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Vastu for House

The eBook details the world of Vastu Shastra. It covers the topics **Principles of Vastu Shastra, Vastu Residential Land, Vastu Shastra House, and Interior Decoration.**



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OVERVIEW

Vastu Shastra a refined combination of ancient Hindu traditions developed as an art, analyzed as a science, and interpreted astrologically can lead the way into healthy living. There is a universal call for world peace hence the smallest unit of the society like the family should raise their offspring in an environment that knows the meaning of peace.

The ebook details the world of Vastu Shastra; it teaches us how to recognize a land suitable as a vastu for a house that will receive magnetic energy from elemental forces: the Sun, the Earth, the Sky, the Air, and the Water.

Discover how ancient principles and practices interpret the value of land in terms of shapes and other geographical characteristics. How even the debris and rubbish unearthed can play an important part on the quality of the land we build our house on. Understand how and where we should position ourselves in order to receive the sun's unseen benefits. We all wish to live a life as peacefully and comfortably as we can and a simple knowledge of the positive elemental influences can help us achieve what we all hope for.

Learn the importance of laying out your house in a manner that will ensure a harmonious balance between you and nature. The objective is to become open to positive elemental influences and at the same time become protected from unseen malevolence. Positive vibrations can bring happiness through excellence in health and business dealings while the negative vibrations can bring grief and losses. There is a purpose in each location and positioning. What we do as dwellers in a house designed as per vastu shastra can be aptly guided by the way our rooms are positioned.

Vastu Shastra is a vast field and it may take more than this ebook to acquire specialization. Some basic knowledge on what are favorable and unfavorable will help us develop our own instincts to recognize a suitable land, a correct alignment, and an ideal location. Understanding the scientific reasons will help us appreciate the logic of ancient traditions which may very well help us to achieve what has been elusive for so long: happiness, contentment, and inner peace.



CHAPTER 1 - THE PRINCIPLES OF VASTU SHASTRA

India in the richness of its culture and tradition has some helpful tips to share with us on how we can design our homes or any kind of building for that matter. It lies in the basic principle that for man to get the maximum benefits of life's energy giving sources, he must keep his bodily placement in balance with nature. The guiding principles are embodied in the ancient tradition known as **Vastu Shastra**.

Roughly translated **Vastu** means land to live on and **Shastra** has reference to harmony and balance of man with nature. Vastu Shastra teaches us on how we can lay out our house design so that we as human beings can get the maximum benefits of the natural forces given-off by nature. Basically, this system deals with the five elements in Indian Mythology namely, air, water, earth, fire, and sky which are believed to be sources of natural power.

These five elements in ancient Hindu beliefs are said to be capable of giving off energy. How we, as human beings absorb this energy rely on where we are positioned. Therefore a good enough knowledge and understanding about the art or science of vastu shastra helps us appreciate its traditional values.

Before we get into details about vastu shastra, let us first have a clearer concept about the five elements and its significance to human life. Ancient Hindu tradition believes that the Earth was formed 460 million years ago and it started out from being just a big fiery ball. Hindu theory has it that it possessed magnetic forces that caused a surface to be formed out of the rocks that melted through the passing of time. As magnets have it, there is the existence of two poles: the North Pole and the South Pole.

Then there came the creation of space represented by the sky, the air inherent in space, or vacuum, the earth which is the solid surface, the water which comprises $\frac{3}{4}$ of the earth's surface and the fire which is natural to the sun.

Sky something that denotes space, a vacuum endless and infinite yet holds an unimaginable power that can reach our earthly existence.

Air the gasses biologically needed by all living things on earth whether for subsistence or for ecological balance.



Water believed to be rainfall from the skies which filled up the gaps and low lying areas of the Earth.

Earth that which was formed out of the molten rocks and which attracts all other elements because of its great magnetic force.

Sun the bearer of fire and the main source of life on earth. It plays an important part in vastu shastra since it is worshipped as the personification of God being the potential source of creation. If we are to really think about it, life without the sun is like having the main switch turned-off.

The invisible powers emanating from these elements can come in all directions. It is a must therefore to know where we can position our property, our house as well as our physical beings in order to receive the natural life forces.

POSITION	BENEFITS
North -	Happiness and Calm
East -	Abundance of wealth
South -	Shortage of female members or tragedies
West -	Stomach and sexual troubles to occur among male members
North West -	Unhealthy rivalry that can cause trouble
South West -	Brings conflict with the son
South East -	Death will be dreaded
Center of the House -	Suffer from heavy monetary losses

Vastu Shastra adapts its principles by revolving its concept in the huge power of the Sun to reach man's existence on earth. A mere fraction of the Sun's heat is enough to sustain the life and continuous existence of living things in a place as distant as the Earth thus the placing of a structured habitat to receive the most of the energy from all elemental forces is rendered important.

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The methods and the techniques adhered to in order to achieve the benefits of vastu shastra are based on both myths and scientific explanations. The following are the basic objectives of the vastu shastra ideology:

Dharma or Religion: The goal is to achieve spiritual happiness among the dwellers of the house and this can be best achieved by letting natural energy forces do the job. As we deal with family, friends, businesses, and people within the community, we often show respect and deference by observing the teachings of our religion. Thus we promote harmony by manifesting our religious maturity.

Arth or Wealth: The objective is to gain wealth as this will provide the dweller comfort and luxury.

Kama or Desire: The goal is to have the house and entire family members attain their heart's desires for those that cannot be bought by way of money. As long as harmony and contentment fill the various rooms of the vastu house, real and intangible desires will be realized.

Moksha or Salvation: Being human is being vulnerable to the worldliness of our environment hence the soul craves for salvation or redemption as a way of cleansing the soul. The positive energy forces that surround us in our environment will steer us to do what is good and what is best.

The use of vastu shastra to fill in our dwellings with positive energy forces can help us achieve the four main focus of our human existence; hence we will go through this life with much satisfaction and contentment.

CHAPTER 2 - THE VASTU RESIDENTIAL LOT OR LAND

A house should be constructed on a good vastu or land to live on. Hence care and proper selection should be exercised when choosing to buy a property you intend to build your house on.

As we have come to an understanding that different cosmic energy fields reach our place of existence here on earth, the benefits we derive from them rely on the paths where these solar and magnetic energy meet at certain points on the Earth's surface. Hence importance is placed on how we should position our lands and homes while these different types of energy emit their life giving powers on Earth.

The sunbeams during the morning are bearers of profuse and positive energy quite beneficial to the body, while afternoon sunbeams which can easily tire the human body are best avoided because they are not useful. For this purpose, energy coming from different directions is treated in different ways. Energy received from Northeast direction to Southwest direction is to be stored in the body since the Northeast is a positive pole and the Southwest is a negative pole. Hence in constructing our homes or buildings, the Northeast side should have wider openings while the Southwest should have smaller openings.

The principle behind this is to get as much positive energy as possible to achieve maximum potential for development and growth. Thus these will all start with the land upon which we build our energy receptacle or house.

Here are some helpful learning guides when acquiring lots or lands for your buildings or edifices:

Geographic Qualities of the Vastu Land

Shapes of the Lot or Land

Vastu Shastra recommends square or rectangular shapes of lands. However, since perfectly shaped lands are hard to come by, vastu recommends what is known as the Sherdah or one where the land is wider in front and coming out narrower at the rear.

There is also the favorable vastu known as Gaumukhi wherein the front part is narrower compared to the rear part where the lot is wider.

The Plot or Land Facings

1. A lot facing Northeast is a good site for homes, factories, and offices.
2. A lot facing Northwest is ideal for trading, business, and industrial sites.
3. A lot facing Southeast is good for chemical, petro-chemical, and electricity-related industries.
4. A lot facing Southwest can bring good business for night time activities.
5. Plots facing a road in more than one direction can also be significant in vastu principles.
 - Land facing the West road brings fame and popularity.
 - Land facing a South road is ideal for business ventures.
6. Plots facing two-side roads :
 - Lots facing North and East roads are good for overall prosperity.
 - Lots facing East and South roads foretell prosperity for female residents.
 - Lots facing South and West roads as well as those facing North and South roads will provide moderate fortune.
 - Lots facing West and North roads are considered as prosperous lands.
7. Lots facing roads on three sides, one side of which leads to a road end or facing a T-junction are considered as not ideal or weak plots.
8. The best plot of all is the lot facing roads on all sides.

The Quality of Soil

Land that has good soil quality is perfect for cultivation where agricultural production can prosper. Land with too many rocks, worms, humus, and thorny trees are not promising sites. Black and clay-like soil is hardly suitable for building sites which is also true for soil with crumbly rock composition. Soil considered as perfect for construction use are those that are yellowish in color.

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Vastu Shastra also gives importance to the different debris materials found in the soil during excavation processes of construction. Vastu guiding principles make use of them as indicators as to how the land fared during the past.

Listed below are the equivalent interpretations for each material dug out of the soil during excavation proceedings:

Stone	Abundance of wealth
Bricks	All types of riches and possessions in the future
Copper or metals	Affluence in life
Coal	Illnesses and loss of health and wealth
Bones of animals	Hindrance to future developments
Snake or Scorpion	Stumbling blocks to progress in construction
Anthill or Termites	Damage to wealth and lessening the longevity of life
Straw or Eggs	Death leading to pointless expenses
Cotton	Grief
Pieces of wood	Need to vacate the place
Skull	Intense quarrels and litigation procedures
Horns of cow	Wealth and abundant possessions
Gold or silver coins	All kinds of comforts and luxuries
Zinc or brass	Wealth and comforts
Rugs or torn clothes	Conflict, quarrels, and strife
Iron or steel pipes	Death or Extinction



Effects of Roads near the Plot

North / Northeast -	Ideal for women and for business activities as this will ensure wealth
East / Northeast -	Promotes upward trend in life especially among men; useful for newspaper offices / presses / photo studios / media industries, and residences
South / Southeast -	Best for women as it brings happiness as well as excellence in finance
East / Southeast -	Tends to make the residents greedy but brings more expenses
North / Northwest -	Instability and lack of discipline and may lead to unlawful deals
West / Northwest -	Good for businessmen with its quality to improve attitude and behavior
South / Southwest -	Indicates accidents and bad habits for women and can lead to trouble
West / Southwest -	Indicates frequent feuds, strife, and financial instability

Other Things to Consider while Buying Land

1. Triangular, diamond, and L-shaped lots are unpromising and therefore should not be purchased.
2. Lands that are cut in the corner or takes the shape of a headless body should be avoided.
3. Extensions on some portions of the land found on the Northwest side are not good. They are believed to be causes for losing fortune or money. On the other hand, extensions on the Northeast side are said to be bearers of wealth, happiness, and fame.
4. Avoid plots that are humped at the center which tend to slope on all sides. If at all possible, choose a land where the north east half or the solar half is lower than the south west half or the lunar half. Adhering to this geographical make up



ensures the natural flow of light, solar energy, and polar energy. Vastu principles maintain that these types of land bring happiness, good children and all kinds of successes to the home dwellers.

5. Land obstructed on the North, Northeast, or East side by hills, tall buildings, or towers blocks the Sun and will be prevented from beaming down on your property. Hence, this type of land becomes unpopular. On the other hand, if the obstructions are found on the west or south side of the property which will render your property protected from the harmful heat of the sun, the property now becomes a favorable choice and it will bring health, wealth, and happiness.
6. Land located near electrical power stations or large electric poles on the Northeast side of the plot does not complement the property with good vibrations.
7. If you are buying property near a temple, hospital, factory, or other public places, there should be a distance of at least 80 feet away from the public places. This is to ensure that the shadow of the temple or public building will not loom over your house.

Magnetic Fields and Influences

Each and every land we find ourselves possesses unseen magnetic forces that can attract other elemental emissions. The strength or the density depends on how we have positioned ourselves, possibly right in the path where these unseen forces meet or about a meter away or even just remotely so.

Vastu tradition advises that square plots are ideal for house construction because there is concentration of energy in these types of lots. Unseen by us are several round rotational lines revolving within the house, vibrations that we do not see but we can at least slightly feel. It is a feeling that we instinctively recognize when we sometimes enter certain rooms or buildings.

Hence an understanding about the shapes, purposes, and where openings are located whether North, East, South, or West enable us to receive certain magnetic influences. Consult a vastu expert as they readily recognize the geographical shapes as a whole in order to determine how and where the influences of these magnetic forces come from.

We can hardly recognize the shape as square or rectangular once we are faced with the vastness of a land. Professional help can also give us correct directional intuition as to



North, East, South, or West directions. Our objective is to find the best land for a construction as per vastu.

Myths and Rituals about the Vastu or Land

I. There are certain properties considered unsuitable based on myths:

1. Property being sold due to insolvency.
2. Property belongs to persons suffering from leprosy.
3. Property owned by lunatics or demented individuals.
4. Property of persons who intend to leave the country or those who have left the country.
5. Property near meat shop, workshop, laundry, and shoe shop.

As a matter of propriety, land donated to a temple, assigned to a watchman of a village, acquired through charitable trusts, and those without any title deeds are not suitable for purchase.

II. Bhoomi Pooja or Ritual in Preparing a Land for Construction

Vastu Shastra provides that the land to be used for construction should undergo certain rituals to make them suitable. Listed below are the different steps in the ritual proceedings:

- After acquiring the property, cultivate and grow plants on the land. Prior to using the land for construction, make preparations for clearing out the land. Dirt, debris, humus, and all kinds of rubbish should be removed from the land including the up root of thorny plants and bushes.
- Commence setting up the property during a most favorable time under a most favorable constellation. To ensure accuracy, a qualified astrologer should give advice as to the proper time to set up the land for construction. Commonly known as favorable days to observe such rituals are usually on Mondays and Thursdays.
- Do not start on the construction if a female member of your household is more than seven months pregnant.
- The groundbreaking ceremony should be done when the sun is in the northern hemisphere and when days are longer than nights; usually this transpires from June 21 to December 20.



- Construction work once it commences should be unrelenting although work during the day should stop at sunset. It is unadvisable to continue working during the night. There should be a qualified engineer to oversee the construction project.
- Storing of the building materials should be done in the Southwest or Southeast corner of the property under construction. The warehouse should be positioned at least a meter away from the property boundary. Guards securing the property should stay in a house at the southeast corner to ensure danger away from thieves.
- Recycling old construction materials to build a new house or building is definitely out of the question under the Vastu Shastra principles. Old materials should be sold if still suitable and the money from the sale should be used to buy new materials.

The First Construction Goal: The Well or Water Source

The first construction project to deal with in building a new house is the well or water source. It is prescribed under vastu shastra that the water source will be dug on the North or Northeast side of the property. To locate the most ideal site to dig the well, you should draw a line from the Southeast corner to Northeast corner and mark your well to the right or left of the line and not on it.

Below are the vastu guidelines for the Well:

1. To ensure that the water derived from the well is pure, a ritual should be first performed on the land at an astrologically favorable time. A downward-facing constellation is said to be the best astrological time to dig the well.
2. Traditionally and ideally, the well should be round.
3. It is located either on the Southeast corner or Northeast corner in a spot where it will be exposed to five hours of sunlight each day.
4. Wells are not recommended to serve two properties.



The Compound Walls and Gates

The compound walls and gates are required to be built before the actual construction of the house or building goes underway. Favorable constellations are also influential during the actual construction of these walls and the agreeable days on which to commence the construction should fall on a Monday, Wednesday, Thursday, or Friday. Construction of these compound walls should begin from the Southwest side.

As a matter of vastu shastra practice, the compound wall should not be higher than the house to be built. The height of these walls if possible should not be uniform; the Southwest part of the wall should be higher than the rest. Other provisions require that the walls on the North and East side should be shorter by 21 inches than the wall on the West and South sides.

However, if this is not possible, the North and East sides should maintain at least a lowered difference of 3 inches than the West and South sides. For this matter, it is ideal to install two gates for the compound so that evil forces that enter one gate will make an exit to the other gate. Take note however that the South side should not be used for gates.

Obstructions in front of the Main Gate

Several obstructions to the main gate can be enumerated and thus be avoided because these obstructions bring ill effects:

- | | |
|------------------------------|---|
| Big Tree - | This obstruction can cause detriments to the progress of children |
| Gutter or Ditch - | This connotes grief and sorrow |
| Open Well - | This is negative since it equates with mental problem |
| Corner of another building - | This too concerns mental unrest instability |
| Water drain - | Income will be drained by unnecessary expenses |



Straight street -	Can shorten the life span of residents
Dilapidated house or walls -	This has a negative effect on prosperity
Staircase railings -	Often associated with sadness
Pillars -	Electric or telephone posts can affect the well being of female members

However, the existence of a public road to separate obstruction from the property will lessen if not void the deficiencies. In a similar manner, if the distance between the obstruction and the house results to a difference that is twice the house's height, the effect of the deficiencies will be nullified.

The Trees and Plants on the Property

As much as trees and plants provide natural adornment to the property, there are also certain considerations and norms to be observed in keeping with the vastu shastra:

1. Planting should be done during favorable constellations. Seedlings should be grown initially in clay pots before being planted on the grounds. Tulasi plants are recommended plants for vastu shastra.
2. Trees are best planted on the North, Northeast, East, or in front of the house. However, they should not to be planted directly in front of the main entrance since a shadow will loom over the entrance.
3. Grow an even number of trees and should be grown on the South or West side of the house; it would be ideal if grown on both sides. It is not advisable to plant trees on the North, Northeast, or East side of a building.
4. Large trees should not be planted too near the house since their roots might damage the foundations of the building and the compound wall. For that matter, do not allow tree branches to touch the house. Besides, large roots tend to absorb much sunlight and will compete with the dweller's own need for the sun's energy.



5. If a tree is to be removed because of its negative effect, it should be done in the months of Magh or Bhadrapada. Worship the tree and express your apologies for cutting it before finally removing it and make sure that it will fall East or North ways. Vow to plant a new tree in its place then do it within the next three months.
6. Thorny plants except roses should not be planted at all while creepers should be grown only in a garden with their own support to prevent them from crawling up the building.

Parking Lot

The Northwest corner of the property is the ideal location for the parking lot but it should not be connected to the compound wall or the main building. While parked, cars should face east or north and not facing south; otherwise, the car owner will be destined to travel a long way. The parking garage should be painted with a light color.



CHAPTER 3 - THE VASTU SHASTRA HOUSE

Supporters of vastu shastra firmly believe that a house built without integrating vastu principles is dangerous. Total disregard of the cosmic influences makes a household vulnerable to all that can be possibly negative. As we struggle against conflict, we will continuously go through life with serious complications. Believers maintain that all else happening is never too late to adhere to vastu principles as there are corrective steps that can be taken to become sturdy and progressive.

Under Vastu Shastra, the house should be constructed with the following views in mind:

The Main Doors and Windows:

- Make sure they are located in the East. Placements may be modified as Northeast, East of Northeast, or North of Northeast. This location allows the positive energy to flow into the room. As an added feature it even suggests the swastika symbol to be placed on the door aside from suggesting heavy decorations as adornment.
- Vastu house construction recommends that the house should have two points of entry. They should not be set in a straight line and the one which is used as an exit door should be smaller and must have only one shutter.
- The main door being larger than the other doors should be equipped with two shutters. A recommended material for a door to bring in good balance is teak.
- For a main entrance to be ideal, vastu shastra prescribes the following:
 - The main entrance should not face a wall and a door opening to the next room should be provided
 - Make sure that a shadow does not loom on the main door
 - It is not advisable to position the main entry point at the center of the house or in the extreme corners
 - It is also important in vastu principles that the main entrance should not face road intersections or dead end roads
 - There shouldn't be large trees or imposing lamp posts that appear to be blocking the entrance
 - If there is a short flight of stairs leading to the main entrance, the number of steps should be kept even
 - It is not advisable for two houses to share a single main entrance



- If a main entrance door is located in the south side of the building, remember that it is best if a balcony or veranda is affixed to it

The Living Room

1. In keeping with the traditional spots for living room you can have it at the forefront of the house, wide, and as large as you please. This is because the living room ranks first in the vastu shastra household. However, take heed as to where the dwellers are supposed to face while inside the room. Facing the East can give good results while facing the North could also be beneficial provided the living room is situated at the front side instead of front center.
2. Don't construct your living room on the west side or south side of your front room as these spots will not give-off the correct vibrations of the cosmic energy.
3. You can keep more than one door for living rooms in accordance with vastu shastra but keep it in the right location. Keep this room beautiful and decorate as well as you can to promote a life with little strife and with much enjoyment.
4. Be careful where you position yourself if you are in this room. If it will be used for discussions or business deals observe your seating arrangements. As the owner, take a seat that faces towards the East and your guests or business associates should sit facing the south or west. This seating arrangement will give you victory on the negotiation aspects.

The Bedrooms

1. For male family members, vastu places their bedrooms in the West or Northwest since this section holds commanding and authoritative forces.
2. For female family members, the South or Southeast will ensure good health and happiness if their bedroom doors and windows are located here.
3. Main or Master's Bedroom is suitably located at the Southwest.
4. Bedrooms of adult married children are also ideally placed here at the Southwest. For that matter if there is a second story level, the master's bedroom should be located on the said second level. It would be unwise to choose this area for children's bedroom as it is said to cause trouble.

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5. It is not advisable for newly wed couples to use the east side for their bedroom as it is said to bring bad luck.
6. The following bed habits, norms and decors should be observed:
 - ✓ *If one is sleeping as a guest, he should not sleep with his head facing north. Otherwise the bedroom owner should sleep heads facing east or south while sleeping*
 - ✓ *As one rises out of bed he should set his right foot first on the floor.*
 - ✓ *If one studies in the room the east side should be used to achieve best results.*
 - ✓ *Northwest and Southside of the bedroom is ideal place for putting the wardrobes, while TVs and heaters should be located in the Southeast corner.*
 - ✓ *If there should be a bathroom within the room, it is best to put it in the west or north sides of the room.*
 - ✓ *It is not advisable to put safes in the bedroom but if necessary, place the safe on the south wall.*
 - ✓ *Place something on the southwest corner of the room since it is not advisable to keep this spot empty.*
 - ✓ *Photos, calendars, idols, or statues should not be kept in bedrooms.*
 - ✓ *Never keep the room in total darkness, instead keep a night bulb lighted.*
 - ✓ *Recommended colors for bedroom walls are light rose, dark blue, or dark green but never white or light yellow.*
7. Vastu provides the following pointers for the children's bedroom:
 - ✓ *Children's bedrooms are best located in the Northwest or Eastside of the house.*

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- ✓ *There should be vacant spaces in the North side and East side in a children's bedroom. If a space could not be provided, place the child's bed at the South, West, or Southwest corner.*
- ✓ *The directions of their head while laid in their beds should be on the East side with the legs placed towards the west side. This is said to attract energy that will bring intelligence and memory power.*

The Bathroom

1. Vastu places the West and South for the bathroom and provides that the flow of its drain should be towards Northeast. This position has something to do with the sun falling on the body after a good bath.
2. Positioning of the toilet should be at the West or Northwest of the room at a level of 30 to 60 cm above the ground.
3. If the bathroom is structured as an attachment to the building, it should be positioned on the West or Northwest and never on the Northeast side.
4. Bathtubs and sinks are best located on the Northeast, North, or East side of the room.

The Dining Room

1. Vastu recommends the dining room to be near or attached to the kitchen and situated either at the Southeast, Northwest, or Northeast corner of the house. To encourage profitability coming in, place the dining room at the West side of the building.
2. It is best to keep in mind not to place your kitchen at the Southwest corner of the house since it is said to obstruct financial increase and brings certain detriments to the health of its dwellers.
3. You can place the dining table at the center of the house but make sure that it is not situated towards the Southwest corner.

4. Positioning the kitchen on the ground floor and the dining room on the upper floor is said to be improper since carrying food while crossing stairs is in itself improper.
5. During mealtime, the proper table places should have the head of the family facing the East while the rest should either face East, West, or North. It is said that placing a family member in a position facing the South will result to petty quarrels.
6. Make sure that the door of the dining room area does not face the main entrance of the room.
7. The dining hall area must have a door to the East, North, or West and should not be decorated with arches.
8. Dining tables should either be square, rectangular in shape or never round, egg-shaped, or irregular. Dining tables attached or folded against the wall are not advisable.
9. There should be water and wash basin in the East or North but never in the Southeast or Southwest corner of the room.
10. Landscape paintings or portraits of nature will permit a happy atmosphere in the dining area. In addition keep the dining room positive by painting the walls with light blue, yellow, saffron, or light green hues.
11. Toilets are best kept as not annexed to the dining room although there's no harm for the laundry room to be near the dining room.

The Kitchen

1. Position the kitchen at the Southeast, although placing it in the Northwest can also be desirable. Whichever of these locations get occupied by the kitchen should also consider the cook who should be placed at the East. Avoid using the Northeast part of the house for kitchens; it's bound to bring negative vibrations concerning family relationships and finances.

2. The location of the sink where the tap water should be located at the Northeast and must not be near the stove or fire area since situations like this will hold back peace and mutual love within the family.
3. It is a must to avoid placing the kitchen at the Northeast corner since conflict among family member will always take place.
4. Storage shelves and attics should be in the South and West particularly those that are heavy.

The Pooja or the Prayer Room

1. The pooja room is ideally placed at the Northeast corner of the house preferably on the ground floor; if this isn't possible, alternative areas can be East, South, and West but never on the Northwest.
2. Although we may explore areas here as to where we can have the Gods give more attention to our prayers, we should not forget the fact that our Gods can be prayed too almost anywhere because it is our faith and devotion that will be looked upon.
3. Pictures and icons of the gods to be worshipped should face either the East or the West, while the person in worship should face either the East or the North. The altar should not be attached to the wall but instead kept about 2.5 cm away from the wall.
4. If possible, it is good for a Pooja room to be pyramid in shape sloping inward and pointing upwards to the roof. But it is more important for the pooja room to have a door with two shutters.
5. Pooja room should not share a common wall with the toilet or be placed opposite the bathroom or the toilet. This is in keeping with the pooja room being kept fragrant aside from being kept clean and clutter free since the room is a receptacle for blessings. It shouldn't be situated above electrical appliances or gas stoves either as there are a lot of external energy emanating from these gadgets.
6. White, light blue, or light yellow are the perfect colors for the pooja room.

The Study Room

1. The Northeast of the house is the perfect spot for a study room. To make its location a more beneficial, place it next to the pooja or prayer room. When using this room be sure that you're facing East or North.
2. The library section should take the West side but not in the corners. Avoid placing your bookshelves in the Northwest or Southwest; having them on the East, West, or North of the room will give better benefits.
3. The Northeast corner is the best for a study room. If the study room and place of worship room are adjacent then it is considered most beneficial.
4. Provide this room with a two-shuttered door located at the North, Northeast, or West of the room while set your windows on the East, North, or West of the room.
5. Similar to the prayer room, setting up a pyramidal study room will allow a good place for meditation.
6. Have the study room painted either with white, sky blue, cream, or light green to give it the right touch.

The Swimming Pool (or Underground Water Tank, Wells, and Bore-Well)

1. The swimming pool, underground water tank, wells, and bore-wells are ideally constructed in the East or Northeast of the property; another choice would simply be the North side as these are favorable spots outside of the house.
2. As water denotes a positive flow of cash, bank balances, and good credit for the residents, take note that the flow of the swimming pool or water item should begin from the Northeast side going to the East side or from the Northeast side going to the North side.
3. For more positive results, the slope inside a swimming pool should begin from the West to the East if the pool is located at the North side. On the other hand, if the pool is located on the East side of the property, the slope in the swimming pool should begin from the South to the North.



4. Wells and tube wells are also ideally placed on the Northeast corner of the property; otherwise the home owner is bound to suffer from financial losses based on Vastu Shastra studies.

The Overhead Water Tank

1. Contrary to underground water tanks, the overhead water tank should be placed Southwest as the best location or West corner as an alternative location in the corner buildings. Neither should the overhead water tank be placed in the middle of the building roof.
2. Placing the overhead water tank in the Northwest corner is acceptable only if the tank is small and located about a meter away from the building's corner roof.
3. In the correct location, the overhead water tanks should be placed elevated on a platform about a meter from roof level.
4. If possible choose overhead tanks that are light colored and not made of plastic. If plastic tanks could not be avoided, make it black or dark blue plastic to avoid microbial growth usual in water containers.
5. Ideally, there should be a separate water tank for the kitchen where water is used for food handling and for the bathroom where water is used for general cleaning purposes.

The Balconies and Verandahs

1. The balcony can achieve good health and wealth if it is incorporated at the Northeast of a house being constructed. If the house is already constructed and a balcony was placed in the Southwest, this should be corrected by enclosing it with glass or screen affixtures.
2. The floor or roof of a balcony should be at a lower level than the floor of the main building.
3. A slanted tin balcony roof where the corners of the structure are not rounded comprises a good balcony or verandah feature.

4. Avoid arches and planting creepers on the verandah while flower pots should be kept in minimal sizes.
5. Seating arrangements on the verandah should be set on the South or West sides. While provisions for shoes to be removed upon entering the house from point of the verandah, should be at the Northeast.

The Staircase

A staircase which is considered as a heavy installation is preferably situated in the South or West part of the house. Do not utilize the North or East part of the house for a staircase as it denotes conflict between heavy objects being placed on light zones. Should a home dweller insist on putting the staircase on the North or East side of the house, it is highly probable that the household will suffer loss of wealth.

The following are some Vastu Shastra tips in installing a staircase for your house:

1. In coming up with a staircase, the total number of stairs should not end with a zero, for example 10 or 20 steps. Neither should they end with even numbers since Vastu Shastra believes that this makes possible the idea of starting your climb with the right foot. The right foot is equated with gain while the left foot is associated with loss.
2. Circular stairways are not recommended.
3. The doorway meeting the top of the stairway should be at least 20 cm lower than the doorway located at the bottom of the stairs.
4. Broken stairs should immediately undergo repairs.
5. The prayer room, safe, or toilet should not be placed directly under a staircase.



CHAPTER 4 - VASTU AND INTERIOR DECORATION

In dealing with the interior decoration of a vastu shastra house, a good understanding of the zones is required. There are positive and the negative zones which vastu shastra aims to balance. These zones deal with placing light objects and furnishings on the positive zones while the heavy ones should be kept at the negative zones. Positive zones are located at the North, East, and Northeast while negative zones are located at the South, West, and Southwest.

Placement of Furniture

- The ideal spots for the couches and chaise lounge sets are in the south and west portion of the room. The person sitting on a couch should make sure that he or she is seated facing the North or East directions.
- Beds should be positioned pointing to the southwest direction of the room.
- Bureaus or drawers containing valuables such as cash or jewelry are best kept in southwest portion of the room.
- The dining table is best found in Northwest of the kitchen, living room, or dining room.
- Study table will bring better results if situated in the North or East of the room.
- Place aquariums in the North, East, or Northeast since they are light and water bearers as well.

Decors and Fixtures

Paintings and Statues – Vastu Shastra encourages the use of paintings that depict natural scenery, for example waterfalls, sunrise, mountains, flower fields, and the likes. Do away with war scenes and other forms of conflict and violence since they obviously do not promote peace and harmony. Statues of God and deities should have a proper niche in the prayer room but take care in choosing its location. Heavy statues should not be placed in the Northeast of the room or the house.

Mirrors: These objects should find suitable places in the North or East wall of the rooms. However do not place them on walls opposite the bed or put them in a study room.

Indoor Plants: Do not put large plants in the Northeast of the house nor use cactus and other thorny plants as your decor.



Curtains: Bedrooms are best fitted with light colored curtains while dark colored curtains are suitable only for the living room. In choosing dark colored curtains, red and black are not the favorable hues.

Ceilings: Keep ceilings flat since elevated ceilings have less appeal for Vastu Shastra concept.

Lightings: The house should be kept brightly lit to bring more positive vibrations to the house; avoid keeping rooms dimly lit.

Floorings: Flooring materials recommended by Vastu Shastra are mosaic, ceramic tiles, and marbles; white marble tiles for regular rooms are not appropriate. Use white marble tiles for pooja or prayer rooms since this will prove favorable.

Paint Colors: Choose light shades of colors of blue and green aside from the naturally light shades of pink and cream. Exclude red and black from your choices as they are not recommendable hues for house paints.

Electrical Appliances: Heat emitting appliances like gas, ovens, and microwaves are best kept in the Southeast directions. TVs, audio, and video players are best located at the North, East, and Southeast of the room. Take note not to install electrical appliances in the Northeast corner of the room.

Colors and their Vastu Impact

As colors can stir different feelings and emotions, Vastu Shastra also puts emphasis on colors that will bring positive influences in our home. The following colors are considered complimentary to natural forces.

Red: The Red is complimentary only for decors and ornaments since its bright hue can liven up an otherwise disciplined environment. It is a color symbolic of bravery and power and has an energizing quality. However, refrain from using it as your wall paint particularly the bedrooms since it can also produce stressful effect.

Orange: Similar to the red hue, this color is strong and vibrant and at best is used for decors and ornaments. It encourages positive feelings of happiness, joy, and good relationships. Its variation into a light color can be found in peach-like tints and will make the color suitable for curtains and wall paints.

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Green: A color that represents nature which brings hope, freshness, and harmony; it denotes energy forces for quick healing, good health, and calmness to the room. This is the reason why most hospitals use this color in their environs. This color is suitable for the study room as it relaxes and readies the mind for absorption of ideas.

Yellow: It promotes patience and wisdom and carries the sunlight aura. Rooms that receive direct sunlight are discouraged from being painted with yellow colors. However, the pooja or prayer room is an ideal choice for applying the yellow color.

Blue: A cool color that is symbolic for spring and new growth as well as relaxation. Bedrooms and the prayer room can function well if painted with this color.

Purple: A color symbolic of faith encourages respect and trust. However, avoid painting the entire room with this color as it tends to be over-powering. Its variation into a lighter hue is the lilac or lavender which can now render itself as suitable for bedroom walls.

White: This color is elegant, pure, and often used as a combination with other colors. Ceilings are ideally painted with the white color since it produces a widening and bright effect. Vastu Shastra recommends this color for the Northwest bedroom also.

Pink: A color that represents joy, happiness, and pure feeling; it is suitable for all bedrooms in the South and Southwest.

Black: A somber color which is brooding in nature hence it is powerful in its energy. Black by its nature tends to make us feel depressed and heavily laden. In some aspects it also borders on the occult hence this color is hardly advisable for wall paints and draperies. However, this color can find its use in small amounts to give emphasis as borders and frames to ornate decors.

Vastu Shastra is intended to give human a more meaningful existence by being able to absorb all positive influences. Negative vibrations may sometimes be unavoidable but there are certain vastu shastra elements to off-set them. Live life to your fullest and learn its maximum potentials by absorbing positive influences, hopefully this ebook helps you achieve the meaning of happiness and peace.

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CONCLUSION

Well done! You now know the basics of Vastu Shastra, how to recognize a suitable land as per Vastu, vastu for house, and interior decoration as per vastu principles.

We invite you to learn more about vastu shastra at our website:

<http://www.freevastushastra.com>

We truly hope that this information was enlightening and helpful for you. If you enjoyed this e-book, please let us know. Likewise, if you think there are ways we can improve it, tell us. You can contact us on our website at <http://www.freevastushastra.com>

Thank you, and good fortune to you,

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