

1. What does Vastu mean?

Vastu is a Sanskrit word that means object: a house, a building, town, country, the earth, the stars, and/or planets

Any visual object with material quality is called Vastu.

Although Vastu is a recent word, it describes a portion of the ancient Vedic literature called Sthapatya Ved. Sthapatya in Sanskrit means “to establish”, and what is established in the process of building design is the relationship between dweller, dwelling, and cosmos.

2. How does Vastu knowledge work with building design?

Success in life depends upon the positive thoughts of an individual: the more positive the thoughts, the more success one enjoys. According to the distinguished scientist, philosopher, and doctor, Deepak Chopra, every human being experiences 75,000 thoughts daily, and that same individual will repeat 65,000 of the same thoughts the next day. Living and/or working in a building designed with Vastu knowledge allows the occupants to encounter more positive thoughts than negative ones, and thereby enjoy greater fulfillment in life. In his seminal work, *Human Physiology: Expression of Veda and Vedic Literature*, Dr. Tony Nader identifies the relationship between the human brain and the cosmos and posits that supporting this connection will help the individual attain increased wealth, improved health, and spiritual growth.

3. What is Vastu Purusa Mandala?

Vastu, as defined earlier means a material object.

Purusa means pure consciousness within a material form, composed, in humans, of all five primal elements: fire, wind, water, earth, and space. (In the case of animals and plants, fewer elements are present.) As the human body contains pure consciousness, for an individual to experience the fullness of this pure consciousness, he or she needs to transcend through meditation.

Mandala is a cosmic design that pinpoints the energy for each planet and constellation. If this Mandala is designed with the overall correct proportions, then pure consciousness can manifest within it. A building that is placed over the Mandala allows its owner to experience the pure consciousness that is prevalent throughout the universe. In this way, the dweller can experience the full support of the universe in every functional aspect of his or her home. (The science of the application of this concept within the design of a home or a building is called Vastu.)

It is safe and practical to say that Vastu Purusa Mandala is a graphic representation of cosmic energy. When Vastu knowledge is applied to the design of a building, the function of each room will be maximized by its correct orientation within the larger structure e.g., the kitchen is placed in the southeast corner of the home. Correct proportions for locating rooms are determined according to the Jyotish (Vedic astrology) chart of the owner, and from that chart, a floor plan is created. This, then, is the process for designing a house using the principles of Vastu knowledge.

4. Why should one consider building with green Vastu?

Vastu scriptures were written over 5,000 years ago by ancient sages and rishis (definition) who discussed the various aspects of the text and agreed on 79 different treaties. In the Vedic civilization, building materials were non-toxic and free from outgassing. These included all-natural materials like clay, marble, stone, and wood.

Because these civilizations combined natural building materials with the knowledge of Vastu, their homes enjoyed the maximum benefits of cosmic energy, and their citizens lived happier, healthier lives.

Unfortunately, our modern building practices use materials that are often toxic and prone to outgassing: paint, varnish, window-seal materials, glues, and other products. Such materials exacerbate health concerns, compromising cardiovascular, digestive, and respiratory systems, and promoting skin diseases. Because of the plethora of these materials, Vastu knowledge, alone, cannot offer the maximum benefit of cosmic energy.

However, if an owner uses natural, non-toxic building materials, combined with passive heating and cooling systems (rather than electricity which has a local magnetic field that interferes with the body's natural functioning), then his or her home will provide a safe, harmonious, and efficient environment for life.

5. Will global warming and other environmental issues affect traditional Vastu design?

Global warming, or climate change, is happening because of two phenomena: a change in weather patterns and human intervention. Excessive production of carbon dioxide at global levels has created a carbon layer in the atmosphere that acts like a greenhouse, trapping heat and noxious gases. One of the reasons that this carbon dioxide exists in excessive amounts is the use of fossil fuels to make electricity. In the coming century, as temperatures rise, so will the need for electricity to run the cooling load in residential and commercial buildings.

Pollution in the air and water affect health. And so the quality of inside and outside air and water needs to be monitored daily to promote good health. Finally, detailed scientific and ethical studies are required to improve the lives of people first, before developing the perfect home design with Vastu knowledge.