

# Introduction to Vastu Energy Management

The Rishis and sages of Vedic India observed the effects of the five elements (earth, water, fire, air and space) on the human beings and our environment. In nature, all five elements are in balance. As soon as the natural environment is altered by the introduction of a structure, this natural balance is disturbed. Any such disturbance then affects the health, wealth, and happiness of those who live and work inside the building. Over thousands of years the sages collected such observations of natural balance and imbalance within environments. The resulting body of knowledge is the science of Vastu Shastra.

In a sense, Vastu is yoga for the home or office. Yoga balances the five elements in the body through the Eight limbs - 1) Self-purification, 2) Self-study, 3) Postures, 4) Breath control, 5) Sense control, 6) Contemplation that eliminates stress, 7) Proper Intention & 8) Meditation. Vastu extends this principle by balancing the five elements to eliminate stress in a physical environment. Using the principles of Vastu, you can bring any building into balance, attract beneficial energy, and enhance prosperity and abundance. In this way your home or office will become a haven, a sanctuary where you feel productive, healthy, and at peace.

In any structure, the five elements must stand in balance to gain the support of nature. Each of these elements is associated with a particular direction (Earth - southwest; Water - northeast; Fire - southeast; Air - northwest; and Space - the central area). The interplay between these elements and the directions affects you on every level of your existence. Each of the five elements, together with north, south, east, and west, has a specific planetary influence as well, making a subtle but profound impact on your daily life.

The ancient seers observed that every building is a living organism having its own energy field. They called the spirit of the building Vastu Purusha. People seldom think of their homes as living entities, but the benefits of understanding this premise are truly life-changing. Vastu Purusha is affected by energies that come from different geographic directions. These energies are of two kinds. The magnetic energies of the north and the solar energies of the east (ultraviolet rays) exert positive, supportive influences, while the south (infrared rays) and the west (gamma rays) exert influences that are not life-supporting. For this reason, in ancient India, buildings were designed to receive the abundant, life-enhancing energies from the north and east, while shielding their inhabitants from the gamma and infrared rays of the west and south. The positive energies from north and east flowed around the structure without obstruction and collected in the southwest area of the building, where they supported the health and wellbeing of the people inside.

Over time, people lost touch with the importance of living in harmony with the natural environment. Our homes and places of work have gradually become filled with unnecessary stress and strife creating confusion, unhappiness, instability and poor health in our lives.

Very simple adjustments, using Sound Therapy, Regulators & Yantras that balance the five elements will often alleviate this stress. Such adjustments can be made economically, without any demolition or disturbance to the environment.