seven Days of Creation / 7DoC / is a concept of a modular valuesystem combined in a coherent philosophy of basic content providing a solution for designing a harmonious life.*

Through a series of practical modules ‚Seven days of Creation‘ explores our fundamental needs in life, shelter, food and its preservation, clothing ourselves, alongside energy and the responsibility we have to protect nature and work with it. This is all done through a design lense with self-sufficiency at the core. By connecting to these themes metaphysically and practically a different perspective on human life can be deemed possible where we take responsibility for our surroundings and make sustainable and smart design choices. Coming from backgrounds in visual art and product design, we are using the methods learnt to navigate these themes:

*textiles // hausing // flora // energy // fauna // products // contemplation*

A story that connects all seven cases in an uninterrupted scenario gives us the basis for creating a universal system of design to adapt, regardless of cultural, perceptual or geopolitical differences:

*Touch and the power of touch is the first essential need straight after we arrive in this world and feel our skin on the skin of our mother. That is why we will start by exploring this sense through the medium of textiles. The next basic need is shelter, having a roof over our heads, a safe space to call home. For this experience we will need to create a housing project formed from the natural resources that surround us. Once we have created this secure shelter we will need to feed ourselves with what the local flora offers. Nearly all plants have a big impact on our health and our internal energy so we will have a module focusing on how to feed ourselves. Next we need to be able to preserve food for the hungry gap and understand further the energy that does this. Energy is given to us and we have a responsibility to use it wisely. Within agriculture, animals also generate energy and we have a responsibility of care to them as well. When we take responsibility and acknowledge that we are part of the whole cycle, that there is a symbiotic relationship between all these elements, our lives are improved and more fulfilled. From food to textiles and from transport to work aids, we can apply design to increase our human comfort without damaging the planet. We will explore the idea of creating new and essential daily products, using design principles, but with the core goal of being zero waste and fair to our surroundings.*

*This idea can be rendered possible when we engage and connect all these modules and principles. Everything is part of the whole. If we apply long term contemplation and give ourselves time to rethink life we build on our consciousness. It is important to allow the time for contemplation and reflection, to aid our mind in making decisions which impact the planet and our souls in a positive and healthy way.*

