

VASTU SHASTRA

Yoga for Your Home

Balance

by Sandra Sagarmurti Shotton, Vastu Consultant

We are all connected, it is one of the laws of nature. Another law is that every action begets another. Vastu Shastra is built on these **universal laws** to enable us to live harmoniously with our surroundings and in balance with each other.

How does this happen? When we live in balance with nature *our environment becomes alive with opportunities and possibilities* that are not available to us without nature's support. The Vedic Sciences of **Yoga, Ayurveda and Vastu Shastra**, all teach us to honour the five elements within and around us. This is what we are made of, what all of nature is made of and as we keep the balance within our bodies and homes resonating with nature's purity we become aligned with her bounty.

The story goes something like this. . .first there was sound, the 'big bang' was Om and the vibration of the sound created space which filled with air, friction created fire which then liquified becoming water and solidified to become earth. . .and so the elements were created, in fact were creation.

We share these building blocks of creation with all the rest of creation, we are all made of the same stuff, we are influenced by the air around us, the fire of the sun, the earth beneath us, the space that holds the planets and our thoughts are one.

Left alone the elements reign pristine, we all know this, and experience it every time we walk in the woods. The peace and serenity we feel when the

elements are in their natural state is also our natural state. We come into alignment when we spend time in nature, this is one way to build our 'prana' or energy, by balancing the elements within us as they resonate with the natural environment around us. Just looking out at the ocean will bring the water element into balance within us and soothe our emotional state.

Our homes are our bigger bodies. The environment they provide us also affects us and we in fact affect it as well. Vastu Shastra is the Science that teaches us how to create these bigger bodies to be in *alignment with nature so that we are able to experience our natural state of peace and bliss in our homes* like we do in nature's forests. This is truly the first 'green' building, taking into

consideration how the buildings affect our emotions, minds and bodies, our health as well as our opportunities. A building can either be friendly or unfriendly to it's inhabitants.

Vastu gives us many methods to remedy existing challenges an environment may have and in fact heal it and align it's energetic anatomy much the same way a chiropractor helps people to align their physical anatomy. We are so very fortunate to live in a time when the return of this ancient wisdom is being embraced by so many.

“When we investigate the invisible mechanics of nature, we find that everything in the universe is directly connected to everything else. Everything is constantly being influenced by everything else. No wave in the ocean is independent of any other.”

Maharishi Mahesh Yogi

from *THE WAY OF VASTU*

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