

Exploration of the Spiritual Healing Mechanism of Intangible Cultural Heritage Aesthetics in Space Design

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Abstract: Under the dual background of the accelerated urbanization process and the generalization of mental health problems, the aesthetics of intangible cultural heritage (intangible cultural heritage) serves as the spiritual gene pool of Chinese civilization, and its contemporary transformation value urgently needs to be rediscovered and interpreted. With the theoretical aim of constructing "cultural healing space", this paper systematically discusses the innovative application paradigm of intangible cultural heritage aesthetics in the spatial design of emotional adjustment. The research breaks through the static protection paradigm of traditional intangible cultural heritage research, and reveals the emotional regulation mechanism of intangible cultural heritage aesthetics and the practical transformation path from the interdisciplinary perspective of environmental psychology, neuroaesthetics and cultural therapy. Firstly, the triple healing genes of intangible heritage aesthetics are deconstructed: in the dimension of symbol, the traditional pattern constructs cultural identity field through metaphorical narrative; in the dimension of behavior perception, the tactile memory of manual skills activates the parasympathetic nervous system and forms the spontaneous perceptual meridian reaction (ASMR) relaxation effect; in the dimension of spiritual artistic conception, the ecological wisdom of "unity of nature and nature" constructs the cognition of human and land relationship and cultivates the psychological resilience. Then the three-way action model of "cultural translation-spatial narrative-psychological adjustment" is proposed, so as to clarify that traditional aesthetic elements realize the paradigm transformation from material form to emotional media through deconstruction and reorganization, multisensory interaction and awakening of cultural memory. The innovative research lies in creating the interdisciplinary research framework of "intangible cultural heritage aesthetics-spatial medium-psychological effect", breaking through the traditional design functional orientation; proposing the biaxial design strategy of "symbol deconstruction gradient" and "sensory awakening intensity" to provide an operational path for the translation of intangible cultural heritage elements; revealing the cultural gene healing function at the value level, and realizing the value transition of intangible cultural heritage protection from "museum" to "emotional empowerment". The research not only provides the cultural resource transformation paradigm for the mental health-oriented space design, but also opens up a practical channel for the living inheritance of intangible cultural heritage by constructing the new form of "art recovery space", and responds to the dual strategic needs of high-quality cultural development and the construction of a healthy China.

Keywords: Intangible Cultural Heritage; Artistic Healing; Emotional Healing; Environmental Psychology; Spatial Design; Cultural Heritage.

1. Introduction

Under the superimposed effect of the dual process of globalization and urbanization, modern people are generally faced with the survival dilemma of mental overload and emotional alienation. The World Health Organization has listed mental health services as the core issue of the Sustainable Development Goal. As for the formation of cultural tension, the intangible cultural heritage, as the living carrier of national collective memory, contains its ecological wisdom and aesthetic paradigm, which is undergoing a paradigm transition from "rescue protection" to "creative transformation". At present, the academic research on intangible cultural heritage mostly focuses on the protection of material form and technical inheritance, but pays insufficient attention to the application potential of its aesthetic value in the field of mental health services. This paper breaks through the shackles of "museum" of traditional research, takes environmental psychology and cultural therapy as the theoretical lens, reinterprets the contemporary healing value of intangible cultural heritage aesthetics, and explores its transformation path in the spatial design of emotional adjustment. This research has double necessity: from the dimension of cultural development, the living inheritance of intangible cultural heritage needs to transcend

the surface logic of "skill survival" and explore the spiritual value of serving modern society; from the dimension of public health, the mechanized medical intervention mode is difficult to meet the cultural suitability needs of the society for mental health service.

2. Analysis on the Emotion Regulation Mechanism of Intangible Cultural Heritage Aesthetics

As the spiritual gene pool of Chinese civilization, the emotional regulation mechanism of intangible cultural heritage aesthetics is rooted in the ecological philosophy system of "the unity of man and nature". This philosophy emphasizes the harmonious coexistence between man and nature, and between the individual and the collective, forming a unique cultural healing gene.

(1) The metaphorical healing of the symbolic system

The expression forms of intangible cultural heritage aesthetics in the material level, such as traditional patterns, architectural components and artifacts, construct cultural identity fields through symbolic symbols. For example, the circular image of "back" pattern implies the continuity of life, and its visual metaphor can eliminate the anxiety of modernity [1]; while the golden ratio of wooden buildings and

the biological fit of human visual comfort zone [2], which reflects the aesthetic preference of bio-cultural co-evolution. These symbolic systems form the arousal mechanism of cultural memory through the spatial media and activate the emotion regulation function of the limbic system.

(2) Collective healing of the ritual behavior paradigm

Folk rituals and handicrafts at the behavioral level realize emotional adjustment through the practical characteristics of group participation. Collective dancing, festival and sacrificial activities can enhance the social connection of handmade products, such as ceramic drawing and brocade embroidery, the repetitive tactile stimulation can induce meditation and promote parasympathetic excitation. This embodied practice beds individual emotional experience into the collective cultural context and forms a healing energy field beyond the individual.

(3) Spiritual healing of ecological wisdom

The intangible cultural heritage aesthetics of the spiritual level contains the ecological wisdom of "following nature", and realizes the cultivation of psychological resilience by reconstructing the cognition of human and local relations. The principle of "adjusting measures to local conditions" in the traditional construction technique, such as the ventilation and heat dissipation system of Fujian tulou, embodies the survival philosophy of environmental adaptability, while the 24 solar terms culture can reconstruct the fragmented experience of modern people through the perception of time rhythm. This ecological wisdom helps individuals to form positive stress coping patterns by activating cognitive regulatory functions in the prefrontal cortex.

The emotional regulation mechanism of intangible cultural heritage aesthetics is essentially a two-way interaction process between cultural genes and biological mechanisms. Its material symbols activate emotional memory through the visual cortex, and the behavioral paradigm regulates autonomic balance through the somatosensory system, while spiritual wisdom cultivates psychological resilience through cognitive reconstruction. This multi-dimensional action mechanism provides a theoretical framework of cultural appropriateness for the design of modern emotional healing space.

3. The Emotional Translation Pathway of the Spatial Media

The relationship between spatial design and intangible cultural heritage is essentially the dynamic symbiosis of cultural carrier and spiritual core: spatial design makes the intangible cultural heritage visible, touchable and sensitive by means of materialization, while the intangible cultural heritage injects cultural soul into the space and promotes its sublimation from the functional place to the medium of emotional connection. The collaborative innovation of the two is not only the breakthrough of the modern transformation of traditional culture, but also an important path to construct cultural identity. The emotional translation of intangible cultural heritage aesthetics in spatial design is a process of transforming cultural symbols into perceptible emotional language. This path follows the logical closed loop of "symbol deconstruction-emotional coding-spatial reconstruction", activates the emotional potential of the intangible cultural heritage elements through the multi-dimensional design strategy, and constructs a cultural field with healing properties.

(1) Symbol deconstruction: from cultural images to design morphemes

The symbol deconstruction of intangible cultural heritage elements needs to go beyond the visual transplantation of the surface layer and go deep into its cultural symbol system. For example, the technique of "frame scenery" of Jiangnan gardens abstracts the visual guidance of lunar Gate into modular spatial sequence through parametric design, which not only retains the poetic narrative of "changing scenery", but also endows it with modern functional adaptability. This deconstruction is not simply split, but to form a library of reusable design morphemes by refining the spatial philosophy of "virtual and real generation" of the core cultural gene. The "cloud and thunder pattern" in the traditional pattern can be transformed into a dynamic light and shadow device, which is not only metaphorical for the natural rhythm, but also forms the visual guidance of the spatial rhythm.

(2) Emotional coding: the healing mechanism of multi-sensory collaboration

The core of emotional coding lies in the transformation of cultural symbols into perceptual media that can trigger emotional responses. In the tactile dimension, the texture roughness activates the parasympathetic nerve through the skin sensor, produce the calming effect similar to ASMR [3], while the moist touch of the ceramic glaze awakens the hand of "carrier" to form emotional attachment. Auditory level music can enhance and maintain neural plasticity, and supplement the multimodal integration of central nervous areas, can enhance the depth of meditation, its acoustic vibration characteristics form harmonic resonance with spatial materials, and build immersive soundscape [4]. This coding strategy of multi-sensory collaboration enables the intangible cultural heritage elements to transcend the single dimension of visual symbols and form a three-dimensional emotional interaction interface.

(3) Spatial reconstruction: the scene-regeneration of cultural memory

Spatial reconstruction requires the contemporary translation and scene regeneration of cultural memory. Through the image reproduction of "white walls and black tiles", Suzhou Museum can reconstruct the light and shadow of traditional gardens with modern glass curtain walls, so that visitors can perceive the spatial artistic conception of "separated" in the interlace between virtual and real, and activate the cultural memory storage of the hippocampus. Nanxun town of digital intangible practice more revealing — through dynamic capture technology, the black pottery sculpture entity into interactive virtual image, the audience action trigger the mountain god dragon synchronous response, the actual integration of narrative, both intangible art material carrier, and through the digital media to expand its emotional expression dimension.

The innovation of the translation path is that theoretically, it constructs the progressive model of "material symbol-sensory experience-cultural identity", and reveals the emotional regulation mechanism of intangible cultural heritage aesthetics; at the practical level, the biaxial strategy of "gradient deconstruction" and "intensity coding" is proposed to provide methodological support for the modern transformation of traditional elements. This kind of translation not only realizes the paradigm transition of "static display" to "dynamic experience" in intangible cultural heritage protection, but also makes the traditional culture become a cultural resource for the psychological adjustment

of modern people through the emotional empowerment of the space media.

4. The Experience and Revelation of Cross-Cultural Practice

International comparative research shows that the healing value of intangible cultural heritage aesthetics in space design has cultural differences, and its successful transformation needs to be based on the local cultural genes, and realize the contemporary translation of spiritual connotation. By analyzing the differences and commonalities of Japan, Northern Europe and China, it can provide multi-dimensional enlightenment for the spatial design of intangible cultural heritage healing.

(1) Philosophy translation of wabi-sabi aesthetics in Japan

Japanese wabi-sabi aesthetics takes incomplete and integrity as the core, and conveys the philosophy of life through the crack repair of jintsuchi skills. Its space design emphasizes the original texture of natural materials, such as flax, pottery and logs, and creates the artistic conception of shade and praise through mottled walls and dark light and shadow, guiding users to accept the imperfect life state. This design philosophy originates from the Zen view of impermanence, which sublimates material disability into spiritual perfection. For example, through the combination of micro cement wall and dry landscape courtyard, Aman Hotel Kyoto constructs a psychological field of sorrow and mystery. The enlightenment of wabi-sabi aesthetics lies in that the transformation of intangible cultural heritage elements needs to go beyond the form of imitation, dig deep into its philosophical core, and convey cultural values through material language and spatial narrative.

(2) Sensory reconstruction of the Nordic sauna culture

Northern Europe combines traditional sauna rituals with modern forest therapy to create a natural-body-spirit trinity of healing space. The Loyly sauna center in Helsinki, Finland, constructs a respiratory building skin with birch. Through the thermal stimulation of steam and the alternating immersion of cold seawater, the temperature sensing system of the human body is activated, forming the biological healing mechanism [5] of "heat shock protein induction". This practice highlights the two principles of intangible cultural heritage transformation: one is the scene regeneration of the behavioral ceremony, which sublimates the sauna from the cleaning function to the physical and mental purification ceremony; the other is the multi-sensory collaborative design to strengthen the emotional regulation efficiency of space through the three-dimensional interaction of touch, hearing and smell.

(3) Limitations and breakthrough paths of China's practice

At present, the healing space design of intangible cultural heritage in China mostly stays in the shallow transplantation of visual symbols. For example, the paper-cut pattern is mechanically copied as decorative patterns, but the cultural metaphor of its image implication is ignored. In contrast, the landscape image reconstruction of Suzhou Museum is more enlightening — Through the modern glass curtain wall to map the framed landscape skills of traditional gardens, the philosophy of reality and reality is transformed into spatial experience. Future breakthroughs need to focus on three points: first, establish a two-way path, such as the 24 solar terms culture into light and shadow timing device, reconstruct the modern rhythm perception; second, develop the

participatory design mode, learn the experience strategy of Anhui Fuyang, allowing users to get flow experience in skill practice; finally, build a local evaluation system to avoid the path dependence on western healing theory, such as combining the five elements of traditional Chinese medicine balance theory with spatial color planning, to form a design pattern with Oriental characteristics.

Cross-cultural comparison shows that the core of the design of intangible cultural heritage healing space lies in the creative activation of cultural genes. Japan emphasizes philosophical metaphor and northern Europe has strong sensory experience, while China needs to explore the meeting point between the ecological wisdom of nature and nature and modern psychological needs on the basis of the two, and build a spatial narrative system with both cultural roots and contemporary values.

5. Triple Breakthrough in Theoretical Innovation

The theoretical innovation of intangible cultural heritage aesthetics in the design of emotional healing space is essentially a systematic breakthrough of cultural inheritance paradigm, research method and value logic. This breakthrough not only constructs the contemporary significance of intangible cultural heritage, but also provides culturally appropriate solutions for mental health services.

(1) Paradigm breakthrough: from "material protection" to "emotional empowerment"

The protection of traditional intangible cultural heritage mostly focuses on the survival of skills and the preservation of material carriers, forming a static paradigm of "museum". This study breaks through this limitation and puts forward the dynamic protection concept of "emotional empowerment". The emotional value of intangible cultural heritage aesthetics is no longer limited to the storage of cultural memory, but is transformed into a perceptible healing energy through the spatial medium. For example, the practice process of block printing activates individual concentration through tactile interaction, forming a psychological adjustment effect similar to mindfulness training; traditional dough sculpture making takes tactile memory as the carrier to help participants release pressure and reconstruct positive emotions. The core of this paradigm shift lies in treating the intangible cultural heritage as "living emotional resources", and activating its psychological regulation function through design and intervention, so as to realize the value transition from "skill inheritance" to "emotional service".

(2) Method breakthrough: the construction of interdisciplinary framework

To create an interdisciplinary analysis framework of "cultural image-spatial perception-psychological adjustment" to bridge the theoretical gap between culturalology, psychology and design. The dimension of cultural image builds the emotional basis of cultural identity by decoding the metaphorical system of intangible cultural symbols; the dimension of spatial perception, the theory of environmental psychology explains the multi-sensory coordination mechanism of material texture and color system; the dimension of psychological adjustment, in combination with the principle of artistic therapy, reveals the role of intangible cultural heritage practice on anxiety relief and strengthening self-identity.

(3) Value breakthrough: the symbiosis of cultural

inheritance and public health

To break through the single cultural value dimension of intangible cultural heritage protection, and realize the value symbiosis of cultural inheritance, mental health and social development. On the one hand, the aesthetics of intangible cultural heritage intervenes in the field of public health through space design, responding to the urgent demand of "Healthy China 2030" strategy; on the other hand, the healing function of intangible cultural heritage gives it new significance, promoting the protection practice from "government-led" to "social co-construction". This mode of value symbiosis not only expands the practical path of living inheritance of intangible cultural heritage, but also provides cultural support for the construction of a mental health-friendly society.

The deep significance of theoretical innovation lies in: through three breakthroughs, intangible cultural heritage aesthetics is sublimated from cultural heritage to emotional infrastructure, and plays a systematic role in individual psychological adjustment, social relationship reconstruction, and cultural identity cultivation. This innovation not only provides methodological inspiration for the intangible cultural heritage research, but also highlights the unique value of traditional culture in participating in modern social governance under the background of the transformation of the bio-psychological-social medicine model

6. Construction of a Sustainable Development Path

For the sustainable development of intangible cultural heritage aesthetics in the design of emotional healing space, it is necessary to build a trinity collaborative system of "cultural chain-technology chain and service chain", and realize the value symbiosis of intangible cultural heritage protection and mental health service through the digital translation of cultural genes, the immersive experience of technology empowerment and the institutional innovation of service mode.

(1)Cultural chain: the systematic transformation of intangible cultural heritage genes

The core of cultural chain construction lies in the systematic sorting and standardized application of intangible cultural heritage elements. By establishing the database of the intangible cultural heritage aesthetic gene database, cultural symbols such as traditional patterns, color systems and techniques are digitally coded to form a library of callable design morphemes. At the same time, the Guidelines for the Design of Healing Space have been formulated to clarify the ethical norms and technical standards for the translation of intangible cultural elements: on the one hand, it requires the retention of core cultural metaphors, on the other hand, the threshold range of sensory parameters such as material touch and soundscape frequency is stipulated to ensure the scientific nature of the healing function. This construction of cultural chain not only follows the "authenticity" principle of the UNESCO Convention on the Protection of Intangible Cultural Heritage, but also promotes the creative transformation of intangible cultural heritage through the standardization system.

(2)Technology chain: the immersive empowerment of digital media

The technology chain needs to break through the dependence of traditional design on material carrier and

construct the healing scene of virtual and real fusion. VR technology can be intangible skills into multimodal interaction experience: users wearing virtual reality equipment, can participate in the virtual process of "ancient paper", tactile gloves simulated bamboo curtain paper texture resistance, auditory system synchronous play disappear bark pulp rhythm sound, form "hand for memory-emotional relief" neural feedback loop. In addition, the AI algorithm can analyze the user's brain wave data and dynamically adjust the light and shadow color and landscape frequency in the space. For example, when the anxiety index is increased, it can be automatically switched to celadon glaze lighting and play the chime overtone band, so as to realize personalized emotional regulation. The construction of this technology chain echoes the core concept of "space-time niche expansion" in the ecological niche theory, and makes the intangible cultural heritage break through the limitation of physical space and form the digital chemotherapy healing field of wide-area communication.

(3)Service chain: institutional integration of public health

The key to the innovation of the service chain is to integrate the intangible cultural heritage healing space into the public health service system. Create the "intangible cultural heritage healing space certification system", set rating standards from three dimensions of cultural authenticity, technical safety and service effectiveness: the first-level certification requires the space to integrate at least three types of intangible cultural heritage elements and have the basic emotional monitoring function, while the third-level certification requires multi-sensory collaborative intervention and personalized chemotherapy treatment program generation. The certified space is access to the health insurance payment system, making cultural healing services a complementary means of mental health interventions. In addition, based on the experience of the application of public interest litigation system in the protection of intangible cultural heritage, the supervision mechanism of cultural healing services should be established, and the illegal use of intangible cultural heritage marks or exaggerating the healing effect should be subject to judicial accountability, so as to ensure the standardization and credibility of services.

(4)Collaborative innovation: the ecological effect of three-chain integration

The deep value of the "trinity" system lies in the collaborative empowerment of culture, technology and service. The cultural chain ensures the inheritance and purity of the intangible cultural heritage genes, the technology chain expands the space-time boundary of the application scenarios, and the service chain realizes the sustainable transformation of social value. This collaborative mode not only responds to the goal of "culturally enabling social development" proposed in the 14th Five-Year Plan for Intangible Cultural Heritage Protection, but also provides modern people with emotional adjustment programs with both cultural roots and scientific and technological content by constructing the triple intervention mechanism of "physiological-psychological-culture". In the future, it is necessary to further promote cross-regional cooperation, establish a regional standard mutual recognition mechanism for intangible cultural heritage healing space design, and form a fully interconnected cultural and health service network.

7. Conclusion

By systematically deconstruction the healing gene and

spatial translation logic of intangible cultural heritage aesthetics, this study reveals the innovative value of traditional cultural resources in modern mental health services. Future research needs to deepen exploration in three dimensions: first, at the neuroaesthetic level, it is necessary to analyze the specific action path of the intangible heritage elements on the activation of the brain area, such as how the traditional pattern of visual stimulation affects the emotion regulation function of the prefrontal cortex; second, develop intelligent assessment tools to monitor the spatial healing efficiency in real time and establish a dynamic feedback mechanism; third, promote the policy and legislation of "cultural healing", and draw on the collaborative protection experience of chaoju and construct a cross-regional standard mutual recognition mechanism. In addition, it is necessary to be alert to the erosion of the spiritual connotation of intangible cultural heritage, balance the authenticity of cultural essence and functional adaptability, and avoid falling into the trap of symbolic transplantation.

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