



Vastu Creations
THE ART OF SACRED LIVING

VASTU FOR SUCCESS

SUCCESS & HAPPINESS THROUGH VASTU SHASTRA

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Vastu Shastra is the seven thousand year old science of building that comes from the wisdom of the Vedas. Vastu predates Feng Shui and all known religion and is like "Yoga for the Home". For thousands of years, homes, entire cities, and some of the world's most enduring structures were designed according to the principles of Vastu including the Taj Mahal, the Greek Parthenon, and the Roman Coliseum. The Egyptian and Mayan Pyramids were also designed and built using the tenets of Vastu. Just as yoga reduces stress in your body, Vastu reduces stress in the environment so you can be more successful and productive in all areas of life.



Figure 1: Architectural Ruins of the Vastu city, Mohenjo-daro, built in the Indus Valley region between Pakistan and India, dating back 5,500+ years



Figure 2: The "Pink City" of Jaipur, India was designed according to Vastu hundreds of years ago

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Quantum physics states that everything is made of energy. You may feel like the floor beneath your feet is solid, but put under a powerful microscope, it is made of atoms containing protons, neutrons and electrons, which are made of the five elements of earth, air, water, fire and space.

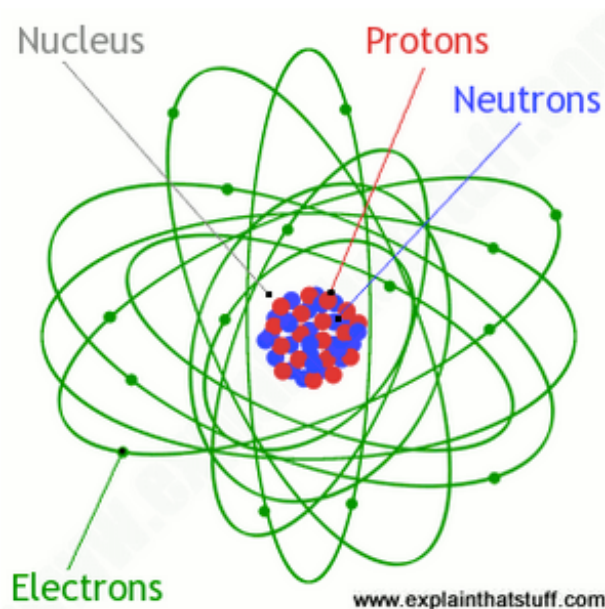


Figure 3: An atom contains protons, neutrons and electrons

Ayurveda, the science of healing, which comes from the same part of Vedic knowledge as Vastu Shastra, aims at balancing the five elements within your body for good health.

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Vastu compliments Ayurveda by not only balancing the five elements in the body, but also balancing the body of your body: the environment. This reduces the stress you feel both physically as well as environmentally, supporting your success on all levels.



Figure 4: The Taj Mahal



Figure 5: The "Egyptian Pyramids

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We are all electromagnetic beings living in a sea of electromagnetic energy. Our nervous system is electric and our blood contains iron, making us sensitive to electromagnetic, air and water pollution.

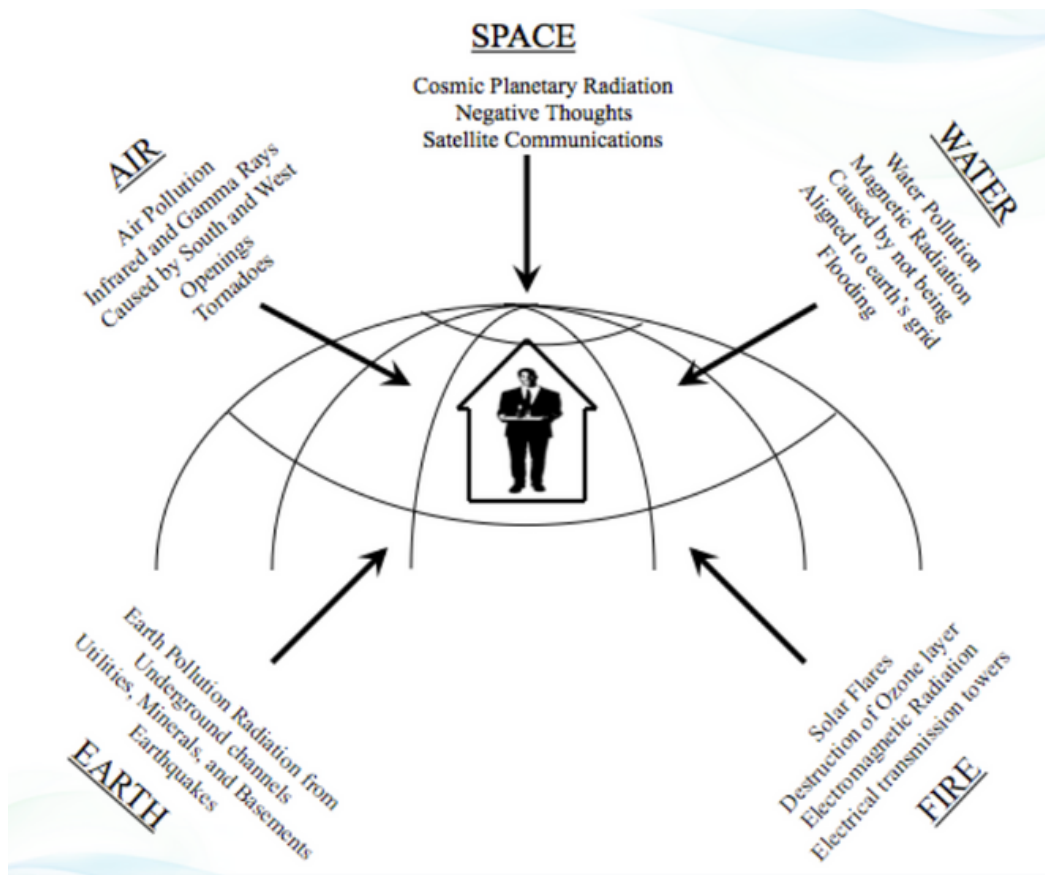


Figure 6: We live in a sea of electromagnetic pollution

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Vastu aligns your body and your home or workspace with two forces of nature: Positive solar energy that comes from the east and magnetic energy that comes from the north. These two forces set up an electromagnetic grid system that covers the surface of the earth. You can think of it as longitudinal and latitudinal lines.

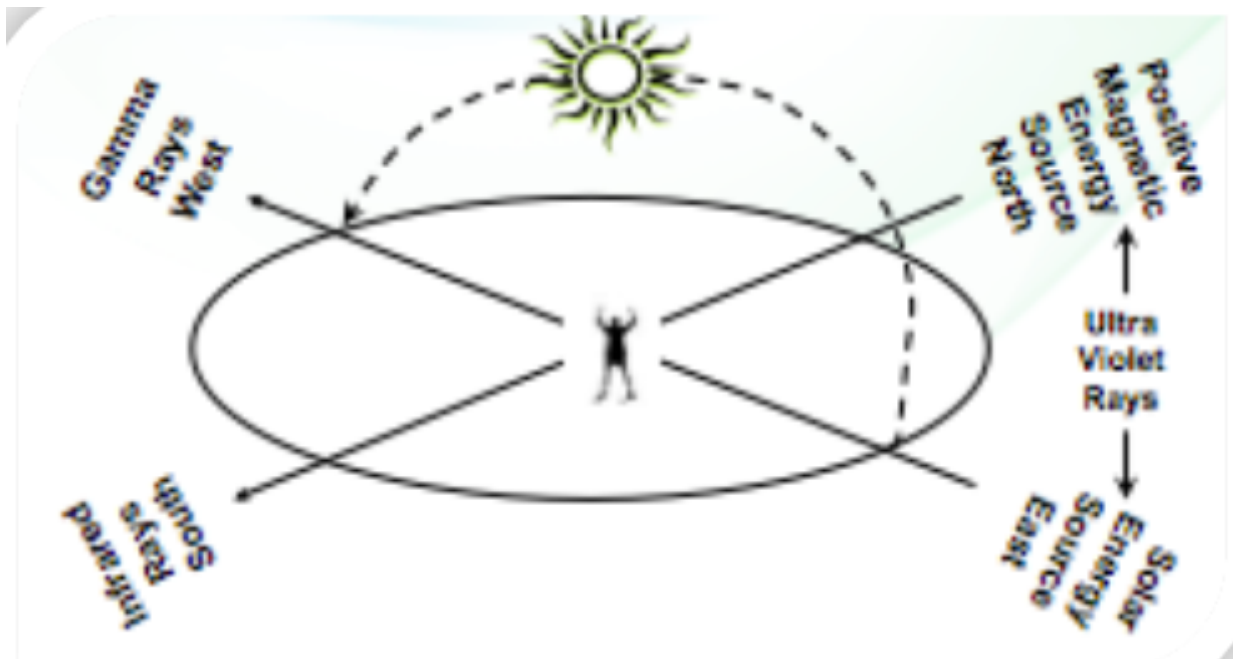


Figure 7: Early morning ultraviolet light is beneficial to your health

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By aligning your body and buildings to this earthly grid system, you will receive the support of nature in all your endeavors, including the more health-supporting ultraviolet rays from the north and the east, which support cellular growth.

The rays coming from the south and west can be detrimental to your health. When a home or office is aligned with the forces of nature through the science of Vastu, you feel like you are swimming with the current of a river and not against it.

There are some simple ways to align your body to these two forces of nature. The direction you face when you work, or doing anything creative, like writing, artwork, cooking, etc., can have an effect on the positive outcome of your endeavor.



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Scientific research on brain functionality shows that facing east is better for creative right brain activities such as those mentioned above, as well as eating. Facing east appears to improve digestion and promotes better health. Facing north is more conducive to analytical left-brain activities, like paying bills, doing accounting, math or any logic-based process.

In general, north and east were found to be better directions for successful outcomes to your creative and logic-based projects than facing south or west directions.



Figure 8: Face north or east while working

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Research has also shown that the direction you sleep will affect whether or not you feel rested when you wake up.

As stated above, our bodies are electromagnetic. The positive polarity is in your head and positive magnetic energy comes from the north.

If you are sleeping with your headboard on a NW, North, or NE wall, it is like bringing two positive ends of magnets together: they repel.

This disturbs your sleep, digestion and circulation. Sleeping with the headboard in any direction except NW, North or NE promotes better sleep.



Figure 9: For good health, do not sleep with your head on a north wall

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If you are not feeling rested when you wake up, or have trouble sleeping, it makes sense to experiment sleeping in a different direction. If your bed cannot be moved, try sleeping on the opposite end for at least a few weeks to see if you get a better night's rest.

In a hospital study, it was discovered that the patients whose rooms were on the east side of a corridor and receiving eastern light were released from treatment on an average 3.7 days earlier than patients in rooms that received only western light.

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The two forces of nature mentioned above -- the positive solar and magnetic energy-- enter through the NE area of any home or workspace and move throughout the structure to settle and build in the SW area. The energetic movement of these two combined forces will benefit the people living and working within the environment.

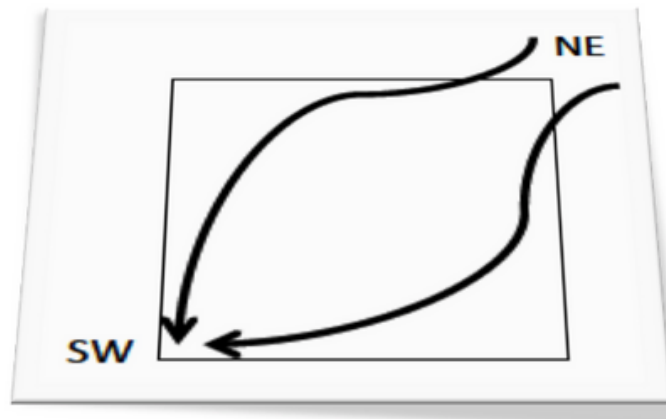


Figure 10: How unobstructed energy moves in a home or office

Unfortunately, as the energy moves through the building, it will slow down and become congested due to the shape of the structure and placement of elements. Depending on where the energy gets stuck, it will create a build-up of stress that will affect different areas of your life, which can include your health, career, finances, and even relationships.

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Scientific studies have demonstrated that energy moves most harmoniously in a rectangular or square structure. This is one of the premises of Einstein's Kinetic Theory of Matter. The theory states that atoms move in a straight line, are always in motion and that this motion is facilitated by a square or rectangular shape. In nature, all five elements: earth, water, fire, air, and space, are in balance. In a rectangular or square structure harmony between these elements also exists.

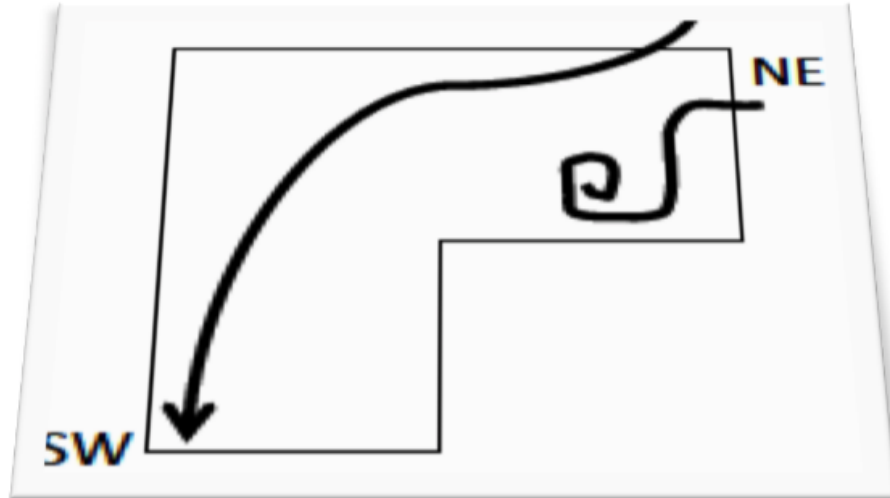


Figure 11: When a building is not rectangular or square, stuck energy creates environmental stress

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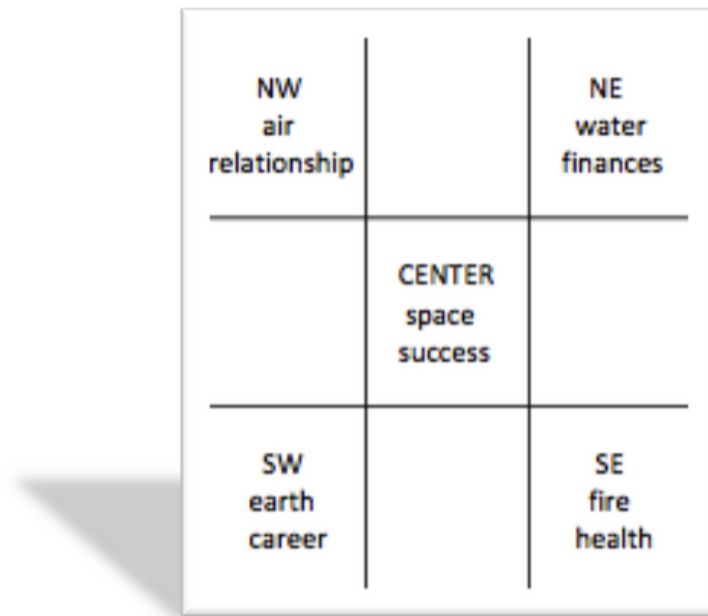


Figure 12: A square or rectangular building supports harmony in all areas of life

When a building or lot is not rectangular or square, the five elements will be out of balance. The result of this imbalance is environmental stress caused by any jogs, such as missing corners, cuts or extensions, in the structure. This is similar to what happens when there is a bend in a river. Some of the water eddies, stagnates and pollutes. This environmental stress impacts your life in some way, as mentioned above in the last paragraph, and will also affect the way you think and feel.

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The misplacement of openings, doors, windows, toilets, stoves, fireplaces, furnace, hot water tank, AC, electric meters and clutter will also cause this energy to get stuck and create stress as it moves through your building.

When buildings are built in alignment with the forces of nature, or rectified by a certified Vastu practitioner, people living and working within them will enjoy success in their life, good health and productivity.

Michael Mastro has spent his career successfully rectifying existing homes and workspaces using Vastu technology inexpensively, without any remodeling. This work can be accomplished online and products sent to you through the mail wherever you live.

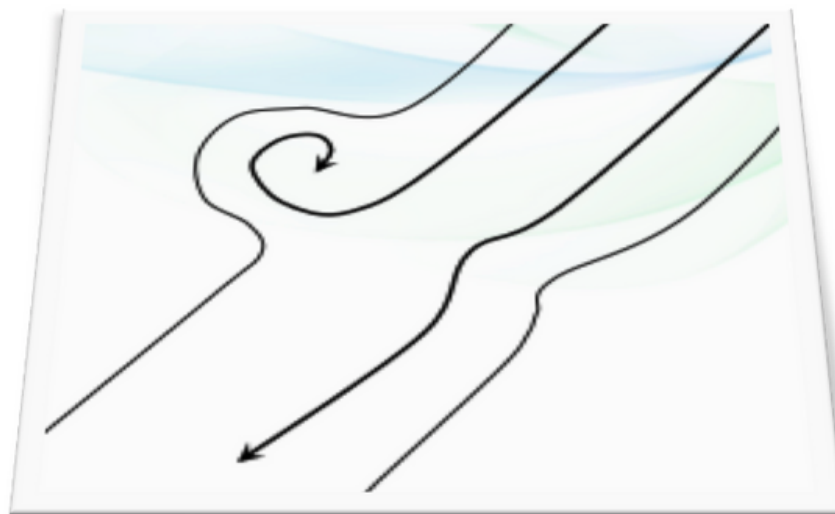


Figure 13: Pollution occurs as water eddies in a stream or river similarly to how energy creates environmental stress or pollution in a home or office

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Figure 14: Exterior view of a home designed according to the principles of Vastu



Figure 15: Exterior view of a home designed according to the principles of Vastu

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Figure 16: La Ville, Guadalupe Valley, Baja California- A Bed and Breakfast designed according to Vastu principles



Figure 17: Exterior view of a home designed according to the principles of Vastu

VASTU PRODUCTS & SERVICES

ALTARS BOOK

🌐 <https://www.vastucreations.com/product-page/altars-of-power-and-grace>

THE WAY OF VASTU BOOK

🌐 <https://www.vastucreations.com/product-page/the-way-of-vastu>

MANTRA CD'S

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Much of the information presented in this report comes from "The Way of Vastu", by Michael and Robin Mastro, two of the foremost Western scholars, teachers and practitioners of the science of Vastu Shastra.

For over 40 years, the Mastros have been helping people reduce the stress in homes and workspaces, eliminating the need for remodeling or demolition. Their individual and corporate clients experience more peace, productivity and success in all areas of life.

For more information about Vastu Shastra, consultations, books, courses, or other programs from Michael and Robin Mastro, click below:

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