



**Advaith Vastu**

Live Right

# THE COMPLETE GUIDE TO VASTU SHASTRA

HARMONIZING ENERGY IN SPACES

# **The Complete Guide to Vastu Shastra – Harmonizing Energy in Spaces**

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## ***Preface***

*Our relationship with nature's harmony tends to be broken in a world quickly taken over by concrete jungles and digital addictions. While we aim for balance, serenity, and meaning, we need to return to the basic wisdom that once supported harmonious living, and Vastu Shastra does exactly that. Rooted in the ancient Vedic tradition, Vastu is more than just architectural principles; it is a science of spatial energy alignment. living, and Vastu Shastra does precisely that. Rooted in the ancient Vedic tradition, Vastu is more than just architectural principles; it is a science of spatial energy alignment that combines environmental sensitivity, elemental harmony, and cosmic wisdom.*

*This e-book has been carefully created for those who seek simplicity, depth, and practical tools to incorporate Vastu into daily life. Whether you are a homeowner, architect, interior designer, or spiritual enthusiast, this book serves as a comprehensive guide. It covers understanding the angular direction zones, Panchamahabhutas (five elements), decoding the Vastu Purush Mandala, exploring 45 Devta zones, and integrating astrological and numerical details—addressing all aspects of Vastu science.*

*Our aim is not only to preserve this ageless wisdom but to render it relevant and accessible for today's living — from homes, offices, and apartments to city developments. You will also find information on non-invasive treatments, current applications, and how to naturally sense energy patterns in your surroundings.*

*We invite you to embark on this journey with an open heart and an inquisitive mind. May this book inspire you to create environments that serve as havens of health, wealth, and abundance.*

*With appreciation and respect,  
Rakesh Gandhye  
Vastu Consultant & Researcher*

## About the Author

Rakesh Gandhye is a passionate Vastu Consultant, researcher, and holistic living proponent with extensive experience redesigning homes, offices, and spiritual spaces. Based on ancient Vedic literature, intuitive knowledge of energy fields, and contemporary spatial psychology, the author synthesizes traditional Vastu concepts with practical, real-world applications.

Their purpose is to make Vastu Shastra science available and applicable to everyone in all walks of life, whether a rearrangement of a simple room or an architectural plan for a new home. Having worked as consultants for individuals, families, corporations, and institutions, the author feels that each space can become a fountain of healing, growth, and prosperity when it follows cosmic laws.

In his free time from consulting or writing, the author practices meditation, energy healing, and leads workshops to empower people to become more conscious of the subtle energies governing their lives.

For consultations, workshops, or collaborations, the author can be contacted at:

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## Dedication

- *This book is lovingly dedicated to:  
The ancient seers and sages who conserved the divine science of Vastu Shastra over millennia.*
- *To every reader, seeker, and householder who struggles to introduce peace and purpose into their personal and working environments.*

- *And to Mother Earth, the great giver of space, energy, and life, may we always exist in respect and harmony with her.*

# **Empowering Yourself to Do Vastu Using This E-Book**

With the detailed guidance provided in *The Complete Guide to Vastu Shastra – Harmonizing Energy in Spaces*, you no longer need to feel overwhelmed by the complexities of ancient Vastu wisdom. This e-book is designed for all types of readers—whether you're a homeowner, architect, spiritual practitioner, or just a curious individual interested in optimizing energy in your environment. By following each chapter carefully, you can confidently evaluate and rebalance your home or office with practical tools, direction-based charts, devta maps, and elemental insights. balancing methods.

The 16-direction step-by-step analysis of devtas, elemental influences, zonal functions, and directions facilitates decoding your space as a pro Vastu consultant. You'll discover how to detect flaws, know energy blockage points, and implement simple remedies such as color therapy, crystal therapy, or even simple furniture rearrangement without demolition. The Astro-Vastu, Numero Vastu, and Swar Vigyan chapters even assist you in incorporating personalized details such as birth charts, house numbers, and breathing rhythms for holistic harmony.

This e-book brings Vastu down to earth from a mystical art to a practical science. You need a correct center marking, a simple gridded floor plan, and this book as your companion. Whether you are creating a new space or enhancing an existing one, the information provided here equips you to design a conscious, balanced, and lively living space on your own.

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# Chapter 1: Introduction to Vastu Shastra

## Definition, History & Origins

Vastu Shastra is the ancient Indian science of building design and architecture. From the Sanskrit origin "Vas" to reside or live, Vastu goes beyond the domain of mere architecture; it's about making the built form consonant with the principles of nature. Its first mentions date back to the Vedas, more specifically to the Sthapatya Veda which is known as upveda of Atharvaveda, followed by works such as Mayamatam, Manasara, Vishwakarma Prakash, and Samarangana Sutradhara.

The conventional belief is that the universe is governed by five elements (Panchamahabhutas), directions, and cosmic forces. Vastu Shastra prescribes how to build, orient, and plan buildings so that human habitations are attuned to these energies to ensure prosperity, health, and harmony.

The science was traditionally employed to plan temples, palaces, forts, and towns in harmony with natural forces. Jaipur and Madurai are examples of Vastu-based city planning.

## Importance in Modern Living

In the fast-paced and technology-driven world of today, individuals are looking more for holistic wellness and balance. Vastu has again become a strong tool for developing environments that promote physical, mental, and spiritual well-being.

### Key Reasons for Its Relevance Today:

- **Energy Maximization:** Vastu seeks to optimize the passage of beneficial prana (life-force energy) and reduce the influence of

negative energy, affecting stress levels, sleeping patterns, efficiency, and relationships.

- **Functionality & Aesthetics:** In addition to the spiritual advantages, Vastu guidelines also guarantee functional and effective room planning, optimal lighting, air circulation, and energy-conserving measures.
- **Health & Mental Peace:** Contemporary Vastu synchronizes living spaces to enhance mental acuity, emotional stability, and physical well-being by harnessing natural rhythms and elemental harmony.
- **Real Estate & Value:** Vastu-friendly properties tend to be regarded as more favorable and valuable in the Indian real estate market.

### **Modern Applications:**

- Apartment and flat layouts
- Office planning for enhanced productivity
- Healing architecture in hospitals
- Planning of educational institutions

**Example:** A family residing in a west-facing house had a long-standing financial imbalance. On the recommendation of a Vastu audit, it was discovered that their kitchen (fire aspect) was in the northeast (aligned with water and wisdom). On moving the kitchen (burner) to the NNE, also applied remedy for this zone, i.e., putting green stone below the burner and cleansing the NE, financial improvement and clarity were noticed in a matter of weeks.

## Chapter 2: Panchamahabhutas & Vastu

### The Five Elements (Panchabhutas)

The universe consists of five fundamental elements known as Panchamahabhutas according to ancient Indian philosophy:

1. **Jal (Water)** – Symbolizes fluidity, cleansing, and life. Related to the NNW, North, NNE, and Northeast directions.
2. **Vayu (Air)** – Represents movement, growth, and adaptability. Identified with the ENE, East, and ESE directions.
3. **Agni (Fire)** – Signifies energy, change, or transformation, and strength. Related to the Southeast, SSE, and South direction.
4. **Prithvi (Earth)** – Represents stability, patience, and permanent nature. Relates to the SSW and Southwest direction.
5. **Akasha (Space)** – Refers to expansion, openness, and communication. Identified with the WSW, West, WNW, and NW directions.

These elements are not symbolic—they take physical, psychological, and energetic forms. Correct balancing of these elements in a building brings harmony, and imbalance results in different doshas (defects).

### Elemental Balance in Construction

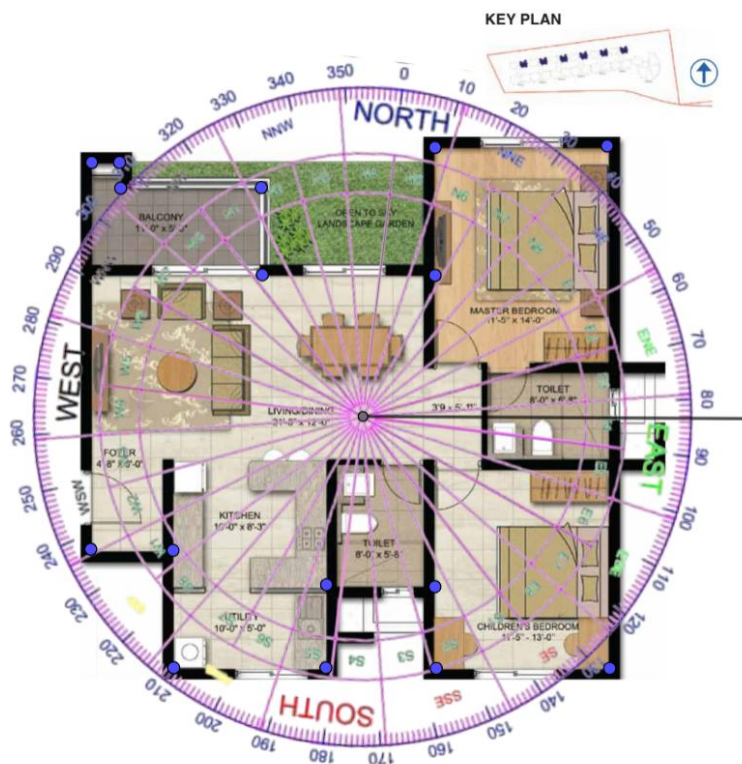
Each room and function in a house or building should ideally align with the corresponding element's natural characteristics.

### Practical Tips in Balancing Elements:

1. Once the land is bought to build a house, and Bhumi puja is done, the center of the land becomes the Bramhasthan of the house.
2. This part is not to be dug during construction.
3. All bedrooms, toilets, and the kitchen are designed to Vastu directional alignments.

4. Each of the elemental directions is considered to have proper energy and color preferences given in the subsequent chapters.
5. The most important part of the building is the entrance, and it must be kept in the direction considered best in the facing of the house. The entrances are planned in the third and fourth padas of any direction.

**Diagram: 16 Directional Grid with angular division method.**



## Health-related tips:

A particular zone is responsible for the specific health issues. It is important to know how to map Vastu for health in a house. In Ayurveda there are three major reasons illustrated to individual's health.

1. Kapha

2. Pitta
3. Vata

**Kapha** is connected to the exciting directions of NNW, North, NNE, NE, ENE, and part of East in your living space. These areas are mainly Water zones, filled with positive Eastern energy.

However, it's important to be aware of health issues related to Kapha, such as obesity, difficulty losing weight, sinus congestion, fungal problems, skin issues, allergies, fatigue, diabetes, depression, asthma, and excessive sleepiness. Watch the NNW area, as placing a toilet or anti-color there may cause dry skin and reduce your charm and attractiveness.

Now, let's focus on the North. An imbalance in this direction can cause tiredness, poor health, and difficulties in personal pursuits. Conversely, any Vastu issues with NNE or NE can lead to serious health problems.

Moving on to **Pitta**, it is mainly linked to activation zones of East, ESE, SE, SSE, South, and SSW. Digestion problems are common in these areas, especially if food is stored in the SSW. It's best to avoid setting up a dining area there. The SSW is ideal for toilets, which can have positive effects.

When Pitta zones are disturbed, the body's agni—the energy vital for digestion—can become unbalanced. The Southeast is all about taking action, but avoid anti-elements or anti-colors, as they can cause skin issues, including burning sensations in the skin or stomach. SSE is critical for the body's immunity; disruptions here can weaken your defenses.

Lastly, **Vata** issues tend to occur in the SW, WSW, West, WNW, and NW directions. These imbalances can lead to migraines, stomach problems, anxiety, or restlessness. Be mindful of elements and colors in these zones, as toilets or negative influences can result in health problems.

Use the power of these directions to keep your living space aligned for optimal health and vitality. Some of the directions and related issues are; SW- Excessive Vayu due to some indigested food in body, WSW- Problems in lungs (Prana vayu filters), West- body cant manifest which part to accept the food energy and which part of the body, medicines have to affect, WNW- Depression and past thoughts, NW- Vata related issues like skin problems, pimples, skin cuts etc.

Some important health problems are listed below to know which zone of the house is to be scanned for anti-elements, anti-colors or any other items not pertaining to that zone.

<b>Issues</b>	<b>Areas to be scanned</b>
Frequent health issues	NNE and SSE
Subconscious mind – persistent negative thoughts, self-sabotaging behaviors, phobias or anxiety	NW+NE
Cancer	NE or Fire in kitchen
Arthiritis	West
Over weight	Exhaulted SW
Stammering speech	North
Thyroid	ENE, WNW
Lower back pain and shifting upwards	SW

# Chapter 3: The 16 Directions and Their Significance

Finding the center of the house and marking the 16 directions using the angular method bridges the precision of geometry with the spiritual science of Vastu. It ensures your home aligns harmoniously with natural forces, enhancing well-being, prosperity, and peace. Whether you’re constructing a new home or evaluating an existing one, this method provides a solid foundation for Vastu-compliant living.

## Attributes of the 16 Directions

S. N.	Direction	Color	Shape	Metal	Attributes
1.	North	Blue/Black	Wavy	Aluminum	Promotions, Opportunities, Money, Growth, Kuber
2.	NNE	Blue/Black	Wavy	Aluminum	Health, Immunity, Healing, Recovery
3.	NE	Blue/Black	Wavy	Aluminum	Mind, Clarity, Mental Stability, Vision
4.	ENE	Green/Brown	Rectangle	Stainless Steel	Happiness, Fun, Recreation, Humor
5.	East	Green/Brown	Rectangle	Stainless Steel	Public, Networking, Social, Gathering,

					Connections, Govt.
6.	ESE	Green/Brown	Rectangle	Stainless Steel	Churning, Analysis, Strength of manifestation, Anxiety
7.	SE	Red	Triangle	Copper	Fire, Cash liquidity, Initiation,
8.	SSE	Red	Triangle	Copper	Authority, Confidence, Courage, Power, Peace
9.	South	Red	Triangle	Copper	Fame, Politics, Rise to the top, Name
10.	SSW	Yellow	Square	Brass	Disposal, Wastage, Expenses, Artist
11.	SW	Yellow	Square	Brass	Skills, Stability, Heavy, Pitra, Bonding
12.	WSW	White/Grey	Circle	Iron	Education, Knowledge, Protection,
13.	West	White/Grey	Circle	Iron	Profits, Gain, Self-awareness, Manifestation, Accomplishment
14.	WNW	White/Grey	Circle	Iron	Depression, Demotivation, Detoxification,

15.	NW	White/Grey	Circle	Iron	Banks, Support, Court, Legal issues,
16.	NNW	Blue/Black	Wavy	Aluminium	Intimacy, Spirituality, Passion, Attraction

Once you know the attributes of each direction, and you have got your house plan, accurate center, and gridding done. You can implement your basic Vastu yourself. If you are facing any of the problems mentioned in the attribute section of each zone, you can treat that zone yourself using remedial measures.

## Chapter 4: 45 Devta Energy Fields (Vastu Purusha Mandala)

### Understanding the Vastu Purusha Mandala

The Vastu Purusha Mandala is a spiritual diagram symbolizing the cosmic person (Vastu Purusha) reclining face downwards with head in the northeast and feet in the southwest. This square layout, usually divided into 81 (9x9), attributes each pad (section) to a particular God or energy field, amounting to 45 Devtas, out of which 33 are Devtas and 12 Asuras.

These Gods control different things in life and affect the energy patterns of a place.

The Vastu Purusha Mandala separates the spatial arrangement into 81 or 64 squares, each square governed by a particular deity or Devta. These devtas are particular energies or forces that affect the functionality and movement of a space. Each devta controls a section of the plot and bestows qualities to that area.

Understanding the Directions and Devtas– The center is depicted as Brahmsthan. During Shilanyas takes place followed by the digging for the foundation. The central energy field is called the **Brahma Vithi** and is the most sacred area of the building, with a concentrated energy center called Brahma Bindu.

Lord Brahma has four heads. The East-facing head is called Rigveda (Origin), South South-facing head is called Yajurveda, representing action, West West-facing head is called Samaveda, representing sequence and rhythm, and North North-facing head is called Atharvaveda, which represents practical form as production, finished products etc.

Then comes Deva Vithi- The four energy fields of four Adityas connected with Lord Brahma.

1. Bhudar – Holding the Earth
2. Aaryam – The power of protection
3. Vivasvaan – Transformation and progression
4. Mitra – Support and Connections.

The Brahma energy field expands in 4 directions once the construction of walls are raised to 5-7 feet height.

Then comes the Manushya Vithi – Eight energy fields emerge in four diagonals directions like; NE, SE, SW and NW, when the walls come upto lintel level of the house.

Lastly, it is Paishach Vithi – The 32 energy fields on the outer periphery. These are considered padas of the entrances to the house.

All these 45 devtas have various attributes described in short in the following table. Remedies of any of the doshas are food for each of the devtas and mantras. Remedies given in the following table is simple suggestions and not detailed remedies.

**Below is a complete table of the 45 Devtas together with their traits and recommended solutions:**

Devta	Direction/Zone	Function/Attribute	Suggested Remedy
Brahma	Center occupies 9 padas	Creation, balance, wisdom	Keep space open and clean; use golden/white colors. No remedy to be

			tried in this region.
Aditi	Northeast	Creativity, divine grace	Place crystal bowl, offer prayers
Savita	East-Northeast	Illumination, awareness	Use sunlight, chant the Gayatri Mantra
Vivasvan	East	Vitality, communication	Place windows, use bright colors
Bhudhar	East-Southeast	Karma, Research, Stability, material success, etc.	Place heavy furniture, use yellow shades
Aryama	Southeast	Strength, protection	Use fire element (lamp/candle), keep active
Savitra	South-Southeast	Motivation, drive	Keep exercise or workstations
Mitra	South	Friendliness, inner fire	Use red colors, perform daily rituals
Pitru	South-Southwest	Ancestors, heritage	Display family photos, offer gratitude rituals

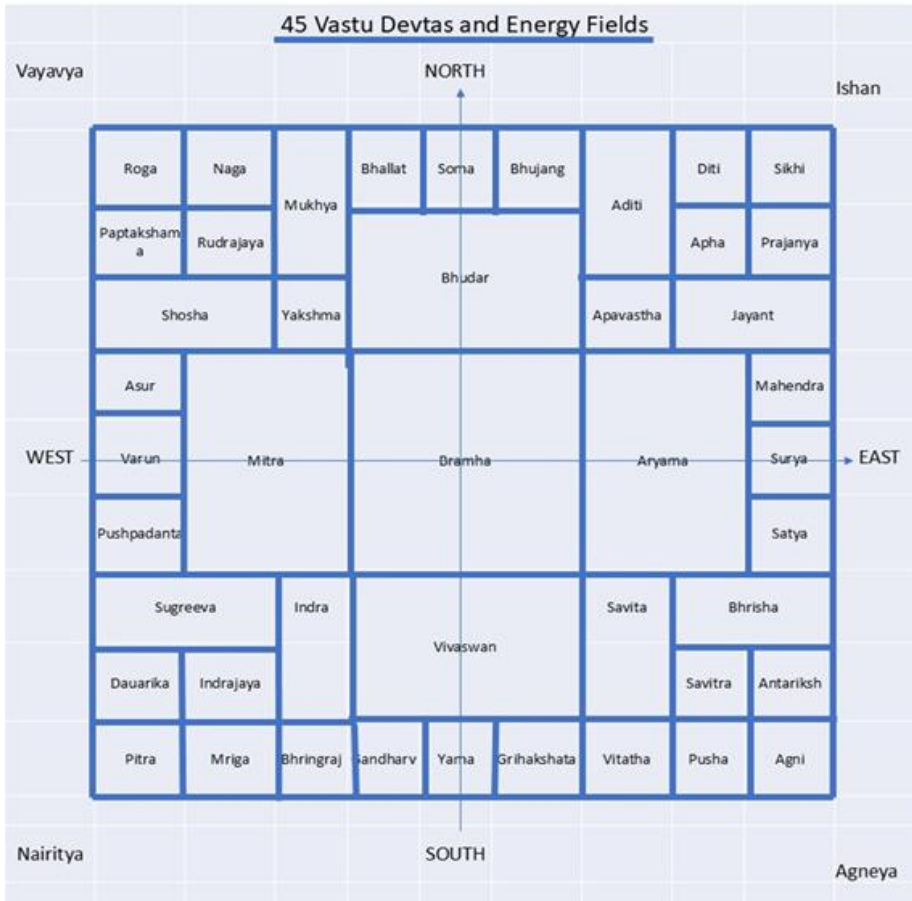
Yama	Southwest	Endings, discipline	Keep clean and peaceful, avoid clutter
Gandharva	West-Southwest	Music, arts, and aesthetic sense	Place instruments/ art décor
Varuna	West	Emotions, water element	Add a water feature or blue shades
Pushpadanta	West-Northwest	Learning, wisdom, dharma	Keep a bookshelf or study table
Vayu	Northwest	Movement, social interaction	Use wind chimes, ventilate well
Rudra	North-Northwest	Transformation, destruction of negativity	Use incense, Rudraksha beads
Kubera	North	Wealth, prosperity	Place locker or safe here
Bhallat	North-Northeast	Growth, new beginnings	Use green plants, keep clutter-free
Apaha	Northeast-Center	Water, purification	Place water pot or temple
Apavatsa	East-Center	Expression, healing	Use mirrors, chant healing mantras
Savitra (duplicate)	Southeast-Center	Vital force, action	Place energizing

			elements like lamps
Indra	Center-East	Authority, rule, control	Keep clean and empowered
Indrajaya	Center-Southeast	Victory, success	Use victory symbols, flags
Rudrajaya	Center-Northwest	Control over energy shifts	Place wind element objects
Marichi	South	Light, sun, cosmic rays	Sunlight, Surya Yantra
Nairuti	Southwest corner	Destruction of obstacles	Keep it heavy, use grounding stones
Sugriva	West	Diplomacy, tact, leadership	Add balance symbols like scales
Mrigah	Northwest	Instinct, travel, seeking	Use earthy décor, animal motifs
Jayant	North	Victory, excellence	Place awards, symbols of success
Diti	East	Courage, inner strength	Use red/yellow décor
Shikhi	Southeast	Order, direction	Organize tools, fire rituals

Pusha	South	Nourishment, growth	Store grains or food here
Aapya	West	Hydration, liquidity	Add a small fountain
Asura	Northwest	Hidden aspects, lower tendencies	Use light, perform purification rituals
Soma	North	Calmness, moon energy	Use cool colors like silver/white
Gandharva (other)	South-Southwest	Sound healing, refined emotions	Add musical elements
Agni	Southeast	Fire, digestion, energy	Keep kitchen here, use fire safely
Vastu Purusha	Entire Mandala	Embodied energy of the house	Keep symmetry and balance throughout

This chart assists in visualizing the energetic areas that affect different functions like health, wealth, peace, protection, creativity, and relationships. The Vastu Purusha is reclining with his head in the northeast and feet in the southwest.

## Diagram of Vastu Purusha Mandala



## How to Activate and Respect Each Devta

- **Daily Rituals:** Lighting lamps, incense, and offering water or flowers in the corresponding direction
- **Mantras:** Reciting specific mantras for each devta can balance energies
- **Functional Alignment:** Coordinate functions of the room with devta qualities
- **Sacred Geometry:** Employ yantras and vastu geometry to respect devta fields

**Example:** If the Varuna area (West) is obstructed by heavy storage or clutter, emotional well-being and financial returns will be impacted. Decluttering and adding a elemental colors reset harmony.

## Chapter 5: The Vastu Purusha Mandala – Layout and Symbolism

The Vastu Purusha Mandala serves as the metaphysical and energetic foundation of Vastu Shastra. It provides the blueprint on which buildings are designed to effectively channel divine cosmic energies.

### Structure of the Mandala

The Mandala is a **sacred energy grid**, usually divided into either:

- **64 squares (8x8)** for temples and villages, etc.
- **81 squares (9x9)** for Houses, commercial, and factories.

Each square is ruled by a specific **Devta** and represents an energy frequency. The Mandala has:

- **Brahmasthan** at the center – representing universal consciousness.
- Periphery zones governed by **Lokapalas** and other directional deities.

The figure of **Vastu Purusha**—a cosmic man—is imagined lying within the grid:

- **Head in the Northeast**
- **Feet in the Southwest**
- **Back on the ground, face downward**



His posture reflects energy flowing from subtle (spiritual) zones in the Northeast to material grounding zones in the Southwest.

### **Brahmasthan – The Center of Consciousness**

**Brahmasthan**, the central square(s), symbolizes creation, balance, and unity. This zone:

- Must remain open, unbuilt, and clutter-free.
- Supports harmony in all life areas.
- It is ideal for a courtyard, sky dome, or spiritual altar.

## **Marma Sthan – Vital Points in the Grid**

**Marma Sthans** are sensitive intersection points in the Mandala, much like acupuncture points in the human body. Disturbing these zones can lead to imbalance or even severe Vastu defects.

### **How to Identify and Mark Marma Sthans:**

1. **Use a scaled grid overlay** on the floor plan (8x8 or 9x9, depending on space).
2. **Divide equally** from both length and breadth, marking each square.
3. **Center square(s)** represent Brahmasthan.
4. **Intersecting lines** at specific Devta squares are considered marma zones (like Nairuti–Yama in Southwest, or Apaha–Aditi in Northeast).
5. Avoid placing **pillars, toilets, heavy weights, or kitchens** over marma points.

# Chapter 6: Zonal Strengths and Defects

## Identifying and Correcting Zone Defects

In Vastu Shastra, the entire space is divided into different zones based on the 16 directions and the Vastu Purusha Mandala. Each zone is ruled by a specific **devta** and is linked to various aspects of life, such as wealth, health, relationships, and career. When these zones are unbalanced or disrupted, they create **Vastu doshas (defects)**, which can manifest as negative outcomes in one's life.

### Common Zone Defects:

- **Clutter and blockage:** A common defect where the zone is congested with excess furniture or obstructions. This disrupts the flow of energy, causing stagnation and imbalances.
- **Inappropriate usage:** For example, using the **southwest** zone (which is governed by the **Yama** devta) for a kitchen can disturb discipline and cause health issues.
- **Lack of natural elements:** Absence of elements like light, air, or water in certain zones can create energy imbalances. The **northwest** zone should ideally have good airflow, while the **southeast** should be exposed to sunlight for the fire element to function effectively.

### Example of Identifying Zone Defects:

Let's take the **south** zone, ruled by **Mitra**, the devta of friendship and cooperation. If this zone is cluttered or blocked by heavy furniture or machinery, it can manifest as a lack of harmony in relationships or difficulty in career progress. By removing excess

items and allowing free flow in this area, balance can be restored, improving interpersonal relations and overall well-being.

## **Correction Techniques for Defects:**

1. **Decluttering:** Remove unnecessary items that block energy flow. A clean and clear zone ensures that the devtas can function optimally.
2. **Elemental Reinforcement:** If the zone lacks one of the five elements, introduce it appropriately. For example:
  - In the **southeast** zone (ruled by **Agni**), place a small lamp or lighted candle to reinforce the fire element.
  - In the **northwest** zone (ruled by **Vayu**), ensure proper ventilation or place wind chimes to enhance air flow.
3. **Proper Placement of Furniture:** Follow the prescribed placements for furniture based on Vastu. For example, avoid placing heavy items in the **northeast** or **center**, as these areas should be kept open and balanced.

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## **Practical Remedies (with Examples)**

Here are a few practical remedies that can help restore the balance of energy in the zones:

1. **Correct Room Placement:**
  - Place the **kitchen** in the **south** zone for harmony in cooking and health.
  - Set up **bedrooms** in any of the zones to ensure a strong and stable relationship, except SSW, ESE, and WNW, whose attributes give negative results. Also, avoid NE as the master bedroom for the earning member of the house. NE can be given to young children or senior members of the house.
  - Toilets are good in SSW, ESE and WNW zones, and can be in any other zone with proper remedial measures.

2. **Use of Colors:**

- If the entire house is painted with cream or off white color, then no Vastu dosha concerning colors would arise.

3. **Adding the Correct Elements:**

- **Water:** Place water elements like small fountains in the **North** zone to promote clarity and growth.
- **Earth:** Use potted plants in the **SSW and SW** zones to stabilize energy and foster relationships.
- **Air:** Ensure good ventilation in the **Eastern** zone to facilitate smooth social interactions, better communication and great contacts.

## Chapter 7: Marma Sthan (Vital Points)

### Explanation of Marma Sthan and How They Influence Health and Prosperity

In Vastu Shastra, the term Marma Sthan is used to denote certain areas or points in a building that directly affect the health, energy, and prosperity of the people residing within it. Such points are usually called the vital points or pressure points of a building. Similar to the human body, which has marma points affecting physical well-being, the built environment also possesses such zones that can either favorably or unfavorably affect its inhabitants.

Marma Sthans are regarded as extremely sensitive points in a building. They are generally located in the middle of the building or at the junctions of important zones. If these points are blocked, poorly designed, or influenced by negative factors, they can lead to a range of health problems, financial loss, or emotional turmoil.

The middle part of the house, or the Brahmasthan, is said to be the most significant Marma Sthan. This is the center of the house, and it is said that if this space is obstructed or interrupted, it can influence the overall equilibrium of the building and its residents. The Brahmasthan must remain open, clear, and devoid of heavy furniture.

### Finding Marma Sthan in the Floor Plan

Marma Sthan are generally at the points where they intersect important areas in the Vastu grid. In the classic Vastu Purusha Mandala, these critical points are usually at the center or main direction zones. Let us enumerate them:

- **Brahmasthan (Center):** This is the most critical point and should have no heavy furniture, beams, or columns.

- **Near the Corners:** The points where northeast, northwest, southwest, and southeast intersect are also critical marma points.
- **Doorways and Windows:** The position and alignment of doorways and windows, especially at the center of the house, must be taken care of not to break the Marma Sthan.

### **Example:**

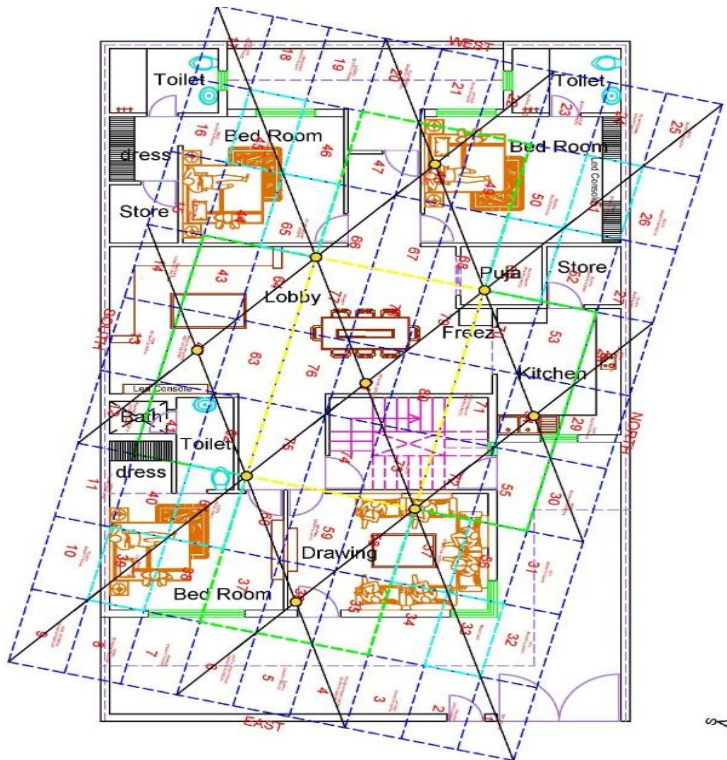
If there is a toilet in the northeast zone, it may result in poor health or disturbed energies in the house. This flaw has no practical remedy; it can only be overcome by dismantling or shifting the bathroom.

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## **Marma Sthan and Its Influence on Health**

Marma Sthan directly affects the health and well-being of the occupants. When these critical points get disturbed, it may cause various problems, including:

- **Physical Health Issues:** It may vary from chronic diseases, headaches, backache, and respiratory problems to digestive problems. For example, if the southwest zone (ruled by Yama) is obstructed or disturbed, physical strength will be affected, and there will be problems related to bones, joints, and legs.
- **Mental and Emotional Disorders:** Marma points also exert a psychological effect. Obstructed zones, particularly in the northeast or center, may lead to anxiety, confusion, and instability. Mental tension and emotional instability can occur when the Brahmasthan is blocked.
- **Wealth and Prosperity:** The positioning of Marma Sthan also contributes to wealth and prosperity. An ill-positioned safe or treasure chest in the north zone (governed by Kubera) may impede wealth energy, resulting in financial problems.



## Cures for Marma Sthan Defects

The following are some general remedies to rectify Marma Sthan defects:

### 1. Clearing Central Zone (Brahmasthan):

#### Repair

- o Leave the Brahmasthan area free from encumbrances, open, and airy. Do not keep heavy furniture or electronic devices.
- o Place crystals or plants in the center to balance energies.
- o Mirror placement: Mirrors can be utilized to bounce positive energy into the center.

### 2. Room Placement Correctly:

- o If the southwest zone is disrupted, move heavy items such as furniture to a different part of the house.
- o Water features in the northeast can correct energies. If there is a bathroom or toilet in the northeast, utilize remedies such as mirrors or plants to nullify negative impacts.

### **3. Vastu Balanced Room Design:**

o Make sure that every room is properly placed according to the Vastu principles, specifically regarding the Marma Sthan. For example, the kitchen must never be located in the northeast direction.

### **4. Implementing Spiritual Symbols:**

o The positioning of Yantras (sacred diagrams) or Mantras (sound vibrations) for each zone may assist in activating or balancing the Marma Sthan. The placement of the Ganesha Yantra in the northeast may eliminate obstacles.

### **5. Keeping Flow:**

o See that the windows and doors in the house are oriented to encourage natural airflow. Stale, stagnant energy may affect health and prosperity adversely.

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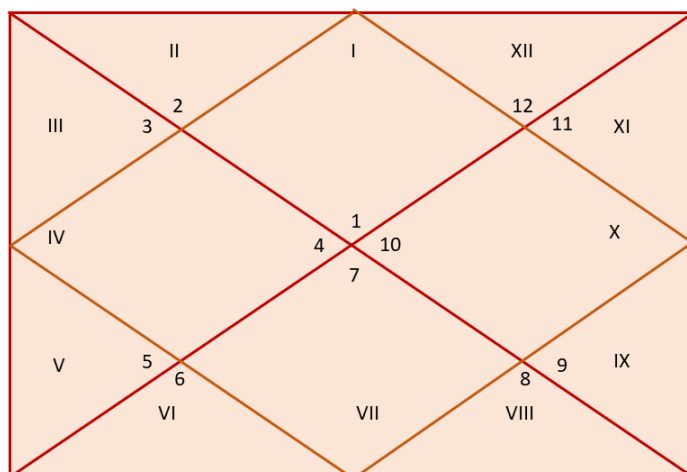
## **Conclusion**

Marma Sthan holds a very important position in achieving balance and harmony in a building. By locating these key points and making them free of blockage or disturbance, one can upgrade the health, wealth, and emotional comfort of the residents. Successful remedies can restore the natural flow of energy, resulting in a serene and prosperous living space.

# Chapter 8: Astro-Vastu Integration

## Integrating Astrology with Vastu

Astrology and Vastu Shastra are two ancient systems that provide valuable perspectives on the compatibility and balance of energies within a space. Whereas Vastu focuses mainly on spatial configurations space and how they affect the environment, astrology provides a more profound understanding of the impact of celestial forces on individual lives. The fusion of astrology with Vastu design, i.e., Astro-Vastu, boosts the overall happiness and wealth of a place by coordinating the energies of the home with the astrological characteristics of the occupants.



Houses or Bhavas are depicted in roman numerals from I to XII in above diagram.

Rashis or Signs are depicted as numerals from 1 to 12 in above diagram. These rashis are in sequence Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Saggitareous, Capricon, Aquarius, and Pisces respectively.

Each of the houses and signs have different attributes.

There are mainly 9 planets considered in Vedic astrology. These planets are:

Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, Rahu and Ketu.

1<sup>st</sup> house is considered to be Self, Fame, etc and has East direction.

2<sup>nd</sup> house is for Money, family, etc. and has Northeast direction.

3<sup>rd</sup> house is for short travel, online marketing, etc. and also has Northeast direction.

4<sup>th</sup> house is for Property, assets, etc. and has North direction.

5<sup>th</sup> house is for Intelligence, creativity, etc. and has NW direction.

6<sup>th</sup> house is for Disease. Debts, jobs, etc. and also has NW direction.

7<sup>th</sup> house is for Spouse, Partner, etc. and has West direction.

8<sup>th</sup> house is for long diseases, Unearthed money, Occult science, etc. and has SW direction.

9<sup>th</sup> house is for Long travel, Fortune, etc. and also has SW of the house.

10<sup>th</sup> house is for Career, Karma, Profession, etc. and has South direction.

11<sup>th</sup> house is for Gains, Profits, etc. and has SE direction.

12<sup>th</sup> house is for Loss, death, expenses, etc. and also has SE direction.

Astro-Vastu recommends that the energy of a home is affected by the horoscope (kundli) of occupants, and space design should coordinate with the positive points of the individual's astro chart. Ascendant (lagna), moon sign, and planetary effects influence each other greatly to maximize the space arrangement.

Astro-Vastu is the study of adapting the shape and location of rooms according to these astrological forces so that they all vibrate in harmony with the path of life, health, wealth, and prosperity of the individual.

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## **Role of Lagna, Moon Sign, and Planetary Influence in Vastu Lagna (Ascendant):**

The lagna, or ascendant, of a person's birth chart symbolizes their external personality and how they respond to the world. The lagna in Vastu has a close connection with the house center, or Brahmasthan, because that is where the basic energy of an individual is present. The direction of the house must favor the lagna sign to boost vitality and success.

### **Moon Sign:**

- \* The moon sign influences emotional, mental, and subconscious areas. In Vastu, it is connected with the northeast direction, which is controlled by the Devta Aditi, the divine mother, and symbolizes creativity, peace, and calm.
- \* For people with a Cancer moon sign, as the moon rules it, having living or meditation rooms in the northeast will promote emotional balance and peace.

**Planetary Influences:** The effects of different planets like Jupiter (for knowledge), Saturn (for discipline), and Venus (for aesthetics and comfort) can be balanced through the proper placement of rooms. For instance, the northeast is associated with Jupiter, and this space can be strengthened with study areas or temples to promote knowledge and wisdom.

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## **Conclusion**

Astro-Vastu Integration marries the ancient knowledge of Vastu Shastra with the field of astrology to design peaceful living spaces that are energetically attuned to the life mission and cosmic forces of the individual. By taking into account the lagna, moon sign, and planetary positions, one can live a better, more successful, relationship-oriented, and prosperous life. Harmonious placement

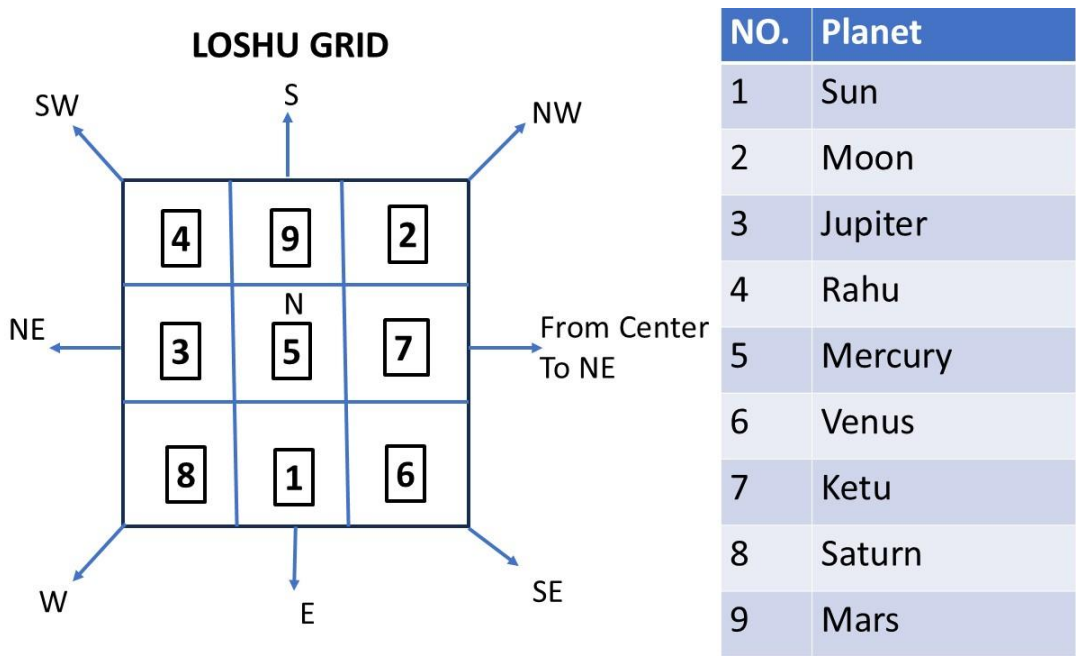
of the rooms, objects, and energies can lead to a more tranquil, prosperous, and satisfying life.

# Chapter 9: Numero Vastu

## House Number, Vibrations and Corrections

In Vastu Shastra, every number has a unique vibrational energy, and the house number is said to affect the energy patterns of a space. Every house number vibrates with a specific planetary energy, and the quality of energy it introduces into the home may bring harmony or may disturb it. Numero Vastu enlightens us on the vibrational meaning of house numbers and provides remedies to increase their positive influence.

The concept behind Numero Vastu is that of numerology, an old art that looks into the vibrational energies of the figures. Adding the numbers of a house number might reveal particular energies, relating to the traits of particular planets, and potentially affect areas such as financial gains, health, love life, and mental harmony.



## **Numbers**

In Numero Vastu, some figures are more auspicious than others about their vibrational values:

### **1. Number 1 (Sun):**

- o Positive Traits: Leadership, power, vitality, success.
- o Best for: Individuals with commanding roles, entrepreneurs, and individuals who pursue success and acclaim.

### **2. Number 2 (Moon):**

- o Positive Traits: Emotional balance, intuition, creativity, harmony in families.
- o Best for: Families, creatives, and imaginative professionals.

### **3. Number 3 (Jupiter):**

- o Positive Traits: Wisdom, knowledge, education, expansion.
- o Best for: Students, teachers, spiritual seekers, and educational or learning oriented businesses.

### **4. Number 4 (Rahu):**

- o Positive Traits: Innovation, technology, intellectual activities, social relations.
- o Best for: Innovators, engineers, researchers, and individuals who engage in social work.

### **5. Number 5 (Mercury):**

- o Positive Traits: Communication, flexibility, clarity of mind, business skills.
- o Best for: Communication professionals, marketing and business professionals, and IT professionals.

### **6. Number 6 (Venus):**

- o Positive Traits: Luxury, beauty, comfort, relationships, creativity.

o Best for: Designers, artists, and beauticians.

**7. Number 7 (Ketu):**

o Positive Traits: Spirituality, intuition, introspection, pursuit of philosophical studies.

o Best suited for: Philosophers, spiritual seekers, and individuals intent on self-improvement.

**8. Number 8 (Saturn):**

o Good Traits: Hard work, discipline, material prosperity, stability.

o Best suited for: Career professionals intent on achieving long-term stability, entrepreneurs, and individuals interested in career success.

**9. Number 9 (Mars):**

o Positive Characteristics: Strength, vitality, courage, conflict resolution.

o Auspicious for: Sports personalities, soldiers, and individuals engaged in high-energy sectors.

**Important table for Numero Vastu:**

Element	Metal	Number	Taste	Shape
Water	Aluminium	1	Salty	Wavy
Air	Stainless Steel	3,4	Sour	Rectangle
Fire	Copper	9	Spicy	Triangle
Earth	Brass	2,5,8	Sweet	Square
Space	Iron	6,7	Bitter	Circlul

## **Conclusion**

In Numero Vastu, the numerological vibrations of your house number can have a strong influence on how harmonious your home is. Knowing the vibrational traits of your home's number, you can use remedies to bring prosperity, good health, and happiness into your life. Keep in mind that house numbers provide some energies but must also work within the individual's astrological and spatial requirements to create maximum harmony and balance.

# Chapter 10: Swar Vigyan and Vastu

## Nasal Breathing Patterns and Timing

Swar Vigyan is a very old science that concerns the study of breathing patterns through the right and left nostrils. This science, as per this discipline, holds the nostrils responsible for deciding the energy flow in the body and how it affects our surroundings. The practice is deeply connected with Vastu Shastra because it gives us ideas about how particular times and breathing patterns can make or mar the energy dynamics of a place.

### Comprehending Left and Right Nostril Breathing:

- **Right Nostril (Pingla Nadi):** The right nostril is connected with masculine energy, the sun, and the active, dynamic aspect of the body. Breathing in through the right nostril is energizing, making one more aggressive, active, and mentally clearer. This is particularly helpful in the daytime when the body requires being active and alert.
- **Left Nostril (Ida Nadi):** The feminine energy, the moon, and the passive, soothing aspect of the body are associated with the left nostril. It is connected with introspection, relaxation, and emotional equilibrium. Breathing with the left nostril is said to stimulate the parasympathetic nervous system, which quiets the mind and body, best for night or attempting to minimize stress and anxiety.

### Timing

and breathing patterns also relate in Vastu Shastra to the layout of spaces, particularly with the movement of energy. Correct breathing pattern in various areas of a home can greatly enhance the flow of good energy (Prana) and harmony in the living space.

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## **Aligning daily activities with Vastu timing**

Just as breathing affects our internal energy, Vastu Shastra highlights the significance of the timing of activities in connection with the elements and directional energies. The ancient practice of Swar Vigyan recommends coordinating your daily activities with the movement of energy in the environment, depending on the nostril you breathe through at any point in time. This practice guarantees that our activities harmonize in tune with the energies around us, creating balance and prosperity.

### **Morning Practice and Vastu:**

- **Ideal Time to Meditate:** The morning hours, 4:30 AM to 6:00 AM, are said to be a good time to practice spiritual pursuits such as meditation, prayers, or chanting mantras. At this time, the inhalation of breath through the left nostril (Ida) helps in inner peace and emotional balance.
- **Optimum Time for Physical Work:** 6:00 AM to 10:00 AM is the time when the energy is most active, and it is the optimum time to do physical work, exercise, or other active activities. At this time, breathing through the right nostril (Pingla) can increase endurance and mental clarity.

### **Nighttime Routine and Vastu:**

- **Relaxation and Family Time:** In the evening, between 5:30 PM and 7:30 PM, energy begins to wind down. This is the most appropriate time for family time, dinner, or relaxation activities. You should try to breathe through the left nostril for emotional relaxation, promoting calmness and enhancing communication among family members.
- **Night:** During the night, the period between 9:00 PM and 10:30 PM is best for resting. One should avoid stimulating activities involving the right nostril as they can disrupt sleep. Breathing through the left nostril before sleeping induces a calm and restful state, promoting proper relaxation and a good night's sleep.

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## **Influence of Swar Vigyan on Vastu Design:**

When creating spaces, it is beneficial to know the flow of energy in breathing patterns to increase the physical and spiritual well-being of residents. For instance:

- **Bedroom:** It should be ideally such that the head of the bed is directed towards the south or east, since it aligns the body with Earth's magnetic fields. Ensure that right nostril (Pingla) breathing dominates more in the daytime, and left nostril (Ida) breathing during nighttime brings tranquility and deep sleep.
- **Meditation Room:** A meditation room is best kept in the north-east direction because it agrees with the constructive energy flow, which is supportive to relaxation. Left nostril breathing meditation improves spirituality and grounding.
- **Workplace:** In a home office or in a workplace, placing the desk facing north or east is imperative to synchronize with the active flow of energy (Pingla). Breathing with the right nostril during working hours will enhance concentration and productivity.

## **Conclusion:**

Swar Vigyan, when combined with Vastu Shastra, can create a powerful effect on an individual's life and the energy of a place. By coordinating daily life according to the Prana flow and being constantly aware of your breathing habits, you can maximize the positive energies of your dwelling place. This process facilitates spiritual growth, emotional equilibrium, and well-being, so that your surroundings favor your inner and outer well-being.

# Chapter 11: Vastu for Different Spaces

Vastu Shastra, an ancient science of architecture and spatial design, is not only applied to buildings as a whole but also to individual spaces within a structure. The application of **Vastu principles** varies depending on the function of the space and its role within the larger context of the building. This chapter delves into how Vastu Shastra can be applied to various spaces, including homes, offices, commercial spaces, temples, and gardens.

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## 1. Home

The home is a sanctuary of peace, prosperity, and harmony. In Vastu, the way rooms are placed and their directional alignment plays a crucial role in promoting well-being. By adhering to Vastu principles, we can harmonize the flow of energy, creating spaces that support health, wealth, and emotional well-being.

### Ideal Room Placements:

- **Main Entrance:** The entrance should ideally face 22.5 degrees on left of **North, East, South, or West**. These entrance directions attract **positive energy** and invite prosperity and good health.
- **Living Room:** The **living room** can be in any zone of the house except **SSW** which is a disposal zone. All other directions are considered good if balanced properly in relationships and social harmony.
- **Kitchen:** The kitchen should be placed in the **Fire Zone** of the house, as it aligns with the **Agni (fire)** element. This placement is said to enhance health and vitality. In any other direction, the kitchen has to be treated appropriately as per the directional attributes.

- **Bedroom:** The **bedrooms** can be suitably placed in the house keeping in mind that the **head of the bed** should not face negative zones of the house to promote good health and restful sleep.
- **Toilets:** Toilets can be in any direction of the house if they are treated nicely. They can be placed in any of the negative zones, and any other zone with proper treatment. Only precaution must be taken to ensure that they are not placed in the NE direction.

### **Recommended Remedies for Home:**

- **Clearing clutter:** Remove excess clutter, especially in the **northeast** of the house, to allow energy to flow freely.
  - Wall colors, paintings, spot lights, unicorn horses, etc.
  - **Plants: Indoor plants** placed in the **east or northeast** can boost the **positive energy** and air quality.
- 

## **2. Office**

The office space is a place where energy needs to flow to ensure productivity, creativity, and professional success. In **Vastu Shastra**, the correct placement of workstations and the orientation of the desk are vital for ensuring that the energy flow is conducive to work-related success.

### **Ideal Office Placements:**

- **Main Entrance:** The office should have an entrance in the **North** or **East** direction for optimum flow of positive energy.
- **Work Desk:** The desk should face the **north** or **east** while sitting, as this direction supports mental clarity and productivity. The desk should be free from clutter to allow the energy to flow smoothly.

- **CEO or Manager's Cabin:** The cabin should ideally be in the **southwest** corner of the office, facing **north or east**. This placement promotes stability and leadership.
- **Conference Room:** The **conference room** should be located in the **northwest** direction to encourage communication and successful business negotiations.

### **Recommended Remedies for Office:**

- **Colors:** Light shades such as **white**, **light blue**, and **yellow** are ideal for **work areas**, as they enhance focus and productivity.
  - **Organizing Workspace:** Keep the workspace **clean and organized**, especially the **northwest** and **southwest** corners.
- 

### **3. Commercial Spaces**

In commercial spaces, the goal is to attract customers, clients, and success. Vastu principles are applied to enhance the energy flow to ensure the business prospers and continues to grow.

#### **Ideal Commercial Space Placements:**

- **Product Display:** Product displays should be placed in the **northwest** section, as it promotes sales and attracts clients.
- **Storage:** The **storage area** should ideally be placed in the **southwest** part of the commercial space to ensure that it doesn't block the flow of energy.
- **Cash Counter:** The cash counter should be positioned in the **northeast** or **southeast** direction, as these zones promote financial success and stability.

## Recommended Remedies for Commercial Spaces:

- **Vastu Yantras:** Place **Vastu Yantras** such as the **Kubera Yantra** at the entrance to attract wealth and prosperity.
  - **Wind Chimes:** Install **wind chimes** or **bell sounds** in the **northwest** corner to enhance customer attraction and business growth.
  - **Clutter-Free:** Always keep the space clutter-free to allow the flow of energy. The **north** and **northeast** areas should be clear and open.
- 

## 4. Puja room:

Temples are sacred spaces, and Vastu Shastra plays a significant role in ensuring that the energy flows harmoniously, fostering a spiritually uplifting atmosphere. The primary aim is to create an environment that supports **prayer**, **meditation**, and **divine blessings**.

## Ideal Puja room Placements:

- **Main Puja room** in a house to be kept in North, NNE, NE and West directions. The Puja room should ideally have one idol in the room. Avoid red colors in the puja rooms. Guru photo or idol must not be kept in the puja room along with God.

## Recommended Remedies for Puja room:

- **Lighting Lamps:** Regular lighting of lamps and incense, especially in the **northeast**, is believed to increase spiritual energy.
  - **Rituals:** Performing **prayers** or **mantras** within the temple space enhances the connection with the divine and amplifies spiritual energy.
-

## 5. Gardens

The garden is an extension of the house and plays a role in enhancing positive energy. A **Vastu-compliant garden** can increase prosperity and the overall well-being of the inhabitants.

### Ideal Garden Placements:

- **North or East** Planting **flowering plants** and placing **water features** in the **northeast** zone attracts positive energy and prosperity.
- **South zones** can also have plants but its one should not have plants in the west zones.

### Recommended Remedies for Gardens:

- **Proper Maintenance:** Keep the garden well-maintained to avoid stagnation of energy.
- **Plants:** Use **green plants**, especially in the **northeast**, for prosperity and **fresh energy**.
- **Avoid Thorny Plants:** Avoid planting thorny or **sharp-leaved plants** near entrances, as they represent negative energy.

---

### Conclusion:

Every space within a building holds its unique significance in **Vastu Shastra**. By understanding the directional energies and aligning the activities within a room or building, it is possible to enhance the well-being of the occupants and encourage prosperity, health, and success. Applying the Vastu principles to various spaces—from the home and office to temples and gardens—ensures that each area is in harmony with the natural elements and cosmic forces.

## Chapter 12: Remedies Without Demolition

One of the most important aspects of Vastu Shastra is that it offers **remedies** for spaces that are not aligned correctly with the laws of energy flow. Sometimes, it is not practical or possible to make structural changes in a building. In such cases, **Vastu remedies without demolition** can be incredibly effective. These remedies focus on altering the energy of the space through subtle adjustments rather than physical construction or demolition.

This chapter explores practical, non-invasive remedies that can be used to correct **Vastu doshas** (flaws) without the need for major renovations.

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### 1. Pyramids

**Pyramids** are one of the most effective non-demolition remedies in Vastu. The pyramid shape is believed to channel **positive energy** and neutralize any **negative energy** within a space.

### 2. Color Therapy

**Color therapy**, also known as **chromotherapy**, uses colors to alter the mood and energy of a space. In Vastu Shastra, colors are associated with specific **elements** and **directions**, and they can be used strategically to balance energy.

#### How Color Therapy Works in Vastu:

- **Colors and Elements:** Each color represents a particular element, and using the right colors in each zone can enhance the energy flow.
  - **Red (Fire):** Promotes strength and vitality. Best used in **southeast** for the **kitchen** or **living room**.

- **Yellow** (Earth): Brings mental clarity and stability. Ideal for the **northeast** or **center**.
- **Green** (Wood): Enhances growth and prosperity. Ideal for the **east** or **northeast**.
- **White** (Air): Supports peace, clarity, and mental calmness. Best for **west** or **northwest**.
- **Blue** (Water): Promotes peace and emotional balance. Best placed in the **north** or **west**.

### **Recommended Remedies Using Color Therapy:**

- **Repaint walls** with the appropriate colors based on the function of the room. For example, use **green** in the **northeast** for better health or **yellow** in the **center** for mental clarity.
- **Colored curtains or rugs** can be added to change the atmosphere of a space without altering the structure.

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### **3. Crystals**

Crystals are powerful tools in Vastu Shastra. They are believed to possess healing and energizing properties that can align the energies of a space. Each crystal is associated with different **energies** and can be used in various parts of the home or office to either enhance or neutralize energy.

#### **How Crystals Work in Vastu:**

- **Energy Conductors:** Crystals work as natural conductors of energy. They attract or repel certain types of energies based on their properties.
- **Types of Crystals:** Some of the most commonly used crystals in Vastu include:
  - Clear Quartz, Amethyst, Rose Quartz, Citrine, Black Tourmaline, Ruby, Pearl, Diamond, Emerald, Cats Eye, Blue Sapphire, Yellow Sapphire, etc.

## 4. Mirrors

Large mirrors are one of the most commonly used Vastu remedies for adjusting the energy flow in a cut space. Mirrors are known to reflect energy, and their placement can either amplify or neutralize the flow of energy in such areas

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## 5. Yantras and Mantras

**Yantras** and **mantras** are symbolic representations and sound vibrations that can be used to align energies and correct Vastu doshas. A **Yantra** is a geometric design that embodies specific energies, while a **mantra** is a chant that invokes divine forces.

### How Yantras and Mantras Work in Vastu:

- **Yantras:** A **Yantra** is a sacred symbol that represents the energy of a specific deity or force. Placing the right Yantra in a space can bring harmony and balance to the energy of that space.
  - **Vastu Purusha Yantra:** Helps correct structural defects and brings balance to the space.
  - **Kubera Yantra:** Attracts wealth and prosperity when placed in the **northeast** or **southwest**.
- **Mantras:** Chanting mantras in the proper direction or at the right time can activate positive energy and neutralize any negative energy.
  - **Gayatri Mantra:** For overall peace and enlightenment.
  - **Om Namah Shivaya:** For spiritual growth and protection.

## Recommended Remedies Using Yantras and Mantras:

- **Place the Vastu Purusha Yantra** in the **center** of the house to bring balance and harmony.
  - **Chant the Gayatri Mantra** in the **morning** to invoke wisdom and energy.
  - **Use the Kubera Yantra** in the **southeast** to enhance wealth and prosperity.
- 

## 6. Vastu and Intuition

In addition to physical remedies, **intuition** plays an important role in Vastu Shastra. By developing an awareness of the subtle energy around us, we can intuitively sense areas of imbalance or areas where energy needs to be cleared. These intuitive practices, when combined with traditional remedies, can help optimize energy flow.

### How to Use Intuition in Vastu:

- **Energy Scanning:** Walk through the space with your mind clear and your senses heightened. You may feel heavier energy in certain areas, which can indicate blockages.
  - **Meditation:** Regular meditation helps in strengthening intuitive abilities, allowing you to perceive and correct negative energy.
  - **Balance the Energy:** Trust your instincts about what feels right in the space and make adjustments accordingly.
- 

## Conclusion

In Vastu Shastra, you don't always need to demolish or reconstruct spaces to create harmony. Many simple, non-invasive remedies—such as using **pyramids, colors, crystals, mirrors, yantras**, and **mantras**—can effectively shift the energies within a space. By

applying these remedies, you can improve the flow of energy in your home or office and enhance your health, prosperity, and happiness.

## Chapter 13: Vastu and Intuition

In Vastu Shastra, the physical and energetic environment is intricately linked. While Vastu offers guidelines based on ancient knowledge and structured principles, the role of **intuition**—our ability to sense the subtle energy of a space—is equally significant. Intuition is often the key to harmonizing energy in ways that are not immediately visible or rationally understood.

This chapter explores how **intuition** can be used as a tool to guide Vastu decisions and how it enhances the process of creating balanced, positive spaces.

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### 1. Developing Intuitive Sensing

To understand Vastu in a deeper sense, it is essential to develop an **intuitive connection** with the space. This involves tuning into the energy flow, sensing areas that feel heavy or stagnant, and identifying spots where energy needs to be redirected or enhanced.

#### Steps to Develop Intuitive Sensing:

1. **Create a Quiet Mind:** To sense energy, one must first quiet the mind. Meditation is an excellent practice for clearing the mental clutter and allowing intuitive impressions to surface.
2. **Feel the Space:** Walk around the space with awareness. Pay attention to how different areas feel. Do some rooms feel lighter and more expansive, while others feel heavy or confined?
3. **Observe Physical Responses:** Notice if your body reacts differently in different parts of the space. Physical sensations, such as tension or relaxation, can be indicators of energy flow. For example:
  - **A tight feeling** could indicate blocked or stagnant energy.

- **A relaxed sensation** may suggest that energy is flowing freely.

4. **Use Your Hands:** Some people develop the ability to sense energy through their hands. By holding your hands just above certain objects or sections of the room, you may feel subtle shifts in temperature or vibrations. These sensations can guide you in identifying areas that need attention.

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## 2. Subtle Energy Awareness Exercises

Being in tune with the subtle energies around you is a skill that can be developed over time. Through regular practice, you can learn to detect shifts in the energy of a room or home. Here are a few **simple energy awareness exercises** to strengthen your intuition:

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## 3. Practical Applications of Intuition in Vastu

Intuition plays an essential role in making adjustments to a space that go beyond what is visible or logical. It can guide you in sensing where energy is blocked, where there is an excess or deficiency of a particular element, or where improvements are needed.

### Using Intuition to Balance the Five Elements:

- **Earth:** If you sense that a space feels too heavy or stagnant (often indicated by a feeling of lethargy or discomfort), you may need to introduce more **movement**, like wind or plants, to balance the earth element.
- **Water:** Stagnant energy in areas like the bathroom or kitchen can often be sensed through the emotions—feelings of tension or irritability may indicate an imbalance in the water element. Placing a small water feature or using calming blue tones can help restore balance.

- **Fire:** If there is a feeling of agitation or confusion, the **fire** element may be too strong or unbalanced. Use of candles, natural sunlight, and the color red can help balance this element.
  - **Air:** Spaces that feel suffocating or overwhelming may have an excess of stagnant air. By opening windows, using fans, or adding aromatic elements (such as incense or essential oils), you can restore harmony.
  - **Space:** A sense of expansiveness, clarity, and peace is often linked to the **space** element. Clutter or overly dense furniture placement can restrict the free flow of energy, so creating open areas and using light, airy furniture can enhance this element.
- 

#### 4. Practical Intuitive Remedies

When making Vastu adjustments based on intuition, the following steps can guide you in applying remedies in a subtle yet powerful way:

1. **Declutter:** Intuitively sense where **clutter** is present, particularly in the **northeast** (which governs wisdom) and **southwest** (which governs stability and relationships). Removing unnecessary items will help restore balance.
  2. **Align Rooms with Purpose:** Based on intuitive impressions, you may decide to reassign spaces. For instance, a room that feels closed off and unwelcoming may work better as a **living room** or **office** when it is better aligned with the **energy flow**.
  3. **Strategic Use of Colors:** Trust your intuition when choosing colors for your home. If a room feels overly bright or cold, introducing **warm, neutral tones** can help balance the energy. Conversely, using **cool colors** in heated spaces like kitchens can bring more balance.
  4. **Healing Sounds:** If a room feels dense or heavy, use **sound therapy** such as playing soft music or using a **singing bowl**. Intuitively select music that resonates with you, as different frequencies are believed to cleanse energy.
-

## **Conclusion: The Power of Intuition in Vastu**

By combining **ancient Vastu principles** with modern intuitive practices, you can create spaces that feel alive and balanced. The energy of a space can be transformed through subtle shifts that may not always be visible but are deeply felt. Developing intuitive sensing and using energy awareness exercises will help you in designing environments that foster peace, prosperity, and well-being.

As we continue to evolve, so does our understanding of energy, and by trusting our intuition, we can align ourselves with the natural flow of the universe. The result? Harmonious, energetically balanced spaces that support all aspects of our lives.

# Chapter 14: Modern Vastu Practices

In the fast-paced world of today, **traditional Vastu Shastra** principles are being adapted to suit modern living, particularly in urban environments where space is limited and design needs are more diverse. This chapter will explore how ancient Vastu concepts can be applied to modern spaces, focusing on **apartment living**, **urban architecture**, and other contemporary living scenarios.

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## Vastu in Apartment Living

Living in **apartments** presents unique challenges for applying Vastu principles, given the limited space and shared structures. However, with careful consideration of placement and energy flow, it is still possible to achieve a harmonious living space.

1. **Balcony and Windows:** If your apartment includes a **balcony**, it is essential to maintain good ventilation and ensure that the balcony area is **clean and open**. In Vastu, the **east** and **north** sides are favored for balconies as they receive morning sunlight, which enhances positivity.

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## 2. Vastu in Urban Architecture

Urban architecture focuses on maximizing available space while maintaining functionality. However, incorporating Vastu principles into modern city designs is not only about aesthetics but also about ensuring the harmonious flow of energy.

### Vastu Considerations for Urban Architecture:

1. **Building Orientation:** When constructing a building, **Vastu Shastra** suggests that the main entrance should face **north** or **east** to attract positive energy. For high-rise buildings, the entrance should

be aligned with the natural flow of the sun and wind to ensure proper light and air circulation.

2. **Maximizing Natural Light and Airflow:** In cities, buildings often suffer from poor ventilation, leading to stagnant energy.

**Natural light** and **cross-ventilation** are crucial in Vastu, as they promote freshness and vitality within the space.

3. **Elevators and Staircases:** According to Vastu, elevators and staircases should be positioned in the **southwest** or **northwest** corners to ensure the harmonious movement of energy within the building. If they are placed incorrectly, they can cause energy imbalances and discomfort.

4. **Roof and Ceiling Designs:** High ceilings are ideal for maintaining a positive flow of energy. In urban environments where space is often cramped, it's crucial to avoid **low ceilings**, as they can create a feeling of confinement and block the energy flow.

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## Vastu for Retail Spaces

Retail spaces require special attention to ensure that the energy supports both **customer attraction** and **sales**. The layout, product placement, and design should be aligned with Vastu principles to enhance business success.

### Vastu Considerations for Retail Spaces:

1. **Product Display:** Products should be displayed in the **northeast** or **north** sections of the store to attract customers' attention. The **southwest** corner is ideal for storage and back-end operations.

2. **Entrance Placement:** The **entrance** should be wide and welcoming to attract customers and positive energy. It should ideally face **north** or **east** for good luck and prosperity.

3. **Fitting Rooms and Checkout Counters:** The **fitting rooms** should be placed in the **southwest** part of the store, while

the **checkout counters** should be positioned in the **north** or **east** for a smooth flow of energy and a positive customer experience.

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## **Conclusion: Adapting Vastu to Modern Times**

While modern architecture and design often prioritize functionality and aesthetics, it's essential to balance these elements with Vastu principles for holistic well-being. By integrating Vastu into **apartment living, urban architecture, and commercial spaces**, we can harness the power of ancient knowledge to create spaces that support health, success, and happiness.

Modern Vastu practices are not about strict adherence to traditional rules but about creating environments where energy flows freely and harmoniously, promoting a positive atmosphere for work, relationships, and life itself.

# Chapter 15: Common Vastu Doshas and Their Corrections

In Vastu Shastra, **Doshas** refer to **imbalances** or **defects** that can arise in a space, leading to negative energy flow and affecting the health, prosperity, and well-being of the inhabitants. These Doshas can occur due to improper construction, incorrect placement of elements, or neglecting the natural laws of energy flow. This chapter will address some of the most common Vastu Doshas and provide practical remedies to correct them.

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## 1. Common Vastu Doshas

### a. Blocked or Inaccessible Center (Brahmasthan)

The **center of the home** (Brahmasthan) is a critical zone that should remain **open** and **uncluttered** to ensure the free flow of energy. If this area is blocked or obstructed, it can lead to a lack of vitality and harmony in the home.

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### b. South-West Direction Defects

The **southwest corner** of the house is associated with **stability**, **health**, and **relationships**. If this area is lower than other parts of the house or if there is a **cluttered space**, it can lead to financial instability and strained relationships.

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### c. Incorrect Placement of Kitchen

The **kitchen** is linked to the **fire element**, and its placement plays a significant role in maintaining harmony and prosperity. If the kitchen is located in the wrong direction, it can lead to financial strain, health issues, or discord among family members.

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#### **d. Unfavorable Main Entrance**

The **main entrance** is the gateway for energy to enter the house. If it faces a **dead-end street, sharp corners**, or is located in an inauspicious direction, it can invite negative energy and disruptions in life.

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#### **e. Sleeping Head in the Wrong Direction**

Sleeping with your head facing the wrong direction can affect your health and mental well-being. The wrong direction often causes restless sleep, anxiety, and a lack of vitality.

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#### **f. Negative Energy in Bathrooms**

Bathrooms in certain locations, particularly the **northeast** or **center** of the house, can create an imbalance in energy and lead to financial losses or health problems.

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### **Remedies for Vastu Doshas Without Demolition**

In many cases, correcting Vastu Doshas does not require **demolition** or **major changes** to the structure of the house. Below are some remedies that can be applied **without major renovations**:

#### **a. Color Therapy**

Using the right colors in the right direction can balance the five elements and improve the energy of a space.

- **North:** Use shades of **blue** or **green** to enhance the water element.
- **South:** Red, pink, or **orange** colors can enhance the fire element and promote vitality.
- **East:** Light **yellow** or **white** colors can improve the air element, promoting mental clarity.
- **West:** **Silver** or **white** can be used to improve the energy flow in this direction, linked to emotions and relationships.

## **b. Vastu Yantras**

A **Vastu Yantra** is a geometrical design that represents specific energies. Placing a **Vastu Purusha Yantra** or **Sri Yantra** in the house can bring balance and harmony, especially in areas with defects.

## **c. Mirrors**

Mirrors can be used to correct various Vastu defects. They can **reflect energy** away from inauspicious areas (like bathrooms) or correct the direction of energy flow in the home. However, avoid placing mirrors facing **doors**, as they can reflect positive energy out of the house.

## **d. Wind Chimes**

Wind chimes can help to harmonize the energy of a space, especially when placed at the **main entrance**. They create positive vibrations and prevent negative energy from entering.

## **e. Plants and Flowers**

Plants and flowers are one of the most effective and natural remedies to enhance energy. Place **indoor plants** in the **northeast** or **east** corners to improve vitality and air quality.

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## **Conclusion**

Vastu Doshas, while common, can be corrected using simple yet powerful remedies that do not require demolition or major alterations. By **understanding the source of the imbalance** and using remedies such as **color therapy**, **Vastu Yantras**, and **strategic furniture placement**, you can transform any space into a **harmonious environment** conducive to health, success, and prosperity.

## Final Thoughts on Vastu Shastra

Vastu Shastra is not just about the physical design of a space; it is about aligning the environment with **natural forces** to create a harmonious and supportive atmosphere. Through the careful consideration of the five elements (earth, water, fire, air, and space) and the application of **Vastu principles**, it's possible to influence the flow of energy and enhance the quality of life.

As we have explored throughout this guide, every aspect of a space—its orientation, layout, colors, furniture placement, and even the use of specific **Vastu remedies**—can contribute to the overall balance and well-being of its occupants. Vastu is a powerful tool that integrates **spiritual, physical, and energetic principles** to transform not only the space but also the lives of the people who inhabit it.

### Creating Conscious Living Spaces

One of the key takeaways from this guide is that Vastu is not simply about adhering to a set of rules; it is about creating spaces that are **mindfully designed** and in tune with both the natural and spiritual forces around us. Whether you are constructing a new home, renovating an existing one, or even simply rearranging your furniture, small shifts aligned with Vastu principles can have a **significant impact** on your mental, physical, and emotional health.

**Conscious living spaces** go beyond mere aesthetics—they focus on **energy flow, balance, and well-being**. By recognizing and respecting the **subtle energies** that influence our surroundings, we can create environments that nurture our bodies, minds, and spirits. The practice of Vastu encourages an **intuitive approach**, where

each decision is made with an awareness of its energetic impact on the space.

## **A Holistic Approach to Architecture and Design**

Vastu Shastra, in essence, is a **holistic system** that seeks to bring together human beings and nature in a **harmonious balance**. Just as the planets and the universe are in constant motion and balance, so too should the spaces we inhabit reflect a state of equilibrium. By aligning ourselves with the cosmic and earthly forces, we not only create structures that are aesthetically pleasing but also support the health, prosperity, and spiritual growth of their inhabitants.

Whether you're designing a **home, office, temple, or commercial space**, applying Vastu principles can guide you towards creating **spaces that foster positive energy** and help you achieve a higher quality of life.

## Final Words on Integrating Vastu in Daily Life

Incorporating Vastu into your daily life does not need to be a complex or overwhelming process. Start with the **basics**, such as ensuring proper orientation for your bed, the kitchen, and your main entrance. Gradually, as you become more attuned to the energy of your environment, you will begin to naturally sense where changes are needed.

While following Vastu principles can lead to tangible results, such as improved health, prosperity, and mental clarity, it is also important to remember that Vastu is about aligning with nature's rhythm. It's not just about following formulas or making cosmetic changes—it's about creating a **holistic environment** that feels supportive, nurturing, and energizing.

By harmonizing the space around you with the natural world, you create a sanctuary that empowers you to live your **best life**. So take a moment to reflect on the energy of your space, and take the steps needed to align it with the **universal flow** of vitality and peace.

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# Appendices

- **Glossary of Vastu Terms**
- **List of Devtas with Attributes** (Given in the chapter above)
- **Sample Floor Plans**
- **Resources & References**

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## Glossary of Vastu Terms

Term	Meaning
Vastu	The science of architecture and spatial harmony based on ancient Indian principles.
Vastu Purusha Mandala	A metaphysical grid used as the foundation of Vastu-based design.
Brahmasthan	The central, sacred space in a plot or structure that symbolizes universal consciousness.
Marma Sthan	Sensitive energy points or intersections on the Vastu grid that affect well-being.
Panchamahabhutas	The five elements: Earth, Water, Fire, Air, and Space, forming the basis of all existence.
Devta	Divine energies or deities that govern different zones within the Vastu Purusha Mandala.
Yantra	Sacred geometric diagrams used to attract specific energies.
Dosh	Defect or imbalance in energy flow due to incorrect placement or structure.
Shanti Puja	A peace ritual performed to correct Vastu defects or pacify disturbed energies.
Lokapalas	Guardians of the directions (N, S, E, W, etc.) represented by deities in Vastu.

Term	Meaning
Prakriti	Nature or natural order – aligning with this is key to successful Vastu application.
Swar Vigyan	Science of breath (nasal airflow) used to time activities for energetic success.
Astro-Vastu	Integration of astrology with Vastu principles based on birth charts and planetary influence.

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## Sample Floor Plans

Below are some basic example layouts to illustrate ideal placements for key rooms and zones based on Vastu:

### 1. Residential Vastu-Compliant Home Plan

- **Entrance:** East or North
- **Living Room:** Northeast or North
- **Kitchen:** Southeast
- **Master Bedroom:** Southwest
- **Children's Room:** West or Northwest
- **Bathroom/Toilets:** Northwest or West
- **Puja Room:** Northeast

### 2. Commercial/Office Space Vastu Layout

- **Entrance:** East or North
  - **Reception:** Northeast
  - **Boss/Director Cabin:** Southwest (sitting facing East)
  - **Accounts Department:** North
  - **Marketing Team:** Northwest
  - **Meeting Room:** West or South
  - **Toilets:** Northwest
- 

## Resources & References

- **Classical Texts:**
  - *Mayamatam*

- *Manasara*
- *Samarangana Sutradhara*
- *Vishwakarma Prakash*
- **Modern Books:**
  - “Vastu: Breathing Life into Space” by Rohit Arya
  - “Vastu Shastra: Based on Classics” by B.B. Puri
  - “Science of Vastu” by Dr. Ganapati Sthapati
- **Web Resources:**
  - Indian Institute of Vastu
  - Vastu blogs by certified consultants
  - Vastu-related architectural software/tools
- **Consultation Tools:**
  - Compass, Geo-location app, Laser measurement tool
  - Vastu grid overlays and templates
  - Numerology and Astrology calculators

This concludes the **Complete Guide to Vastu Shastra**.

May your spaces be filled with positive energy, and may your journey towards harmonious living be a fulfilling one!