



Vastu Shastra for Home & Offices

Five Elements

Living in harmony with nature



Vastuplus, Nitien Parmar

Vastu Consultant & Numerologist

5076, 3rd Floor, Rustomjee Eaze Zone Mall, Opp.Patidar Society, Near D. G. Khetan School, West of Malad, Mumbai-400064

Contact-9987140064, 9821340898

E Mail:-info@vastuplus.com

www.vastuplus.com www.vastuconsultant.com

Importance of Vastu Shastra

Living in harmony with nature has always been the practical necessity of people all over the world. Harmony (Vastu) and beauty (Architecture) —literally plays a major theme while taking a buying decision for the new home or business place.

The purpose of vastu shastra is to balance the vital energy in the environment at three level i.e. physically, mentally and spiritually. It plays an important role in our physical health, happiness and prosperity. Practice of Vastu shastra brings our personal spaces into harmony with nature and to create living environments that support, nurture and empower, rather than disturb and undermine the effectiveness of our lives.

Buying a property can be one of the biggest decisions of your life. Whether you buy a home or a business location, it is immensely valuable for you to know vibrations of the house you are buying. Focus on the properties, the ones that will bring you tranquility, beneficial energy, abundance, and good prosperity.

Most people prefer to buy a home that have been designed as per vastu. Hence many builders try to implement at least basic principals in their layout. They try to avoid creating negative zones. Sometimes vastu principles limit the scope of the design but 70% of the vastu is also okay with most of the buyers. However, later the owner if desires for some alterations within his/her own house can make the same without disturbing the main structure.

For the builders, best time for the vastu application is when new building project is still in its very early stages, before the plans are finalized, before it get final planning permission, and certainly before you start pouring concrete. The earlier you think about the vastu aspects of your plans, the more benefit (project completion in time, faster sale etc.) you will have.



Contact us, if your client needs vastu inputs on architecture plan

9987140064
info@vastuconsultant.com

Five Key elements of Vastu Shastra



Water Element



Wind Element



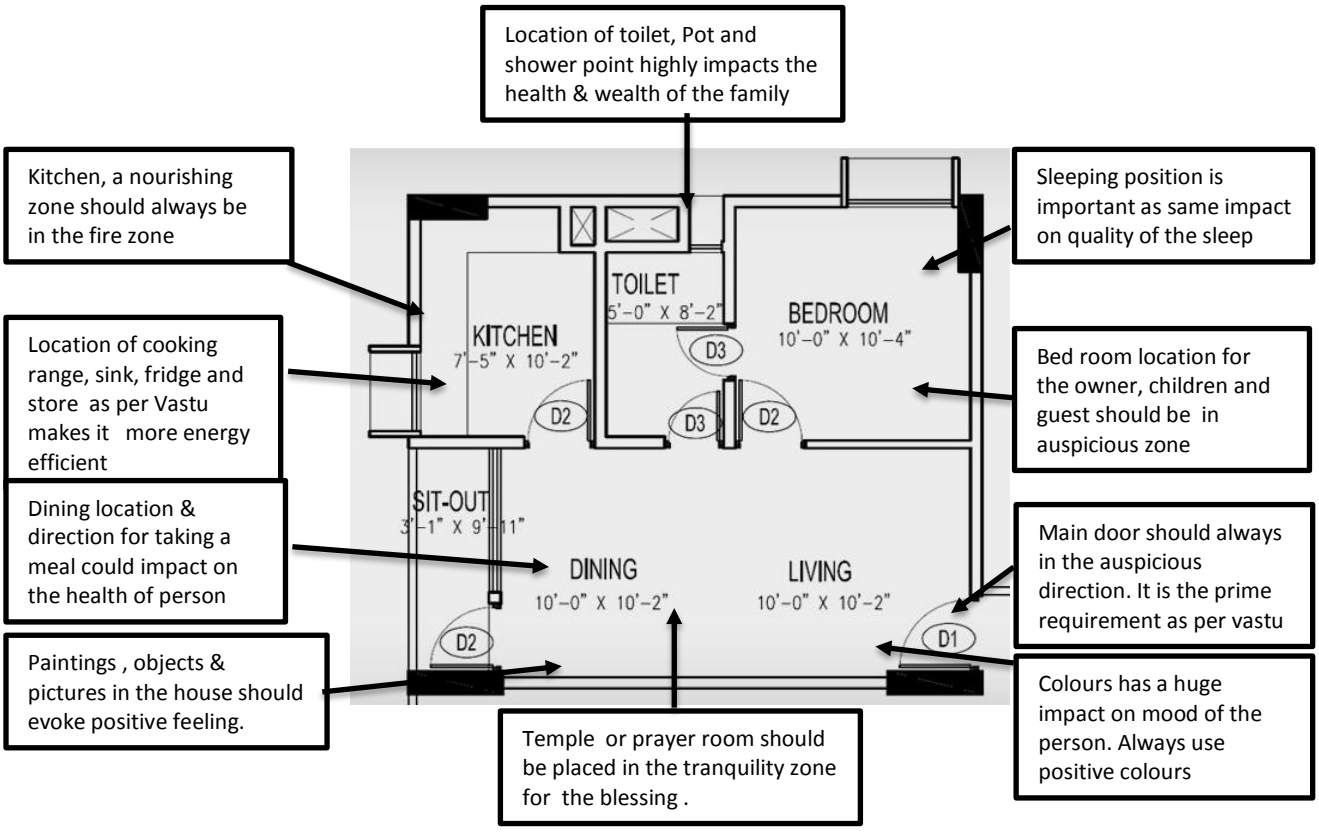
Fire Element



Earth Element



Space Element



Vastu compliant Home

Statistics show that vastu compliant properties are sold far quickly and probably at a better price. Most of all such properties rather adhere to vastu principles. What if you could find a vastu compliant plan which brings you a luck of billionaires. Many people are fortunate to have a property which has blessed them with tremendous prosperity & good luck year after year.

When your space is not in alignment, balancing the five key vastu elements i.e. Fire, Water, Earth, Wind & space can restore efficiency and tranquility in your life. A true vastu practice recognizes and utilizes the corrections where the smallest adjustments will make the most beneficial influence.

Vastu compliant	*Remark*
80% compliant	*Excellent as per vastu*
70 to 80%	*Good*
50 to 70%	*Average premises with vastu corrections*
Less than 50%	*Vastu compliant for a temporary period*

80% Vastu complaint properties:-

Such properties are made based on vastu principles. Most noteworthy location of the main door, kitchen, bedroom & a shape of property i.e home or offices in alignment with vastu rule make such properties vastu friendly. Such properties are high in demand and are sold immediately on an announcement of the project itself. Such properties do not require any major reconstructions. It attracts more opportunities & wealth luck for the occupants.

Note:- We used vastu harmony paintings, vastu harmony crystals & prosperity rocks to enhance house further for great positive energy.

70 to 80% Vastu complaint properties:-

These properties are having vastu design made for the convenience of buyers. It has a vastu compliance in the ratio of 3:1 (three good placements with one vastu defect).

50 to 70% Vastu complaint properties:-

Such properties are "good buy" subject to strong vastu corrections. It can reduce the severity of some life challenges which are especially relevant to your life goal. A true vastu correction protects such premises from either minor or major vastu defects.

Note:- Irregular shape has been corrected with the vastu copper corners, vastu copper bricks, vastu helix, crystal strips & vastu paintings. It also helps in balancing the vastu elements.

Less than 50% Vastu complaint properties:-(Short stay)

Vastu Consultant does not recommend properties scoring less than 50%. They have multiple vastu defects and corrections to such properties rather remain effective for the temporary duration. Therefore long stay in such premise does not guarantee any good fortune.



Vastu Check List

Vastu is all about the vibrations, flow of energy and space arrangement. Buying a new home is a big investment and hard task. Many people can afford buying a single home in their life time so it is natural that everyone want their new home to be perfect. If you are looking for a new home, then why not go to vastu way? Good vastu in your space attracts positive vibes & helps you to flourish together with your family.

Vastu assessment is done based on the following check list:-

- *Roads-Location of road, T junction, Dead end road. Some roads are harmful around your home.*
- *Location of other surrounding like hills river, religious places, neighboring structures and their directions. Level of land*
- *History about the previous owner (if buying a resale property). Avoid home with history of serious accident, severe illness or bankruptcy.*
- *Exposure to sun light – natural light:- These are the natural sources of positive vibrations*
- *Location of main gate, windows and door. Auspicious door brings good luck to occupant.*
- *Location of fire element i.e kitchen, pantry,, fire place ,media room etc.*
- *Position of toilets and bathrooms:- Avoid toilets in north- east and south-west zone of your home. Toilet drains your luck, if placed in the auspicious zone.*
- *Overhead beams:- Bed room with overhead beam should be avoided.*
- *Location of pillars:- Centre pillar is damaging.*
- *Shape of the plot as well as house. A cut or extension in any area can imply a sector of life that could be damaging or draining your life.*
- *Water element i.e. Location of water bodies*
- *Staircase:- Location of staircase, movement of stairs, Number of stairs*
- *Colours in each room:- Colours has a vibrations. Avoid using too much grey, black and hot red in the home*
- *Garage:- Cars are mini home , hence direction of garage is very important*
- *Plantations around the home , plants adds hope and cheers in your life*
- *Basement location:- A house with basement is south or south west is a serious vastu defect*

A house with good rating makes it easier for you to sell when you want to upgrade for a bigger home.

Paintings & Pictures in the House

Balancing five elements is a fundamental principle of Vastu Shastra. This concept can be exposed through paintings either in home or office.

Do you have pictures that depict vitality force, liveliness, spark, tranquility, and harmony? Or

Do you have pictures that depict grief, isolation, instability, and exhaustion?

During our consultation, we have noticed that there are correlations between what is going on in a person's life and what is on their walls.

Most of all people live in a very high-stress environment, and artwork with positive element promotes a space healing. It improves overall energy in your home or office.

Sometime painting may be beautiful but not necessary that it produces healing energy in the environment.

A painting in your home should depict a positive message. Most important, pictures on your wall actually speaking to you. When you are closer to that painting, a subconscious mind picks up the message from the picture.

A wall with a beautiful and life-enhancing picture transforms the energy of your living or working space.

Artwork that makes your heart happy and energies specific area of your life. Furthermore, artwork that embodied with the vastu theme can do wonders for your luck. Many artworks have an auspicious meaning.





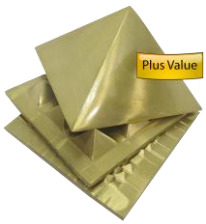
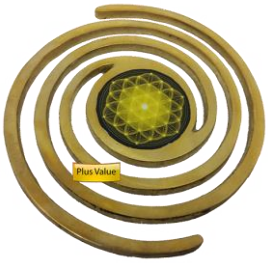








Vastu Objects

South facing house- A myth

South facing properties are available at affordable prices –why? Because very few people prefer renting or buying a south facing home or offices. This trend is just a myth and there is no truth. In fact, south facing property can bring a huge amount of success if certain vastu rules are followed very carefully.

A true vastu analysis involves understanding the location of the main door, as all directions i.e. north, south, east and west are equally auspicious. We have seen not a few, but large number of homes having south door were fortunate in creating prosperous and peaceful life. Hence locating a door at auspicious block of south zone can be instrumental to claim as a successful house.

Some of the points below are the specific vastu rules to be followed in south facing premises:-

Success of any south property depends on where the main door is located. Even door at north, east or west can be negative, if located at inauspicious block of vastu grid. A good location of main door nourishes the house. Divide south zone in the nine equal parts. Fourth block from the east is a most auspicious zone for the main door.

Provide true location for a kitchen in the house i..e south –east corner, a fire zone. A warm agneya corner is a sign of the financial success.

Water bodies (underground tank, fish tank, water bowl), prayer zone, study and library, more windows and open space in the north-east zone assures peaceful and healthy environment inside the house.

Bed rooms for kids, toilet and bath in the north-west should ideally placed in the north-west zone for a harmony in the house

South-west zone is a strong location for the owner of house. Master bed room in this direction gives him more strength and command over the family as well as in the business decisions.

Precautions for south facing properties:-

Toilet in the north-east or south west zone is a serious vastu defect affecting health and peace in the family.

Kitchen in the south-west could impact on female health badly

Master bed room at north-east could bring more struggle for owner of the house

A toilet, kitchen or pillar in the centre of the house should be avoided at any cost.

Missing windows at north & east could reduce the vastu strength of such premises

Under ground water tank at south east or south west could prove harmful for the entire family

Aligning a south facing house internally with vastu element & it could prove equally good like those properties facing other three directions.

Ratna (Gem) installation for enhancing the energy of your premises.



Ratna (Gem) posses earth energy that grounds us as individuals and grounds the entire family to stay together & love each other. Objects made from earth soothe, nourish, heal and bind.

Gemstones are perfect for vastu corrections because they are formed through the powerful dynamic processes of nature. As a result, gemstones embody the energy of the elements that are in harmony with vastu arrangement.
Every Vastu has a eight directions and a center which are ruled by the different planets. Manasara & Mayamatam has chapter on ratnadyay indicating a chart of direction, ruling planet, gem of ruling planet and mantra.

Reset & Upgrade your house- Renovating a house

A guest or visitor may be asking you "so, when are you going to flip this home". A true reset of house means leaving structure of the house as they are and replacing the fittings, art work, paint, flooring, wiring, plumbing and also displays.

People who stay tuned to positive environment, their success and goal achievements are more automate and easily realized. Five elements of vastu i.e. Fire, water, Earth, Space and Wind can be effectively used in aligning a natural energies during the renovation.

Resetting is like a redecorating rather than a big structural renovation. Remolding a house is much time saver than building a new home. But if it is a very old house, a complete overhauling will transform its beauty and away you feel about the space. It is not necessary to install all new items or gadgets, simply fix up the old hardware's, repaint the property and modify the furniture.

Simple up-gradation is advisable rather than using high end expensive renovations.

Vastu is a metaphysical science and has nothing to do with religion.



Reason:-

- *You fell stuck and progress is halted. You feel energy drain. Your surrounding may not have positive vibrations.*
- *House may have a major vastu defects like bathrooms in the north-east or south-west, door in the negative zone, missing or extended corners, negative surroundings etc.*
- *Family has grown since shifting to a old house and there arise demand for increase in the space. You want to reallocate a rooms to the grown children's based on Vastu principles.*
- *Home value is down compared to market price of the property.*

- *Frequent sickness is observed in the house. Sick energy due to poor Vastu needs a strong corrections.*
- *Every corner of your house has some memories you connected to. Negative memories needs a clearance.*
- *Over period of times, everything wears and tears. It's time for remolding.*
- *You want your home to look more elegant and updated.*

Benefits:-

- *Renovation will add to your comforts. Vastu compliant renovation enhances your vitality, your finances, your career and every sector of your life.*
- *It makes house more efficient.*
- *Renovating a house will further enhance quality family time. It improves harmony and relationships.*
- *Well renovated property gets higher rental value. People feels the positive vibrations when they visit the house for survey. Hence it is necessary to keep property ungraded.*
- *When home is renovated, it appreciates its resale value.*
- *Renovation adds more life and years to the property.*

Step by step:-

- *Every property has some potential for renovation-the secret is how you make a balanced plan.*
- *Prepare a list of major positive or negative changes happened in the house after shifting.*
- *A list of major concern in the house. E.g. a frequent sickness, slow career, toxic relationship or business etc.*
- *A check list of area which you wish to improve in life. It may be for good health, relationship, bigger home, foreign travel or higher education.*

Let a Vastu consultant evaluated the existing home and draw a new plan based on requirement and life areas to be addressed. Hire an interior designer or architect to execute a plan with the Vastu recommendations provided by the Vastu expert.

Importance of Kids Room



Everyone in the house needs a sense of support and connection in their private space, but this is particularly important for growing young minds and hearts. A children room should support him or her both within the context of the family and as an individual. Children are more in touch with their feelings and also more sensitive to their environment.

- *Pay attention to the pictures or paintings on the walls, you might be surprised by its significance in affecting your child's behavior on a subconscious level. It's important to evaluate the message the paintings may be sending. Is it inspiring, encouraging, creative or positive? Or is it sending the wrong message. Some scenes like crying child or child in sad mood may actually drain energy from a room.*

- *Plant are a symbol of growth. Place some live plants in their room. It is important that the plants are well cared for and that they remain healthy and vibrant.*

- *Children loves the nature. Colour is an easy way to bring the essence of nature inside the room. Use of natural shades like green for life, orange for growth, yellow for stability and blue for vision are highly recommended in the children zone. Grey should be avoided as this will make a children depressed & becomes lethargic.*

- *Kid's room should be clutter free. Old clothing's, old toys & unusable stationeries forms major clutter in the children room. Make sure that you remove these frequently to make a space for new vibrant energy necessary for the growth of the child. Room should have feeling of freshness and positive energy.*

- *It is rightly said that there are no bad children, only bad behavior and an environment affects their behavior*

Kitchen as per Vastu



It is said that the location of the kitchen has big impact to our wealth. As a place of food preparation, no doubt it has big impact to our health too. Health is important aspect of the life. So if we stay healthy, we can accomplish many things and remain successful and happy. When everything is in harmony, food will taste better, are easier to digest, and are healthier. This vital balance of energy, applies to everything in your environment, including the food with which you nourish your body. There are easy to follow rules of Vastu Shastra that one can easily incorporate.

Using natural materials is one of the fundamental tenets of creating a harmonious energy in the kitchen. You feel better, if surrounded with the natural material used in the kitchen. Wooden cabinets, wooden accessories, cotton napkins, bamboo baskets etc. are good examples of the natural material.

- *Cooking in the windowless space discourages you from cooking. The room that has link with outdoors- a nature, brings creative cooking energies. Keep live plants, especially herbs in the kitchen window, they are great for the cooking and represents positive health energy and making you feel good. Positive energy will also flow more freely throughout the entire kitchen.*

- *Kitchen is the heart of the home and so it should be warm and welcoming. Keep drawers and cabinets organized all the time. Hiding clutter is not a solution; so take the time to organize and neatly arrange your kitchen items in every drawers and cupboard. The knowledge that all is in perfect order will affect your mindset; encouraging a feeling of tranquility and wellbeing. The food we place into our bodies deserves to be prepared in a fresh and clean environment which will help you live healthier. Keep only essential appliances and items that are used daily on the counter such as a Tea pot, toaster, salt etc. Put rest of the things into drawers and cupboards including knives, spoons and the stacks of small containers that regularly seem to accumulate in a kitchen.*

- *Storing an Old, Stale or Expired food energetically holds you in the past and drains you of the energy needed to live an inspired life. Keep the contents of your refrigerator current and create the energy to welcome the right opportunities in life.*

The colour scheme in the kitchen must be of light colour range like pista green, lemon yellow, light ivory and pink. It is bad to use the darker colours like black, grey and maroon for the kitchen. Also a strong red is not be a comfortable one for the kitchen.

Don't

- *It is inauspicious to renovate a balcony to make it a kitchen.*
- *The kitchen should not be located at the center of the house.*
- *The platform with stove should not share a wall with the toilet*
- *For the multi-story house, there should be no be a toilet located on top of the kitchen stove.*
- *Never allow your stove facing the water tap. When the stove faces the water tap, the husband and wife always have arguments.*
- *A gas burner or a stove that is not in a good working order indicates a problem with financial resources. It should be fixed as soon as possible. Also in Feng Shui, Chinese system- a stove is considered as a "Wealth generator".*

Vastu bite: - Create time to gather around the dining table and share meals together to encourage family harmony.

Is your home healthy?

Good health is above the wealth. That's because you cannot truly be a wealthy person if you do not have a sound health. In today's environment, staying healthy and fit is vitally important.

As our lives are certainly not getting easier, the need to create a healthy and vibrant home environment cannot be overestimated. We have to have a safe, peaceful and energetically balanced space where our bodies can let down the daylong protective shield and focus on regenerating and self-healing.

Understanding some very basic Vastu arrangement inside the house can help you to make profound changes toward better health for you and your loved ones. Health is the foundation stone for creating wealth and the ability to enjoy the wealth created. Your health is directly connected to your environment. You can improve your life and business by proper planning of home and work environment with the help of Vastu shastra.

Energy Drain

In addition to the bad habits and sedentary lifestyle, there are other factors which also are equally responsible for the poor health. Your home environment could be a key element in the health condition of the family. Make your home clutter free. Clutter is defined as unorganized things you do not love, that are unfinished and take up space within your home & life. Clutter free environment makes you stress free. However, there are a number of Vastu techniques that you can use to stop the energy drain.

Good colours and lightings

Colour has a powerful effect on your mood & behavior. Each color is an expression of the certain kind of energy. Color is able not only to affect our mood, but also has an influence at our health. If you have too dark colour in your home then you could suffer from depression, allergies & colds.

Lighting transforms a space. The use and moderation of light, be it natural or artificial, is important in Vastu , as it influences and defines a homes atmosphere. It also has a powerful effect on our personalities and can depress, stimulate or relax us. Rooms that are poorly lit are depressing and can strain the eyes. Create a more restful environment with lights, and rooms become soothing and comfortable, helping us to unwind from outside stresses in a calming and nurturing environment.

Check at your health sector?

The health corner of the home is located in the east sector, a direction of sun – a vital energy force. Is there a bathroom/toilet there? Is there a store room? If so, you will want to make it as clean and clear as possible. Use of rock salt, crystal, sun painting and colours in this area can effectively neutralize the negatives of the wrong placement.

Is your bed room is located in the proper direction ?

The bedroom is one of the critical areas of the house. Make sure the bed is positioned correctly and in the positive direction. Eliminate views to the bathroom or toilet or mirror or water feature. Clear off surfaces regularly, making the room as clean and clear as possible. Make this room as healthful as possible.

If you suffer from insomnia, it is a good idea to look at your bedroom and determine how you can improve its energy flow in order to promote a good night's sleep. Some common causes of sleep problems include too many mirrors in the bedroom, colors that are too bright instead of muted or objects that tend to create "poor energy ," and objects stored under the bed, which generate stagnant, negative energy that is absorbed by your body when you're in bed.

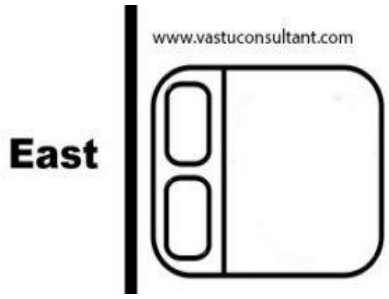
Are there health symbols around your house?

According to Vastu & even Feng Shui, certain objects and symbols promote longevity and good health. These includes sun, deer, bamboo plants, crystals, fountains etc. Even pictures that feature the elements of Vastu are considered to be auspicious health symbols.

Some people puts fish tanks or water fountains either for decoration or suggested by consultant. Make certain you have clean fish tanks or fountains. Dirty water equates to poor health and vitality, poor energy and it can affect your finances, too!

Create a healthy environment with Vastu shastra and begin to change the way you feel.

Vastu & Sleeping Directions



Sleep means the resting state where our body is not active and mind is in the unconscious state. During this time we are unaware of our private surrounding as well as sleeping direction.

A sound sleep rejuvenates mind & body for the next day. We all spend one-third of our lives in the bed. A person who is 30 years old has already spent 10 years in the bed.

When you are not sleeping in the right direction, it disrupts a rhythm of your sleep. A true vastu guideline helps you to experience better sleep in your private place. A bed is an important component in the bedroom. A correct positioning of the bed according to the direction is very important to help you keep healthy & energetic.

Everyone should ideally follow a right direction to sleep, as choosing the wrong direction for a sleep may give a rise to the sickness & misfortune.

Sleeping with head towards the north

According to Vastu rules, the human body acts as a magnet with the head as its the North Pole. If a head of the person points towards the north while sleeping, North Poles of the body and Earth will repel each other, affecting the blood circulation. It causes stress, illness & also disturbs the mind.
In many traditions, a body of the dead person is always kept with the head pointing towards the north before cremating. It is strongly advised to avoid sleeping with the head towards the north.

Sleeping with head towards the East

Sleeping with head towards the east increases the memory power, concentration & also a good health. Students, scholars, teachers & even people in the job should sleep with the head towards the east. It showers the person with new career opportunities, promotions & higher grades.

Sleeping with head towards the West

According to vastu, the guest should be given a room which is having its bed rest towards the west. It is called a neutral sleeping direction according to practitioners of the vastu. As a result, it does not give a quality sleep required for freshness for the next day.

Sleeping with head towards the South

According to the vastu principles, sleeping with the head towards the south is one of the highly recommended direction. It brings prosperity, good health, good fortune & a quality sleep. People in the business or professional field should ideally sleep with their head towards the south since they are more stressed and busy throughout the day. This results into improvement in their efficiency and decision-making ability.

Important

- *Sleeping in the corner of any room is a poor vastu arrangement. It does not allow energy circulation in the room. Always place the bed with a space on both sides of the bed.*
- *The husband should sleep on the right side of the bed & wife should be on the left side of the bed.*
- *Avoid sleeping with legs directly towards the bedroom entrance.*
- *Avoid sleeping under the beam. A beam carries the burden of the whole building structure, which causes pressing down the luck.*
- *As a result, it seriously causes insomnia, lack of sleep and migraine.*
- *Avoid metal bed. It may create a health issue and restlessness. The element of metal is a conductor & therefore if you are having an electronics like mobiles, computers etc. surrounding you when sleeping, it creates easier transmission from those gadgets*
- *Finally, avoid bedroom which has a kitchen exactly on the lower floor. Due to this, it may bring a sleeplessness night for the person.*
- *Do not store junk under the bed. This creates negative energy and you will not be getting a good night sleep.*

Cleanliness and prosperity connected,



People in the western countries consider it somewhere between aesthetically annoyed and disgusting to see garbage in a public spaces. They either pick up the clutter themselves or pressure the local government to do it on a regular basis. Every civilization stresses the importance of cleanliness.

There is a true connection between your environment and the state of your mind. It is true that a well-organized and clean environment lifts your spirit. A well-proportioned and neat surrounding creates beauty and appeals to the eye. So transforming our lives in orderly and clean manner, we increases the amount of beauty in our lives. Cleanliness and simplicity promotes positive energy.

If you live in a space that is filled with clutter or waste, you probably don't show a respect to your environment. Such premises generates negative energies around your location. Dirt and dust are the signs of stagnant energy. Maintaining a clean environment will avoid building up of harmful energies. Such harmful energies impact on health, prosperity and relationship.

Advantage:-

You will feel much better when your home is physically and energetically clean. It tranquil your space and release stress when your home is managed and well organized.

Positive environment successfully contributes in your career and goals to achieve.

Space with calming energy fosters harmony in your home. You might be surprised to find out how much your joyfulness, abundance and health levels can be improved simply by keeping your home clean at all times. Your guest will always feel good when they visit your house.

Inside your home:-

Spotless and sparkling kitchen has positive impact on health of the family members. Dirty utensils laying in the sink for long time generates dirt around the sink.

Keep your bathroom area shining and bring in the spa like feeling with good natural aroma toiletries.

So respect your home and surrounding environment & positive energy will flow thought your home.