

# VASTU SHAstra

## Yoga for Your Home

by Sandra Sagarmurti Shotton, Vastu Consultant

The origins of Feng Shui are being revealed and taking on a momentum in popularity throughout the world. **The time has clearly come when most people are familiar with Yoga, becoming acquainted with Ayurveda, and now ready to meet the other sister, Vastu Shastra.**

These three sister sciences grew out of the same period of time and culture, known as the **Vedic Culture** some 10,000 years ago. In fact they come from the same book, called the Atharva Veda. So with the same language and same understandings of the workings of the Universe (as well as the human being) these great sciences have not only been preserved throughout time but are making an important reappearance in cultures all over the world today. It seems this is what the world needs now to bring health, wellbeing and balance back.

Sages from long ago preserved this knowledge in scriptures called the Vedas. The knowledge of Vastu Shastra, the science of building, has been used throughout time and is apparent in many well known structures all over the world, including the Egyptian and Mayan Pyramids, the Roman Colliseum, the Greek Parthenon and the Taj Mahal.

In 1922 archeologists began excavating Mohenjharo, an ancient city in the Indus Valley and discovered that this 5500 year old city had been built on the principles of Vastu. The streets and buildings aligned to the cardinal directions, the kitchens in each house were in the southeast, home of the fire element, sleeping areas in the SW earth corner and the buildings all rectangular with an inner courtyard, home of the space element.

About three thousand years ago monks carried the information from India, through Tibet to China where it was adapted to the culture and environment there and became the various schools of Feng Shui, the art of placement and design that improves the flow of energy.

Vastu Shastra is universal, it does not change over time or in different places. It is about *living in harmony with the natural environment*. It is understood that nature is in balance, all places in the world are naturally beautiful and harmonious when not disturbed by human beings. When we build we disturb the harmony unless we take into consideration the five elements ( earth, water, fire, air, space ) together with the directions and their planetary influences thereby gaining the support of nature.

Understanding that the **magnetic energy** from the North and the **solar energy** from the East exert positive, beneficial influences whereas the gamma rays from the West and infrared rays from the South are not life supporting, influences how a Vastu home is built as well as how a non Vastu home is rectified.

When the **spirit of a home is honoured and enlivened using the methods of Vastu** it affects the energy of all who enter as well as the *health, prosperity, spiritual wellbeing and relationships* of those who live there. Vastu Shastra, like Yoga and Ayurveda, are true gifts to this world that we may all benefit from easily and naturally.

*“People seldom think of their homes as living entities but the benefits of understanding this premise are truly life-changing.”*

Michael Mastro, Architect,  
Vastu Consultant and Author of *The Way of Vastu*

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