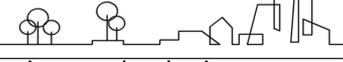




In Association with



Creating Happy Spaces ...



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“Beautiful buildings, greatest of architecture and interior designs, but are they as per Vastu ? The most common reason is half-knowledge of Vastu and do it myself attitude, don't ignore and make it work against you.” - Vinay & Rashmi,

We all hope for the best always and pray for calmness, peace and prosperity in our homes. Staying positive and praying is one thing but have you ever thought what else can be done to achieve all your life-goals and attract peace, positivity? Vastu is the answer. It is an ancient and traditional form of Indian architecture. The fundamentals of Vastu-science circle around the various sources of energies, solar and celestial included. Balancing these energies is the key to bringing in success and peace to you and your loved ones.

Creating Happy Spaces ...



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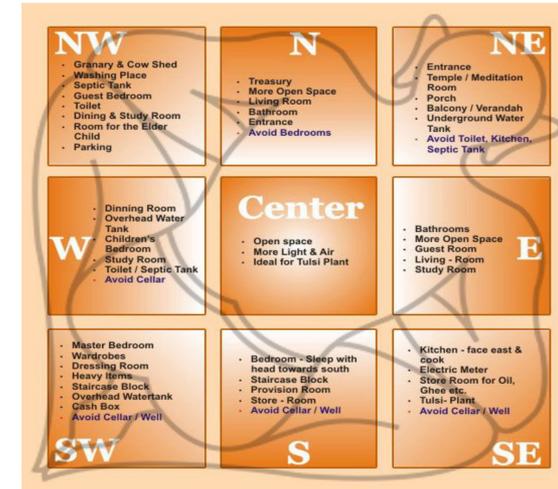
## These are a few tips for you to make your “house” an ideal “abode”:

Vastu takes into account the layout, design, measurements and spatial geometrical coordinates to create an aura of harmony and peace in your home. It is one of the things that truly makes your “house” a “home”.

While constructing a house, if one ensures that the construction goes on in accordance with the Vastu preferences, negative energies will never be able to set foot in such houses. The same is true when one moves into a new house. All it takes is a Vastu expert and a few little arrangements and alignments of the items to give the house a “Vastu-touch”.

Vastu Shastra is considered a logical and scientific manner to construct a house which brings luck and happiness. There are different rules in Vastu Shastra according to directions and elements of nature. There are eight rules for primary directions standing for eight particular things and thus helps in channelizing the energy in all the directions.

Apart from directions, there are five elements of nature that constitute the foundation of Vastu Shastra. In Vastu Shastra, these five elements are known as Panchabhootas from which the entire world is made up of. Have you ever heard of Air, water, fire, earth and space? Well, these are the five elements due to which life prevails. In Vastu Shastra, it is said that with proper placement and usage of these five elements and according to the directions, many benefits and advantages are bestowed on a person or house.

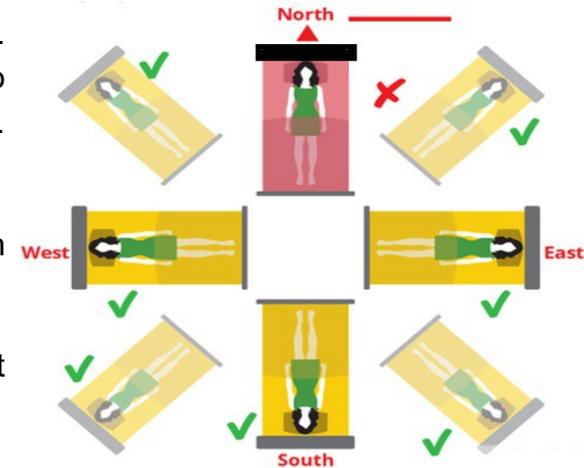


**The Bedroom Vastu:** A bedroom is the most important room in every house and it must stay full of positive aura, round the clock. To channeling positivity into the room, Follow these tips :

1. Placement: As per the Vastu Shastra, the master bedroom must be in the south-west direction, and the head of the family must occupy the room. In case, the house is multi-story, the best direction is to the south-west on the top floor, and it must be bigger than any other room in the house.

2. Placement for the Bed: There is always a bed in the room, and when it comes to the master bedroom, people usually puts a king-size bed to sleep and relax the body. According to Vastu, the perfect place to keep the bed is south or west wall of the room so that the head lies in the south or west direction and the legs are in north or east direction. Vastu Shastra also gives some guidelines on how to sleep in the room.

- Legs towards East: Sleeping with legs on the east side brings the name, reputation and richness to the family.
- Legs on the west side: Many people have a habit of sleeping with legs on the west side, well, for those Vastu benefits spirituality, mental harmony and peace to life.
- Legs towards North: If a person sleeps with legs on the north side, prosperity and opulence follow.



- Avoid Southside: Vastu Shastra says that it is always best to avoid sleeping with legs on the south direction as it will lead to bad dreams, heaviness in mind and chest, bad thoughts and bad sleep. It also drains out the cosmic energy from your body, the science can be explain in detail by Vinay Rathi ( when you meet him )

3. Direction for the changing room: Nowadays, there are changing room, bathroom and dressers attached to the room. The best place for these rooms is the west or north side of the room. Also, the bathroom should not directly face the bed, and the door of the bathroom must be closed all the time.

4. Entrance to the Room: Make sure the entrance of the room is in east, west or north side of the walls. Avoid south direction, and there must be a single door for the entrance which must be smooth enough that does not make any noise while opening or closing.

5. Things to Avoid: Avoid mirrors, television, laptop, computer and big gadgets in the bedroom as they take away the harmony from the room. Try to put a mirror in the dressing room, in case; there is no dressing room then you can place the mirror along with a dressing table. If there is no dressing table, Make sure the mirror does not reflect any part of the body while sleeping otherwise the same part will catch some disease. Any plant, fish aquarium, or any other life forms is a big “No” for the room.



## The Kitchen:

Vastu Shastra suggests that a kitchen made using Vastu tips brings luck, contentment, abundance and wealth in the family. It is the source of happiness and joy which burns away all the harmful vibrations and evil from the house. Constructing a kitchen according to the rules given in Vastu Shastra has always been beneficial for the family from ages.

1. Location for the Kitchen: Kitchen reflects the soul of the family and forms an integral part of the house. It has the power to enhance the aura of the house if placed in the right corner. The best Vastu-favored corner to set up any kitchen is that “South-West” corner. Or else, the “North-West” corner works just as fine.

2. Placement of Gas Stove: Kitchen is not called kitchen without a gas stove. It is the place where food is cooked, and the best place to fix the gas stove is again in Southeast direction. The elements of fire placed in this direction works the best that is why it is advisable to cook facing east side of the kitchen.

3. Placement of Sink and Taps: A sink and taps are installed in the kitchen to make it easy to use water for different purposes. Water is used in the kitchen for cooking, cleaning and washing of dishes. Placing sinks and taps in the kitchen indicate water flow and installing them in the North-east direction and away from a gas stove is the best-suited option. Water and fire are repelling elements and keeping them away from each other are the best.



4. Placement of Refrigerator: There are two ways to keep the refrigerator, either it can be placed in the kitchen or it can be placed outside in the dining room or living area. In case, the refrigerator is placed in the kitchen; then it should be placed in the south-west direction but keeping at least a foot away from the floor. It is good to avoid north-east direction for the refrigerator as it becomes a hindrance in the kitchen.

5. Placement of Storage: Kitchen requires a proper cupboard and drawers to store grains and spices. Even there must be some space to keep crockery, utensils, etc. that is why southern and western walls are preferred. Avoid north and east side walls.

6. Placement of Drinking water vessels: Many people use earthen pots, filters and store water in bottles for daily usage. If there is any filter, RO or earthen pot in the kitchen, placing them in the north-east direction is considered auspicious.

Things to be avoided:

- Avoid kitchen directly under the temple or pooja room.
- Do not construct the kitchen under toilet or bathroom.
- Avoid placing gas stove directly in front of the entrance door.
- Keeping waste material and unwanted items in the kitchen must be avoided.



## The Prayer/Pooja Room:

A Pooja room is one of the most important and auspicious places in any house. More or less, a Pooja room serves like an engine that drives and circles various energies throughout the house. It is, therefore, imperative that special care is taken while designing and placing the Pooja room. As per Vastu, the best and most auspicious direction and place for the Pooja room is the north-east corner of your house. If north-east placement is not feasible, it can be set up in the east or the west side of the house. Once set up as per Vastu, the Pooja room keeps driving harmonious vibes throughout the house which in turn heightens the positive energy.



## The Money/Jewellery Box:

Cash/Money is what makes the world go around. It is directly related to our social status, prosperity, harmony and abundance. Our emotions are so deeply connected with money as it is considered a form of goddess Lakshmi. We pray for money and it is, more or less, a part of our religious beliefs. Hence, it is extremely important to have our money/cash box placed as per Vastu to keep the money flowing in. A cash locker must always be placed close to the south-west or the southern wall in a room. It is important to ensure that the locker open towards the north. It is because the Lord Kubera is considered to be residing in the northern direction. When we repeatedly open the locker in the Lord's direction, the gracious god refills it every single time.



## Drawing / Living Room Vastu:

This is the only space in the house that serves as an open playground to a variety of energies entering your home. It is so because all the guests and other family members usually gather in the living room and they carry a variety of energies with them, some positive and some negative. One must ensure that only positive energy stays inside the house. Vastu suggests that the host must face the North or East when guests visit.

Tips offered by Vastu Shastra for Drawing Room:

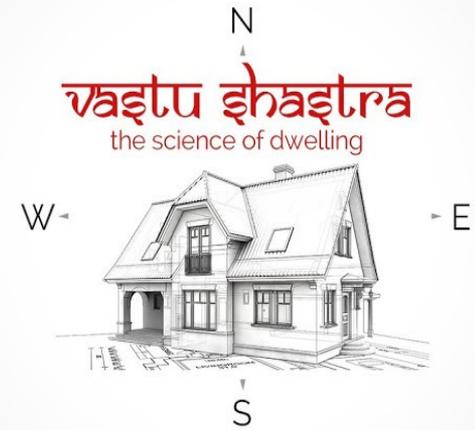
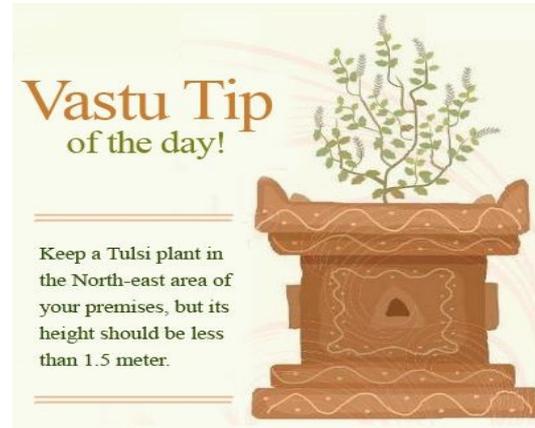
1. Location for the Drawing Room: Since the drawing room is the front room of the house, it is always preferred to be near the entrance door. The right location for constructing a drawing room is in north-east, north-west, and south-east. You can also use central east, west, north or south facing area to construct the drawing room.
2. Placements for Furniture: A living room is incomplete without a well-maintained, beautiful sofa set. Vastu Shastra says that the best place to fix the sofa set is against south and west walls. In case, there is no place on the south and west wall, go for the east side of the walls.
3. Avoid Exposed Beams: Having any external and exposed beams in the house excites your stress zone and disturbs the rational judgment in the matters of importance that is why they are avoided. When sitting in a room with exposed beams, the vision gets disturbed continuously and makes it uncomfortable to sit in the room.





## Some General Vastu Tips to Follow At Home

- Always keep the corners of the house bright as they are powerful sources of energy.
- Clear Cobwebs as soon as you discover them as they hinder the financial growth of the family members.
- Place a Tulsi plant in the North East direction of the house to transform the negative to the positive energy in the house.
- Do not place a cactus inside the house as it is considered as a negative plant which affects health & relationships of the members living in the house.
- If you're having trouble with finding a job, place a Lord Kubera Idol in the North direction of the house.
- Lord Ganesha idol facing towards the entrance of the house ensures optimistic results in life.
- Remove any non-working clocks in the house.





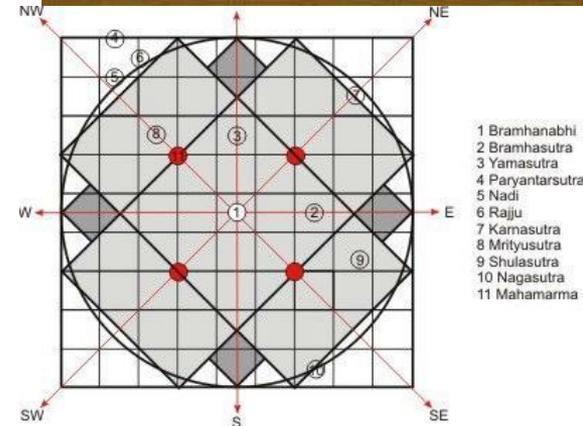
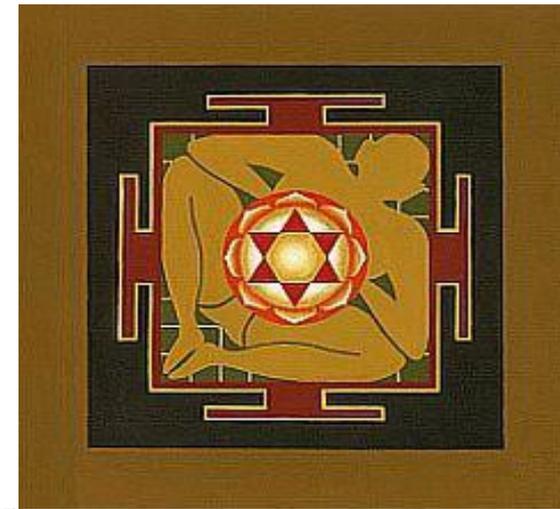
## The-Placement-Justice:

Location or placement are of paramount importance in Vastu-Shastra. For the optimum confluence of the best of energies, every room has been marked to be located in particular spots as per Vastu.

For instance, the main entrance of the house must face east, the rising-side of the Sun. It is to allow the positive light enter and grace your house. It is ideal to cook facing the east side in a south-east located kitchen. This setup is the easiest recipe for happiness. While the bedrooms must occupy the south-west corners, bathrooms must necessarily be built in the northwest corners.

In many cases, following the Vastu suggestions is tedious, impractical and impossible sometimes. But there's nothing to fret about. These suggestions are more of guidelines rather than "do-or-die" rules. An expert's opinion in terms of Vastu usually goes a long way.

We wish you a happy home and a happy life.



***“Vastu Shastra explains that all things in the universe have a level of energy and that every building or land has a vibration of energy associated with it. The universe is built of positive and negative energy. Vastu aims at eliminating the negative energy and enhancing the positive energy.,” say Vastu experts.***

**Taking Advice** : Hiring professionals Architects like Vinay&Rashmi is also a good option as they know the subject in detail and can help you make life simple.

VINAY AND RASHMI is an award winning organization consisting of a young multidisciplinary team of professionals engaged in architectural and interior design. Vinay Rathi & Rashmi Rathi are the Joint Principal Architects of VINAY AND RASHMI.



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