

Vastu

The Soul of Construction

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Vastu's importance has been explained in the Indian civilization thousand years ago. According to it before constructing our house, hotel, factory, office, clinic, hospital, restaurant, inn or temple etc. we should know the five elements and do the construction accordingly so that one gets Peace, Prosperity and Happiness. Earth, Wind, Light, Energy and Air are these five elements.

Our body is made of these five elements and therefore in this whole process Vastushastra has been very much advantageous.

What is Vastu?

Universe is one of the beautiful creations of nature and everything stands alive only in the limelight of truth. Just like every subject of human aspect, Vastu is also governed with rules, regulations and acts. The nature has also got certain key factor principles for smooth governing of its residents, in which "Vastu stands for nature law".

Vastu is an inherent energy concept of Science. We cannot see energy with our naked eyes but we can realise and see its application in different forms and fashions. We all know that "up to the knowledge of

mind is called Science and beyond the knowledge of mind is called Spirituality." Hence, Vastu is not only a science, but is a bridge between man and nature.

Vastushastra is essentially the act of correct settings whereby one can place himself in such a manner so as to absorb the maximum benefits of the *Panchbhootas* or the five elements as well as the influence of magnetic field surrounding the earth.

Vastu Shilpa Shastra, the ancient mystic science and the art of designing and constructing buildings finds its origin in *Stapatya Veda*. As far as Indian Vastu is concerned, it is based on the Measurements, Position, Direction and the Orientations. It is not confined to any particular group of people. It is applicable to all human being irrespective of caste, creed or religion.

Basically Vastu is required only for the selection of the plot and the time of preparing the plan of the proposed home or other buildings.

Designing the exteriors

After purchasing a plot, the first thing to be done is to prepare a site plan before going for the building plan. For each type of building, the requirements are different. So here are some points which one should always consider before designing the plan.

The open space around the building: We have to carefully examine the space given to us around the building and make sure that you are leaving the maximum space in North and East side and less on South and West sides. The construction should never be on the Northern and eastern walls. This violates the basic principle of Vastu. The left area in North should not be less compared to the open area left in the South as this is very bad according to Vastu.

The Levels: At any level, the West, South, South / West sides should be more elevated than the North, North / East and East sides. Basically the flow of water should always be from the South to North or West to East as it creates a lot of positive energies.

Roofing: The roofing slope should always be towards East and North so that the water always flows towards the North and East. Nowadays, it is a fashion to keep the roof sloppy, for that one must always be careful to make the slopes in north and east sides. Slanting towards South or West should be avoided as it causes serious health problems.

Terrace / Porch / Portico / Balcony: All these should always be located in the North, East or North East side of the building brings health, wealth and

