

# Your House Knows Who You Are

## A Three-Part Series on Resonance, Space, and the Person You Are Trying to Become

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### Part 1: The Room Is Listening

There is something wrong with your living room.

Not the furniture. Not the colour of the walls. Not the fact that your partner chose the couch and you hate it.

Something deeper. Something you feel but cannot name. You walk in after a long day and instead of relaxing, you tighten. You sleep eight hours in your bedroom and wake up exhausted. You have a study, a beautiful one, and you never use it.

Most people blame themselves. *I'm stressed. I'm bad at resting. I have no discipline.*

Wrong diagnosis.

The room is the problem.

### What a Room Actually Is

Physicists have known for decades that an enclosed space is not a neutral container. It is a **resonant cavity** — a physical system with its own characteristic frequencies, its own standing waves, its own energy topology.

Every room has what acousticians call *eigenfrequencies* — the frequencies at which sound waves fit perfectly between the walls, floor, and ceiling, bouncing back and forth in stable patterns called standing waves. These are not exotic phenomena. They are why one corner of your living room makes music sound amazing and another corner makes it sound muddy. They are why you feel vaguely uneasy in certain rooms for no obvious reason.

And here is the key: these standing waves are not just acoustic. The same physics governs electromagnetic waves, thermal convection, and airflow. Every room is simultaneously resonating at multiple layers of physical reality. The room you are sitting in right now has a field structure as real and as specific as a fingerprint.

### What You Actually Are

You are not a bag of chemicals.

You are a **bioelectromagnetic oscillator**. Every cell in your body generates electrical fields. Your heart creates the most powerful of these — a measurable electromagnetic field extending beyond your skin. Your brain oscillates in characteristic wave patterns (delta, theta, alpha, beta, gamma) that have been measured and mapped for a hundred years. Your immune system uses bioelectric signals to coordinate tissue repair across your entire body.

Michael Levin at Tufts University has spent twenty years demonstrating that these bioelectric fields are *instructive* — they don't just accompany biological function, they control it. The body is not first chemistry and then electricity. The electricity *is* the control system.

You carry this oscillating field into every room you enter.

## What Happens When the Two Meet

When you enter a room, your biofield and the room's field begin to interact. They couple. They influence each other.

When the coupling is coherent — when your characteristic frequencies align constructively with the room's eigenfrequencies — you feel good. You feel like yourself. Energy flows. Thinking is easy. Sleep is deep.

When the coupling is incoherent — when your frequencies and the room's are fighting each other, producing destructive interference — you feel it as fatigue, restlessness, irritability, difficulty concentrating, shallow sleep. Chronic incoherent coupling over years is a genuine health burden.

The ancient Chinese built an entire discipline around this observation. They called the room's field structure *Chi*. They called the quality of coupling *Feng Shui*. They developed thousands of years of empirical guidelines for optimising it.

They were right. The physics just took three thousand years to catch up.

## The Simplest Translation

Feng Shui says: *Chi should flow like a gentle river. Not rushing. Not stagnant. Smooth, meandering, present everywhere.*

Physics says: *The airflow, acoustic propagation, and electromagnetic field of a well-designed space should have low turbulence, even modal distribution, and constructive interference patterns at positions occupied by humans.*

Same thing. Different vocabulary.

Feng Shui says: *Avoid straight lines that accelerate Chi — the "poison arrow."*

Physics says: *Straight corridors and aligned doorways create axial standing wave modes and turbulent airflow jets that generate broadband noise, disrupting the coherent eigenmode structure of the space.*

Same thing.

Feng Shui says: *Place the bed so you can see the door but are not in line with it. Back against a wall. The "command position."*

Neuroscience says: *Karl Friston's Free Energy Principle predicts that organisms minimise prediction error — surprise. A position with full visual command of all entry points, no surprise sources behind the back, is the position of minimal allostatic load. The nervous system can finally relax.*

Same thing.

## **What This Means for Your Room**

Your living room, bedroom, study — every space you inhabit — is either supporting your life or working against it. Not metaphorically. Physically.

The good news: the interventions are mostly simple, cheap, and fast.

Move the bed. Reposition the desk. Open the corner that has been a dead zone for years. Get the devices out of the bedroom. Let morning light in gradually rather than all at once.

These are not decorating tips. They are field engineering.

But here is the part that most Feng Shui consultants miss, and most physicists have not yet reached:

*Every person has a different field. Every person couples to a space differently. What works for your neighbour may not work for you.*

Which is what Part 2 is about.

*Next: Part 2 — Your Personal Blueprint: Why Your House Needs to Know Who You Are*

## **Part 2: Your Personal Blueprint**

In 1987, a man named Ra Uru Hu sat alone on the island of Ibiza for eight days. What emerged from that experience was a system he called Human Design — a synthesis of the I Ching, the Kabbalah, the chakra system, Western astrology, and quantum physics into a single map of individual human constitution.

It sounds improbable. It is improbable.

It is also, in its functional descriptions, remarkably accurate — and formally translatable into the physics of biofield resonance.

I am not asking you to believe in neutrino imprinting. I am asking you to look at what the system actually *describes* and notice that the descriptions are real.

# Five Types of Human Being

Human Design identifies five fundamental types. Not personality types — *energy types*. The distinction matters.

A personality type tells you how you think or feel. An energy type tells you how your biofield operates — how you generate energy, how you couple to other people and to spaces, how your aura interacts with the world.

**The Generator** (about 70% of people) has a defined Sacral center — the metabolic core. Their field is open and enveloping. They pull the world toward them and generate a gut-level response: *yes* or *no*, *do* or *don't*. They have sustainable energy as long as they are responding to genuine calls, and they exhaust themselves when they are not. Their signature experience when things go wrong: *frustration*.

**The Projector** (about 20%) has no defined Sacral. Their field is focused and absorbing — a narrow beam that reads other people's systems with exceptional depth. They do not generate their own energy; they direct the energy of others. When not recognised and invited, they become invisible. Their signature experience when things go wrong: *bitterness*.

**The Manifestor** (about 9%) has a direct connection from an energy center to the throat — the power to initiate and impact without waiting. Their field is closed and repelling — protective, independent. They initiate. They inform. When they don't, resistance meets them everywhere. Their signature experience when things go wrong: *anger*.

**The Reflector** (about 1%) has no defined centers at all. Every center is open. Their field samples and amplifies the energy of everyone and everything around them. They are the environment's mirror. They need a full lunar cycle (28 days) to know their own mind. When placed in an incoherent environment: they become it. Their signature experience when things go wrong: *disappointment*.

**The Manifesting Generator** is a Generator with initiating power — the express builder. They need to do things at their own pace, which is faster than everyone else's.

## What This Means for Space

Each type needs a fundamentally different space.

A **Generator** needs a living space with organic movement opportunities. Spaces that present genuine *response* — variety, life, texture, multiple zones of engagement. A static, controlled, monoculture space cuts them off from their primary coupling mechanism. Dead minimalism is literally unhealthy for a Generator.

A **Projector** needs a sanctuary. Their sensitivity is so high — they absorb so much from others — that their sleeping space must be an energetic island. Quiet. Low electromagnetic field. Acoustically damped. No one else's energy residue. The open-plan loft that the architecture magazine celebrates is quietly destroying the Projector's health.

A **Manifestor** needs clear lines. Unobstructed paths. A private room from which they can move without having to explain themselves. Multiple exit routes. They need to be able to act without the

space itself creating friction. Cramped, cluttered, socially saturated spaces make them angry — which is correct, because the space is genuinely obstructing their function.

A **Reflector** needs the most carefully designed space of all. Because they mirror everything, the quality of their environment *is* their inner state. For a Reflector in a polluted, electromagnetically noisy, cardinaly disoriented apartment: there is no inner calm to return to. It simply does not exist until the space generates it. Natural materials. Cardinal orientation. Access to natural light and the moon's cycle. Minimum artificial electromagnetic field. This is not luxury — it is baseline necessity.

## The Defined and Undefined Centers

Beyond type, every person's BodyGraph shows nine energy centers — each corresponding to a biological system — as either *defined* (colored, consistent, broadcasting) or *undefined* (white, variable, absorbing from the environment).

This is the most practically useful mapping in the entire system.

**Defined centers broadcast.** A person with a defined Root center (adrenal system) perpetually injects stress-frequency oscillations into their space. The space absorbs this output. Dense natural materials — stone, solid hardwood — damp and ground this. Without them, the stress field bounces back.

**Undefined centers absorb and amplify.** A person with an undefined Solar Plexus (emotional center) picks up and amplifies the emotional field of everyone who has passed through their space. The argument you had in the living room three weeks ago — its emotional frequency is still there, embedded in the soft furnishings, and your open Solar Plexus is broadcasting it as though it is your own feeling right now.

This is why some people cannot sleep in hotel rooms. Why others feel inexplicably sad in beautiful houses. Why the same room makes one person creative and another one anxious.

The room is not neutral. The person is not neutral. The interaction is specific, measurable, and designable.

## The Failures That Won't Go Away

There is one more layer, and it is the most personal.

Every person carries a pattern of recurrent failures — the places where life keeps not working despite genuine effort. You have tried, you have changed, you have worked on yourself. And still: the same pattern comes back. Energy collapses. The same relationship dynamic. The same block around money. The same directional confusion.

Roger Schank, the cognitive scientist, called this *expectation failure* — when the world does not match your script, you learn. But when the same expectation keeps failing in the same way, you do not learn — you repeat. The script is not updating because the conditions that created it keep being reproduced.

Here is what almost no one has said before: *your space is one of the primary conditions that keeps reproducing your failure pattern.*

A person whose primary failure is energetic depletion — who cannot maintain their energy, who burns out cyclically — may be sleeping in a bedroom that amplifies the Sacral field of their Generator partner, injecting vitality frequency into the Projector's sleep zone all night. The Projector wakes exhausted every morning. They work on their psychology. They change their habits. And every night, they go back to the room that is the engine of their depletion.

The failure is not psychological. It is architectural.

The spatial intervention: separate sleeping zones, or EMF and acoustic treatment of the bedroom, or simply — the Projector sleeps with a grounded earth mat and the amplified field dissipates into the earth rather than into their open centers.

One change. Pattern interrupted.

## The Personal Resonance Profile

What we need — and what the three papers underlying this blog series have formalised — is a **Personal Resonance Profile**: a complete specification of your individual coupling characteristics.

It has three layers:

1. **Your type** — how your field operates and what spatial geometry it needs
2. **Your center topology** — what you broadcast and what you absorb from your space
3. **Your failure signature** — where you are in chronic phase mismatch with your environments, and what spatial conditions are perpetuating it

With this profile, space design stops being generic and becomes precise. Not Feng Shui for everyone. Feng Shui for *you*.

*Next: Part 3 — The Eight Steps: What You Actually Do*

## Part 3: The Eight Steps

Theory is fine. Most of mine stays theory far too long. Not this time.

Here are the eight steps of the PRP Design Protocol — the practical procedure for engineering your space into coherence with who you actually are. You can do most of this yourself. Some of it requires instruments. None of it requires magic.

### Step 0: Measure First

Before you change anything, spend one week observing.

Keep a **Space Diary**. For each room, each day: time spent, what you were doing, your energy level when you entered (1–10), your energy level when you left (1–10), anything notable — a headache that appeared, a calm that settled, an irritability that came from nowhere.

Do this honestly for seven days.

At the end of the week, you will have a map. Some rooms are consistently draining. Some are consistently nourishing. The pattern is already there — you have just never written it down.

This is your diagnostic. This tells you where the intervention pressure is highest.

Also, if you have access to a wearable that measures HRV (heart rate variability) — wear it. Measure your morning HRV score for five consecutive days before making any changes. This gives you the physiological baseline you will compare against after the interventions.

## Step 1: Measure the Space

Three measurements, none requiring expensive equipment.

**Dimensions.** Measure every room precisely: length, width, height. Calculate the ratio. Is it close to 1:1:1 (cubic — bad, severe modal clustering, the acoustic equivalent of a drum that never stops)? Or distributed like 1:1.28:1.54 (the Bolt ratio — good, modes spread evenly)? A square room with equal walls and equal ceiling height is the hardest space to make feel comfortable, and no amount of cushions will fix the physics.

**Compass bearing.** Get a decent compass (or use a calibrated compass app, but verify it). Measure the cardinal bearing of every room axis and main window. Is your bedroom axis roughly north-south? Is the main light of your living room coming from the south? The Earth's electromagnetic field has a direction. Your sleeping body is an antenna. Alignment matters.

**Walk the airflow.** On a mild day, open the main window and walk slowly through each room holding a piece of thin tissue paper or a stick of incense. Watch what the air does. Where does it flow? Where does it stall? Where does it eddy in a corner and stop? The stagnant zones are your *sha chi* points — the places where field coherence collapses.

## Step 2: Know Your Type

Get your Human Design chart. You need your birth date, birth time (as precise as possible), and birth location. The chart is free at Jovian Archive or Genetic Matrix.

Read the type description. Not the spiritual interpretation — the functional description. How does your energy work? What depletes you? What restores you?

Then look at your defined and undefined centers. For each undefined center, ask: what field am I absorbing from my environment in this domain? And: is my environment giving me a healthy version of that field, or a distorted one?

Pay particular attention to these three, which are most spatially relevant:

**Undefined Sacral** — Are you absorbing the drive and vitality of others and burning yourself out on energy that is not yours? If so, who else's field is in your sleeping space?

**Undefined Solar Plexus** — Are you absorbing the emotional history of your spaces? Do you feel emotions that seem to belong to the room rather than to your own life?

**Undefined G Center** — Do you feel confused about direction and identity in certain spaces, and clear in others? This center is your magnetic navigation system — when it is open, you are literally navigated by where you are. Cardinal orientation of your primary space is a priority.

### **Step 3: Map Your Failures**

This is the hardest step and the most important one.

Take a piece of paper. Write down the three patterns that have recurred most persistently in your life despite your genuine effort to change them. Not external misfortunes — internal patterns. Where you keep running out of road.

Common examples: chronic energy depletion / emotional absorption without boundaries / confusion about direction and purpose / communication that does not land / commitments that collapse / mental hyperactivity without resolution / health vulnerabilities that keep returning.

Now cross-reference with your Human Design centers. Your primary failure domains are almost always your most undefined or most open centers in an environment that has been chronically feeding them the wrong field.

The spatial question is: *Which room are you in when this pattern is most active?* That room is your primary intervention target.

### **Step 4: Find the Coherence Gaps**

Now you have three data sets: the space (Steps 1 and 2 of the physical audit), the person (Steps 2 and 3), and the failures (Step 3). Cross-map them.

Use the Bagua — the ancient nine-zone map of the home — as your spatial organiser. Place the entry of your home at the bottom. The nine zones correspond to nine life domains. Find the zones that correspond to your failure domains. Then look at those zones in your actual space. What is there? What is the field quality? What is the airflow doing? What materials are present? What electromagnetic sources are nearby?

What you are looking for is the specific places where your space is amplifying your failure pattern rather than interrupting it.

Most people find one or two zones that are structurally problematic and have been for years. A cluttered north zone (career/direction) for someone with chronic directional confusion. A messy, device-saturated southwest zone (relationships) for someone whose primary failure is emotional absorption. A dark, closed northeast corner (knowledge/self-development) for someone who cannot seem to learn from their own patterns.

The coherence gap is the gap between who you are and what your space is doing.

### **Step 5: The First Three Changes**

Do not try to redesign everything at once. Start with three changes that are high impact and low cost.

### **Change 1: Command position.**

Move your bed — or your desk — so that you have your back to a solid wall and a clear, diagonal line of sight to the door. Not directly facing the door. Diagonally, so you can see it without being in line with it.

This is simultaneously the most ancient Feng Shui prescription and the most direct application of the neuroscience of prediction error minimisation. The nervous system cannot fully relax when it cannot see where threats might come from. This is not psychology — it is evolutionary neurobiology. When the position is correct, most people notice the difference in sleep quality within the first week.

Cost: zero. Time: one hour.

### **Change 2: Clear the bedroom of electromagnetic sources.**

Everything with a transformer, a wifi signal, or an active screen — out of the bedroom. Phone on the other side of a closed door. Router as far from the sleeping area as the building allows. No charging cables near the bed-head.

The bedroom is where your body does its deepest repair. It is also, in most modern homes, the room with the highest density of artificial electromagnetic fields. These fields have documented non-thermal effects on biological systems. The research is contested at the margins but clear at the centre: chronic low-level EMF exposure disrupts sleep architecture, autonomic regulation, and immune function.

Remove the sources. Sleep changes.

Cost: zero. Time: twenty minutes.

### **Change 3: Morning light.**

Your cortisol awakening response — the hormonal surge that prepares you for the day — is controlled by your circadian rhythm, which is controlled by light. Specifically: the quality and timing of light in the first moments after waking.

Most modern bedrooms are either completely dark (blackout curtains) or flooded with sudden artificial light. Neither is correct. What the biology needs is *graduated natural light beginning 20–30 minutes before waking* — the same signal that governed our sleep-wake cycles for a hundred thousand years before electric light.

A simple motorised blind on a timer, set to begin opening slowly at 06:30 if you wake at 07:00. Or, if that is too complex for now: sleep with the curtains slightly open and orient the bed toward the window that gets first morning light.

Cost: €0–€400 depending on the solution. Effect on cortisol, mood, and daytime energy: measurable within two to three weeks.

## **Step 6: The Deeper Changes**

After the first three changes — give them two weeks — begin the structural work.

**Material strategy.** Your defined centers broadcast field into your space. Dense natural materials absorb this output; synthetic materials reflect it back. Solid hardwood, stone, clay plaster, wool, linen — these are not just aesthetically warmer than plastic and polyester. They are field-neutral. They do not accumulate electromagnetic signatures. They ground.

If your primary failure domain is energetic (Root, Sacral) — prioritise the floor material. Stone or dense solid hardwood underfoot in sleeping and resting zones.

If your primary failure domain is emotional (Solar Plexus) — prioritise the soft furnishing materials. Replace synthetic cushions and curtains with natural fibres. Wash them regularly. Install a small moving water feature in the living zone. Moving water is a field reset.

If your primary failure domain is directional (G Center) — prioritise cardinal orientation. Align your primary work axis toward magnetic south if you are in the northern hemisphere. This sounds marginal until you are an undefined G Center person who has been sleeping on a random diagonal for twenty years and then sleeps for the first time on a north-south axis and notices that something subtle but real has shifted.

**Flow architecture.** Walk the natural movement paths through your space. Where do they stall? Where do they accelerate around a sharp corner? Introduce one curved element — a plant, a rounded cabinet, a fabric panel — at every point where the flow path takes a sharp turn. This is not decoration. It is fluid dynamics. The Chi has to go somewhere. Give it a smooth path.

**Ventilation protocol.** Every morning, open the opposing windows or doors of your primary space for fifteen minutes — creating a complete cross-ventilation flush. This is the most immediate and physiologically verifiable field-clearing intervention available. The air carries chemical and biological signatures from everyone and everything that has occupied the space. Flush it daily.

## Step 7: Check the Numbers

After six weeks, repeat the baseline measurements.

HRV coherence score: has it changed? Sleep quality (PSQI): has the number moved? Space Diary: are the scores in the rooms you intervened on different from six weeks ago?

If nothing has changed, do not blame the framework. Check the implementation. Were all three primary interventions actually completed? Is the bed genuinely in command position, or did you move it to approximately command position and then slide it back three centimetres because the original arrangement looked better?

Then check the profiling. Were the primary failure domains correctly identified?

Then consider whether there are factors in the space that were missed: a particularly strong EMF source, a structural feature creating severe modal clustering, a geopathic stress line running directly under the sleeping position.

Iterate.

## Step 8: The Question Under All the Others

Here is the thing about this entire protocol that I have been circling around since the beginning.

The space matters. The physics is real. The interventions work.

But the deepest question the protocol is asking is not *what should I move?* It is: *Who am I, really? What does my constitution actually need? What patterns have I been reproducing because my environment keeps generating the conditions for them?*

The Personal Resonance Profile is, at its core, a tool for self-recognition. For seeing yourself clearly enough to design a life — including a physical space — that is actually coherent with who you are rather than who you have been told to be, or who your previous environments have conditioned you into being.

Human Design calls the conditioned self the *Not-Self*. Friston's Free Energy Principle calls it the organism living in perpetual high-surprise — perpetually wrong about its own nature because its generative model of itself was built in environments that did not match it.

The space that matches you is not a luxury. It is a condition of possibility for becoming who you actually are.

That is why the house knows who you are. And why it matters, enormously, that you know it too.

## Practical Summary

Step	What	Time	Cost
0	Space diary + HRV baseline	1 week	Free
1	Measure dimensions, compass, airflow	1 day	Free
2	Human Design chart + center map	2 hours	Free
3	Map your three primary failure domains	1 hour	Free
4	Coherence gap analysis (space × person)	2 hours	Free
5a	Command position reset	1 hour	Free
5b	Remove EMF from bedroom	20 min	Free
5c	Morning light protocol	30 min	€0–400
6	Material + flow + ventilation strategy	2–8 weeks	Variable
7	Repeat measurements at 6 weeks	1 day	Free

The three academic papers underlying this series are available on Academia.edu under the series title *Resonance Architecture: A Field-Theoretic Framework for Person-Space Coupling* (Konstapel, 2026).

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*Questions? Responses? The blog is open. Always looking for new insights.*