

Benefit From Forces of Nature, the Vaastu Way

Vaastu considers the interplay of the forces of nature involving the five elements - earth, water, wind, fire and space - and strives to maintain equilibrium as these elements influence, guide and change the lifestyles of not only human beings but also every living being on earth. The article presents an overview of how to take benefit of the forces of nature, the vaastu way, for a better life.

The man of true knowledge understands how the world moves, and moves accordingly.

- Tiruvalluvar

Vaastushastra or 'Vaastu', as it is popularly known today is the ancient Indian science of architecture. The word Vaastu literally means a dwelling place and has originated from the Sanskrit word *vaas* meaning 'to be' or 'to live'. It helps design a congenial setting or a place to live and work, in order to take advantage of the benefits bestowed by nature, its elements and energy fields for enhanced wealth, health, prosperity and happiness. It is a science of designing buildings in accordance with the laws of nature.

Scholars have traced the origin of vaastu to the Vedic era, well over thousands of years ago. The learned men of those days dedicated their lives to the development of the science that is a unique integration of our culture, traditions, geographical and climatic conditions. Its application today is purely architectural and its principles are based on becoming one with nature.

The planet Earth is the only planet in the solar system that is endowed with life. This is because of the presence of the five basic elements viz. Earth (Bhumi - Prithvi), Water (Jal - Paani), Air (Vaayu - Wind), Fire (Agni - Sun) and Space (Akash- Sky), in the environment. Though Sun, Air and Space are abundantly available in nature and could be utilized to meet human needs, Earth and Water being limited and localised in availability form apparent and fundamental choice makers in the location and design of proper physical form of architecture for an ideal habitat. A diagrammatic

presentation of the five basic elements of nature is as follows:

NW	N	NE
AIR		WATER
W	SPACE	E
EARTH	FIRE	
SW	S	SE

Due care needs to be taken for utilising the natural availability of Air, Water and Fire in the design so that harmony is created.

Some Vaastu rules are also derived from 'Vaastu Purusha Mandala' which is depicted as a man lying with his head pointing north east, in a grid of usually 64 squares. The different directions and sectors are assigned to different Gods and guardians.

Everything that exists in the universe, including our bodies, is made of five elements. These five elements are earth (geomagnetic energy), water (gravitational energy), fire (solar energy), air (wind energy) and space (cosmic radiation). These forces have a powerful influence on us as well as the environment.

Vaastu considers the interplay of the forces of nature involving the five elements - earth, water, wind, fire and space - and strives to maintain



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equilibrium as these elements influence, guide and change the lifestyles of not only human beings but every living being on earth. Thus they influence our deeds, luck, behaviour and other basics of life. Vaastu is the science of arranging our man-made environment so that we are in alignment with these forces of nature. There is an invisible, constant relation between the five elements outside and those within an individual and in his home/workplace.

basic elements and energy flow in the dwelling unit or the workplace when it is not in harmony with nature (environment). Vaastu as a science provides guidance on these aspects that need to be taken care of.

There is a correlation between the rotational scenario of the planets and the house design and their different directions with respect to north. The following aspects need to be kept in view while designing a building of any type.

Sr. No.	Direction	Particulars
1	North-east (Eshanya)	It is said to be ruled by Lord Shiva or the God Himself. This area must always be scrupulously clean, open and highly receptive in a welcome "mode" always.
2	East	It is abode of Lord Indra, the chief of the Gods (giver of pleasures, progress and growth). The direction also represents the realm of the rising Sun (Surya) projecting ultra-violet rays important for health.
3	South-east (Agneya)	The habitat of fire, the storehouse of energy, vigour and strength. It is the direction of sustenance and spirituality.
4	South	The abode of Yama, the God of death, taking care of after life.
5	South-west (Nairitya)	The abode of Nairut (demon) and connotes purity and cleanliness. It is the direction of the past.
6	West	The abode of Varuna, the God of ocean. It is also the direction of the setting Sun which gives infra-red radiation.
7	North-west (Vayavya)	The abode of Vayu devta, the God of air/wind, the invisible, but the most effective blessing for all objects in need of motion/movement for their efficiency.
8	North	The abode of Kuber, the God of wealth, signifier of abundance and all good things.
9	Centre	It is the brahmasthan, the earth, energy centre, power.

We receive maximum life enhancing energy and support of nature when the five elements are balanced and all obstructions to life-supporting energy are removed. It assists in unfolding the full potential. On the contrary when the home/office is not aligned with solar and geomagnetic forces, it is likely that illness, misfortune and struggle may be experienced. Evidently it is imprudent to swim against the current of a river.

The right design and orientation of a building is important because it not only facilitates comfortable living and good health, but also ushers economic advantage by saving energy. It helps improve overall living condition and increase the lifespan. A majority of the negative influences in our lives are generated by the imbalance of

Vaastu is applied at micro as well as macro level, for every room, every house, every temple, every shop, industry, town planning, cities and even for earth. It is best to practice vaastu from the initial stage i.e. when purchasing or renting an accommodation for office/residence, buying a plot of land and designing a home. One can also realign any existing structure in the event of unresolved problems at home or work in light of the vaastu principles as it aims at removing obstructions so that energy may flow freely, creating harmony with nature.

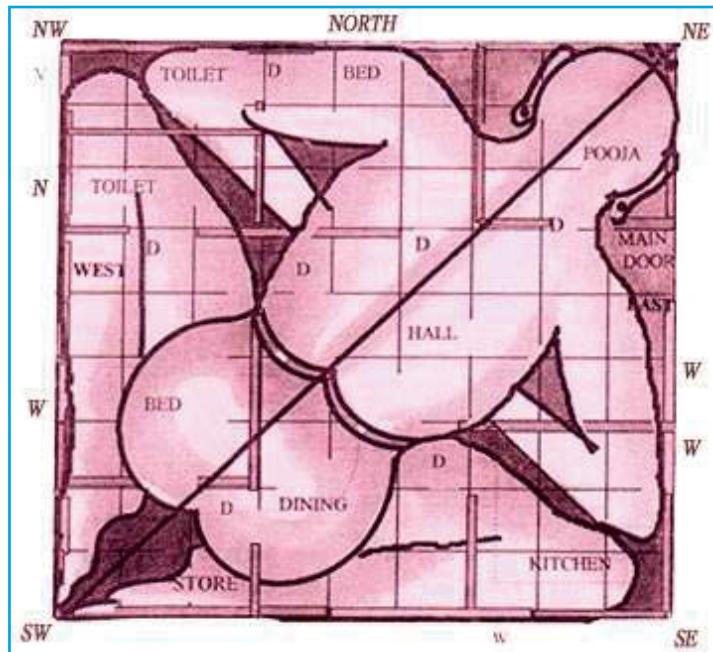
Relevance for Home and Office

It takes a bit of effort to properly design a home/workplace where one spends maximum time and aspires for growth and prosperity. It is particularly

relevant for the CA fraternity as they spend most of their active times indoors – in offices. The following are important for proper alignment with the forces of nature and for creating harmony:

For Building Design

- The entrance/opening should be made on the North and East side of the house.
- The open space left in North and East should be more than South and West.
- The construction should be in the South, West and South-west portion of the plot.
- All the doors should open inside so that the energy may remain inside.
- The main door should not be obstructed in any way from inside or outside.
- The doors should open towards right hand.
- The rooms should preferably be open on the North-east side.
- No doors or windows should be provided on South-west side.
- There should not be five corners in the ceiling of any room.
- A fountain in the North-east and a light in the South-east are favourable.
- Growing creepers/climbers with support on any wall to be avoided.
- Trees of any kind should not be grown in Eastern or Northern, North-east directions.
- Only small plant can be grown in North, East, and North-east.



- All sensitive documents to be kept in North-east.
- In the office, the temple should not be placed at the back of the owner's seat.
- Computers and TVs should ideally be placed in the South-east corner of the living room or study room. They should not be placed in the North-east corner or South-west corner.
- Telephones to be placed in the South-east or North-west corner but not in the South-west or North-east.
- Except rose and a few medicinal plants, all thorny plants give rise to tensions in the environment. Cactus should not be planted or kept in the house or office. Lime and karonda etc. may be grown in an orchard but not in residence or business premises.

In addition, it is to be noted that the general upkeep of the home/workplace is very important and cannot be lost sight of. These broadly include regular cleaning for maintaining hygiene and keeping the space open and free of clutter. It is needless to emphasize that following the principles of vaastu goes a long way in achieving positive benefits in life, health, wealth, prosperity, happiness and peace. □