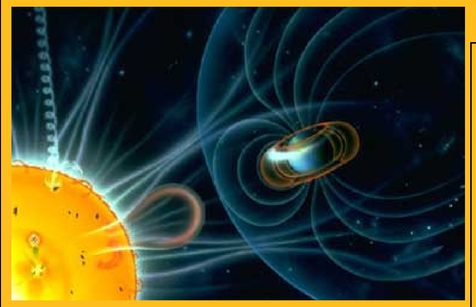
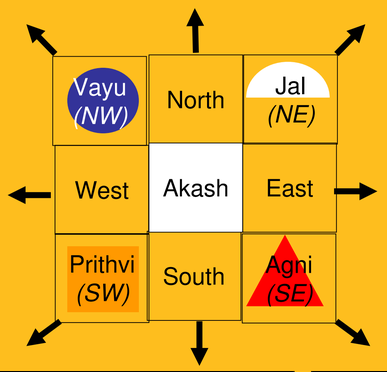
Vastu

What is Vastu?

Vastu is the ancient and well established science of architecture for wellness and prosperity, based on aligning living areas with the natural order, shapes, colors, and personal characteristics to create the best conditions for living and working.
Developed by Bharat's rishis in ancient times, it is applied even today to help create user-friendly designs for our homes and offices that are aligned to the forces of nature and the cosmic energies that permeate everything.
By following the natural order of the universe, we can incorporate, through Vastu, harmony in our living spaces.
Harmony is essential to peace and good health, both of which are essential for ensuring material prosperity and strengthening our ability to progress spiritually in our quest for Moksh.
As a key component of Sanatan Dharm, Vastu advocates that we should seek to bring the same kind of orderly patterns in our lives as the one that exists since time immemorial in the universe.
Achieving this will help us attain our goals.





The five elements

According to Vastu shastr, the universe comprises five important elements known as the *paanch mahabhut*. Out of the planets of our solar system, ours has life because of the presence and balance of these five elements. These are: Prithvi, Agni, Jal, Vayu and Akash. There is an invisible and constant relation between the five elements. Vastu shastr combines all the five elements of nature and balances them to take advantage of the benefits of each to create a congenial living and working environment that can pave the way for better health, wealth and happiness and enhance our spiritual well-being.

Practice and Benefits of Vastu

Ancient treatises on Vastu (Vastu Shastr) prescribe desirable characteristics for sites and buildings based on the flow of energy (pran). Many of the rules are based on the need to align with and benefit from natural forces, such as the sun's direction, the rotation of the earth and its magnetic field, etc. The morning sun is considered especially beneficial and purifying, and so the east is an important direction.
Under Vastu, the human body is considered a magnet with the head, the heaviest and most important part, being considered the north pole and the feet the south pole. In using Vastu to improve human well-being, bedrooms are therefore designed keeping this in mind. This is a widespread practice for followers of Sanatan Dharm.

Prithvi

(Earth / the solid state of matter) Earth is a big magnet with North and South poles as centers of attraction. Its magnetic field and gravitational force has considerable effects on everything on Earth, living and non-living. When using Vastu to plan home or office space, it should be noted that Prithvi is associated with stability and prosperity, the southwest direction, the yellow-ochre color and the square.

Agni

(Fire / Energy) Life is dependant on energy, such as light and heat. Agni symbolizes the energy of the sun, fire, our internal digestive process, etc. It is also linked to natural manifestations such as day, night, the seasons, as well as enthusiasm, passion and vigour. Agni purifies and energizes. It is associated with the southeast direction, the red color and the triangle.

Jal

(Water / the liquid state of matter) Water forms part of every plant and animal. The human body consists of 80% of water. Clean and available water is essential to our survival and well being, as we drink it and bathe in it daily. When using Vastu to plan our home or office space, it should be noted that Jal is linked to peace and serenity and is associated with the northeast direction, the white color and the semi-circle.

Vayu

(Air / the gaseous state of matter) As a life sustaining element, air is very important. Human physical comfort is directly dependent on correct air temperature, humidity, flow, pressure, and composition. In residential areas as well as in office buildings, air quality is recognized as an important factor for human well-being. When using Vastu to plan home or office space, it should be noted that Vayu is associated with motion and restlessness, the northwest direction, the blue-black color and the circle.

Akash

Space provides a medium for all the other elements. It is also considered the primary conductor of all energy sources within the universe – sound, light, as well as psychological, emotional and cognitive energies. For that reason, when using Vastu to plan home or office space, it is recommended to leave the centre of rooms free of any obstacles such as furniture, etc. Akash is associated with the centre and no specific color or shape.