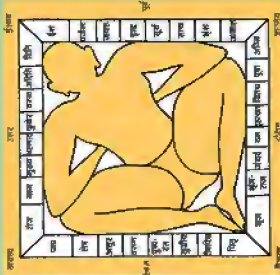


Rajendar Menen

# Benefits of Vaastu &

# Feng Shui



The art of  
attracting  
health,  
wealth and  
happiness



V&S PUBLISHERS

Benefits of  
**Vaastu**  
&  
Feng Shui



Rajendar Menen



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*DEDICATION*

MAY GOOD VAASTU AND FENG SHUI GUIDE  
ALL THE GODDESSES WHO BROKE BREAD  
WITH ME ALONG THE WAY.

## Acknowledgement

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There are billions of words on Vaastu and Feng Shui. There are also several score practitioners and theorists who have taken great pains in their interpretation of these sciences. We would like to specially acknowledge the contributions of Wendy Hobson and Juliet Pegrum, among others. They have taken enormous effort to explain the complexities in everyday language.

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## Preface

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Vaastu and Feng Shui are household names today. Suddenly, almost out of nowhere, like an ancient prophecy come alive, they have emerged out of the closet and taken the world by storm. Both have ancient origins. Both have been conceived in the womb of two of the most ancient civilisations in the world; Vaastu is Indian and Feng Shui is Chinese in origin. And both have many similarities and one end: to make life happier, healthier and more prosperous for those who follow the principles.

There are hundreds of thousands of books, websites, shops and outlets all over the world selling Feng Shui and Vaastu information and merchandise. Practitioners have become well-known newspaper columnists and merchandise has travelled to homes across the globe.

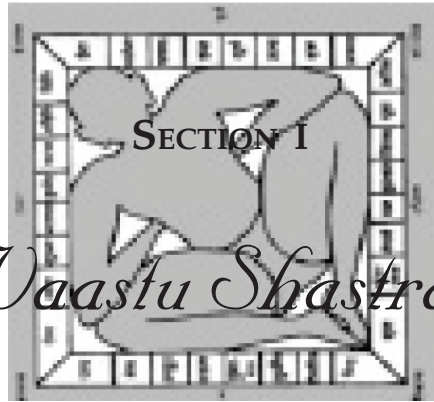
The twenty-first century has seen many new developments. The world has now woken up to the immense possibilities of maximising the human potential. Man has realised that with the right diet, the right exercise, the right medication and the right environment, he can give his life a longer and more fruitful lease. Vaastu and Feng Shui fall squarely into this paradigm of evolution, growth and betterment.

Writing a book on Vaastu and Feng Shui is not easy. There are several complexities that need to be unravelled and a lot depends on the interpretation of the practitioner. However, a strong thread of common sense runs through both, and that helps. While there are millions of words on the subject, Wendy Hobson and Juliet Pegrum were illuminating in their interpretation of the subject.

We hope this book helps you understand the science



better as we have dealt a lot on the origins. We also hope that it stirs your curiosity to know more about the subject and make effective changes in your everyday life. The idea simply is to help you fulfil your potential in every way and lead a happier, healthier and more prosperous life.



## Vaastu and the Home

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*“Let the everlasting air and light make comfortable the house that is built up with skill and knowledge and measured and erected by learned architects.”*

**–Atharva Veda**

Among the oldest literary works known to man written around 2500 BC, the Vedas mention gods directly related to *Vaastu Vidya* (knowledge of Vaastu). The Hindu triad of Brahma, Vishnu and Shiva and their wives are important to Vaastu. Lakshmi, wife of Vishnu, is the Goddess of Fortune and she attracts wealth. Saraswati, wife of Brahma, is the Goddess of Science and Wisdom. Of course, the most popular Indian deity is Lord Ganesh, the son of Shiva and Parvati.



In the Hindu pantheon of gods and goddesses, Shiva is the creator and destroyer. He is depicted with a blue throat and his sacred animal is Nandi, the bull. He has four arms, usually holding a bow, a club, a drum and a

noose. His symbol is the *lingam* or phallus, which emerges from the female *yonis*.

Vishnu has ten major incarnations: Matsya, Kurma, Varcha, Narasimha, Vamana, Parsurama, Rama, Krishna, Buddha and Kalki. He is depicted with his consort, Lakshmi, resting on a lotus. His sacred animal is Garuda, which is half man, half bird.

Brahma is the symbol of creation connected with the origin of the universe. He has four faces of which only three are visible. They represent the four Vedas. His four hands denote the four directions and hold a rosary, water pot, book, sceptre, spoon, bow or lotus. The swan is his vehicle.

Ganesh, perhaps the most popular Indian god, has an elephant's head, four to ten arms, and a round belly. His vehicle is a rat and he holds a rope, an axe, a goad and a dish of sweetmeats. The fourth hand is in the boon-giving position. Lord Ganesh is the destroyer of obstacles and is also known as the God of Wisdom.

Vaastu Vidya is ancient Indian knowledge. The word *Vaastu* means *to dwell* and *Vidya* means *science* and so, quite literally, *Vaastu Vidya* is the sacred science related to designing and building houses. *Vaastu* is rooted in Vedic philosophy and is considered by experts and practitioners to be the distant ancestor of Feng Shui, the Chinese art of geomancy, which we will be elaborating later in this book.

Both *Vaastu* and *Feng Shui* have the same goals – to restore the balance between the home and the cosmos bringing health, wealth and happiness to those who follow the principles, most of which are based on simple common sense. There may be an esoteric element to the science but it rests a lot on the interpretation of the practitioner one is consulting.

*Vaastu* believes that the external and the internal are interchangeable. According to *Vaastu*, the energies that govern the elements, like wind or fire, are similar to those that control the organs of the human body. According to *Vaastu*, when buildings echo the underlying cosmic

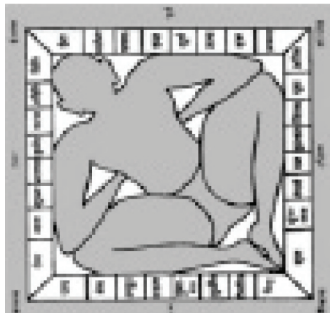
principles, they vibrate in harmony with the universe. These vibrations also affect those who are housed in the building and can determine their health, wealth, happiness, progeny and prosperity.

## Following Cosmic Principles

Vaastu aims to realign the home with cosmic principles. Its approach is holistic. Its principles are ancient, yet it is unconditioned by time, country, climate or geography. Initially, it was carefully guarded but the principles gradually spread by word of mouth.

According to Vaastu, energy lines run like a large grid across the earth, from north to south and from east to west. The electromagnetic field generated affects the human body at the cellular level. Vaastu also uses the cardinal directions. The sun rises in the east ushering the day and represents beginnings; the setting sun in the west is an indicator of endings; the north is where the pole star is and denotes stability and security; and the south represents the past.

Vaastu emphasises the right proportions. It focuses on a plan for any form, be it a room or a building. The plan used in Vaastu is the *Vaastu Purusha Mandala*, which is a three-dimensional *yantra* containing all the forces acting on any given space.



*Purusha* is symbolised as a man with his stomach facing the earth. He is the embodiment of all the cosmic

forces. When his image is laid across any area under the consideration of Vaastu, his head is positioned towards the north-east. It is then believed that this area becomes the body of Purusha. From the Mandala that is prepared, any working and living situation can be properly aligned. The Mandala is in the form of a square with eight compass directions. Vaastu believes that if *prana* or cosmic energy is proper in the environment, there will be happiness, health, prosperity and harmony.

In India, it is generally believed that Vaastu Purusha exists in every home. His head rests in the north-east and the feet and folded legs in the south-west. Offerings to the Goddess of Wealth are placed at his head and his heart is considered vulnerable and so heavy furniture is never positioned on it.

According to Vaastu, the movement of energy through a four-sided structure is similar to the energy that flows through the earth. Therefore, the home should mirror the earth and be designed accordingly. Vaastu believes that the movement of *prana*, within a house or apartment, flows from the north-east and meanders towards the south-east and north-west corners before heading to the south-west. The Vaastu Purusha, as we have already mentioned, looks down on the earth with his body aligned to the north-east/south-west axis and his head in the north-east. His head indicates the direction in which positive pranic energy enters a house.

In the traditional concept of Vaastu, the layout of a house and the corresponding functions of each room have been prescribed according to the position of the sun throughout the day. Accordingly, the period between three and six in the morning, just before sunrise, is called *Brahma Muhurta*. This is the time when the sun is in the north-eastern section of the house. This is a good time for meditation. From six to nine in the morning, the sun is in the eastern part of the house. This is a good time for bathing; and the east is logically a good location for the bathroom.

From nine in the morning to noon, the sun is in the south-east part of the house. It is a good time to eat, and the direction is a good location for the kitchen. This is also a good time for preparing food as well as to eat. Between twelve and three in the afternoon is the resting period and the sun is in the south, which is an ideal location for a bedroom. Between three and six in the evening, the sun is in the south-west section of the house. This is a good location for a study.

The evening, between six and nine, is a good time for eating. The sun is in the west, which is a good location for a dining room. The period between twelve and three in the morning, when the sun is in the north, is the time for secrecy, rest and sleep.

## **Ancient Origins**

It should be remembered that the principles of Vaastu are applicable to space of any scale. Ancient India was very different from the India of today. When Vaastu was born thousands of years ago, India was agrarian and urban sprawls as we see today were non-existent. There were no big cities and India was lost in a time warp with snakes, elephants, kings and peasantry dotting a beautiful, unsullied and vast landscape. Natural and man-made calamities were frequent. The sophistry and technology that we see today were not even a distant dream. Vaastu happened at that time. But its principles were so solid, meaningful and profound that they hold good even today in the din, chaos, pollution and restricted spaces of Indian cities.

In Vaastu, the size of the space doesn't matter; whatever the area, the same principles apply. Vaastu practitioners normally use a compass to determine magnetic north. In Vaastu, true north is the direction towards the North Pole.

The first step, of course, is in choosing the site. Vaastu starts from the road and so the nature of a site can be determined by the direction of the road or roads