

Vastu

Your heaven on earth

Building happiness, creating sanctuary.



Angkor Wat

Vastu is Yoga for your home. When correctly applied it brings about a sense of balance, harmony and peace in one's home or any built environment. Vastu can literally help foster happiness and contentment, a greater connection to nature, and to our true selves.

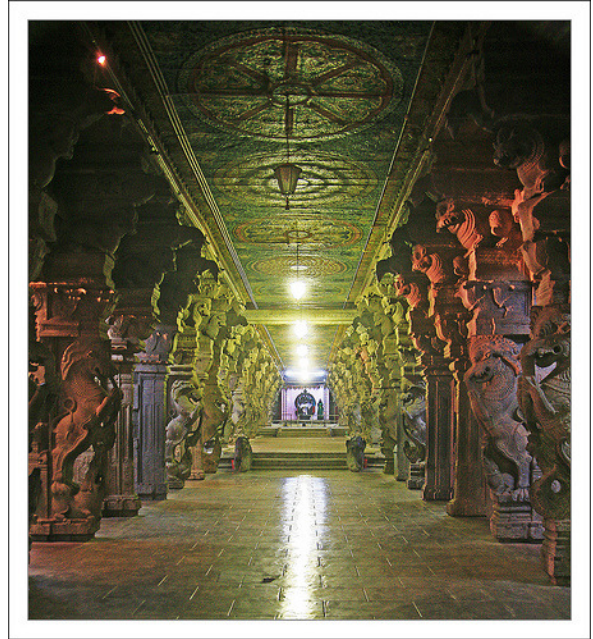
Vastu is about living in a harmonious and balanced place, a home in vibrational sympathy not only with ourselves but with the earth and the very elements that created the universe .

Simply put, Vastu shows us how to easily create homes that will foster happiness and wellbeing for those living in them.

Vastu Shastra is the ancient poetic science from India of place and space, developed by wise sages in the last Golden Age of mankind some 20,000 years past. Vastu Shastra literally translates to the ***Science of Dwellings***. Originally an oral tradition, ancient Vastu texts or *Shastras* were written down thousands of years ago on folded palm leaf scrolls and preserved deep inside mystic temples. These mystic texts outline in great detail every aspect of creating and building a positive, uplifting, peaceful environment.

Once we construct a space with walls and roof, we have created a miniature universe. "As above so below." All the forces that act in the universe act in the microcosm we have created as our homes. We too are made up of the very same Star stuff and we interact with the energy of our spaces. Vastu is a complete system giving us a detailed understanding of how physical and subtle energies work in and on a home, and how these energies then effect us, the occupants.

Amongst other energies the elements of earth, air, fire, water and space exist in the universe, in nature, in a continuous exchange, a flow, a constant dance of balance and rebalance. Vastu gives us universal principles, guidelines and specific tools on how to understand these energies and work with them within the microcosm that is our home. Maximising positive energies and vibrations and minimising negative influences. It also provides us with a rich pallet of methods to energetically modify our existing homes to provide the best possible positive energies.



Madurai

These Vastu Shastras detail: how to select positive land, free from negative energies; what to look out for in the surrounding landscape; the ideal shapes for our houses; the relative placement of rooms and furnishings, doors and windows; where and what direction to sleep, through to the effects of colours; how geometry effects energy; the importance of alignment to certain compass directions; ideal building materials and their vibrational qualities, to mention but a few aspects that Vastu may re-teach us.

Some of the principles as ascribed by Vastu were unconsciously retained in other vernacular folk buildings around the world, but rarely were the actual underlying principles of why these buildings feel so good understood. These principles were largely applied by merely copying age old traditions. However these folk styles and methods may not suit our modern lifestyles, nor be suitable for a climate or lifestyle other than the country of origin. Vastu principles are universal and non-design specific, in so much as they may be applied to any style as well as being used to enhance existing spaces. With skilled understanding, Vastu may now be applied to contemporary lifestyles and architecture.

At the end of our current age, known as the dark ignorant age of the Kali Yuga, mankind is most disconnected from mother earth, and from knowledge of true self. Vastu, along with the other ancient Vedic sciences have re-emerged to help support us to evolve and move forward.

Vastu shows us how to foster harmony and balance in our environment. For those who know about **Feng Shui**, this might sound familiar. Vastu is to Yoga as Feng Shui is to Tai Chi. Vastu is the great grandfather of Feng Shui, and whilst I am not saying it's better than Feng Shui, as a consultant in both Vastu and Feng Shui, with my many years of research, Vastu certainly is the root from which Feng Shui emerged and evolved. Both systems, have much to teach us about how to create places that support the human condition. Vastu perhaps puts more emphasis on fostering spiritual support, whilst also supporting our physical and emotional wellbeing.

Tai Chi and Chinese medicine, thanks to the macrobiotic movement, reinvigorated the almost lost and largely forgotten art of Feng Shui. Similarly our appreciation in the west of Yoga and Ayurveda (traditional Indian medicine) together with the interest in Feng Shui has awakened a powerful giant from its sleep, Vastu.

Vastu was never completely forgotten in India, although it had largely fallen into disuse in secular buildings. It was kept alive for use only in important sacred buildings such as Hindu and Buddhist temples, where a deep understanding and appreciation of the power and of positive vibrational environments was not lost. The ancient Sanskrit texts, so called “Books of Knowledge” written on palm leaf scrolls and stowed away deep in the temples, slumbered awaiting a rebirth in the twenty first century.



Borobudur

Having spent time in many of these temple complexes around the world, some of the more well know ones, such as Angkor Wat in Cambodia, Madurai in India and Borobudur in Indonesia, (see pictures) I can attest to the incredible and palpable power and peace that emanate from them. They opened my heart and soul and filled me with love and appreciation for life. Mere buildings, bricks and stone, were able to deeply influence my consciousness for the better.

Our very own homes can do the same.

Written by Anthony Ashworth a Geomancer, Vastu and Feng Shui consultant, teacher and researcher, passionate in his quest to determine and share the core needs of people with regard to space and place. www.anthoniyashworth.2ofr.com