

Vastu Remedies

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Bedrooms

The best direction for a bedroom is the southwest, the earth corner, which leads to stability. A bedroom in this direction leads to conjugal bliss. The room can be painted in light pink colour and pictures of happy couples can be hung in it. Make sure there is no mirror in the room, in that image of yourself can be seen. For that matter, no TV should not be there to detract you. Your head can be in any direction, except north.

Bedrooms in the south are good. Bedrooms in the north are ideal for young couples whereas a bedroom in the east is good for unmarried children. The north is also a good location for storing valuables cash and important papers. The bedrooms in south are considered ideal for boys.

There should be no mirrors or a TV set in the bedroom, irrespective of the direction of the bedroom. Clutter or cobwebs should be removed immediately. Thorough cleaning of the house should be done at least twice a year. Useless things lying haphazardly in front of the house or on the roof of the house cause rift between the couples.

How to revive sex life

Do you know that *Vastu* can improve your love and sex life? Given below are 7 tips to revive the spark.

1. Place a picture of a loving couple in your conjugal room. It does not have to be human; it can be picture of two loving birds. It is also good to have a picture of sea in the northern wall.
2. Paint your room light red or pink.
3. Select a light red or pinks colour bed sheet in the room with floral designs
4. Keep crystal in your house. These not only add to the beauty of your home but also enhance your love life.
5. Wear red colour clothes. Red colour has a positive effect on your love and sex life.
6. Let plenty of light come in your room. Also don't keep the temperature too low.
7. Don't keep idols of gods and goddesses in the bedroom. These belong to the place of worship only.

Brahmsthan

Brahmsthan is the central portion of the house. It is a very sacred place, being the place of gravity. Or if the mythological name has any meaning, it is the abode of *Brahma*, one of the gods of Hindu trinity. It is as holy as *Ishaan kone*. Directly linked to the sky, it is the point from where all other directions originate.

Central to any structure it is relevant to all shapes. By dividing the structure into blocks of 9 squares, central block is the *Brahmasthan*. Like all other areas of the house *Brahmasthan* requires careful planning.

Ideally there should be no construction in this area, as construction in the centre of the plot blocks the main energy that keeps the place lively. If possible, it should have open sky like a courtyard, a balcony or a skylight. It should be a place for meditation or relaxation. A place where the elderly could unwind, and children could play replicating the *Chaupals* in the Indian villages. According to *Vastu* an open space in the centre brings prosperity to occupants of the house.

However, if construction cannot be avoided make sure there are no pillars, staircase beams or fireplace in the *Brahmasthan*. Avoid constructing a washroom, storeroom kitchen or a septic tank in this area as this disturbs the harmonisation of the vital elements in the house.

In case of commercial place, do not locate generators, lifts and other utilities in this area. Irrespective of the structure being a factory, a house an apartment or a hotel an unbalanced *Brahmasthan* brings bad tidings. Commercial units could result in huge financial loss or delay in projects.

Heavy objects placed in *Brahmasthan* generate negative vibrations. Objects like pillars, staircases and fireplace in *Brahmasthan* disturb the harmonization of vital elements in the house. Avoid constructing a washroom kitchen or septic tank in the *Brahmasthan*. There should be no beam in the centre of the house. Avoid sleeping in the middle of the house. Storeroom, arches or other construction should be avoided in *Brahmasthan*.

Good Health

Your health is very important, more important than wisdom or wealth. And keeping you in good health is multiple billion dollars industry. That money comes from our pocket. *Vastu* is a simple and inexpensive way of becoming and remaining disease free. Here are a few causes and their remedies.

Never sleep under a beam. If you do, you are sure have headaches and heart related disease. Simply don't sleep under a beam and if it is necessary, put a false ceiling.

Talking of sleep, don't lie down with your head towards north. The iron particles in our blood react negatively with magnetic rays coming from north. Ideal is head towards south, but if that is not possible east and west will do. Similarly, you should not sleep with your head or feet towards a door.

Don't keep your medicines visible or in proximity. If you do, you are perpetuating your problems. Simply put the medicines in drawer in the northeast corner, away from sight. Your problems, if they don't go away will at least stay as it is. You won't become dependent on medicines.

While cooking food, you or your significant other should always face east. Otherwise it is an invitation to disease, especially the person cooking meals.

If the northeast corner has a washroom, kitchen, staircase or a pillar or the corner is cut or has garbage, it is a major *Vastu* defect and cause of innumerable health and other problems. If possible, change it and have an open space instead. If not possible, then please keep a mirror in the north or keep a northeast *yantra* in wall. It will provide some relief. Or carry out the remedies as given in 'how to remove defects in northeast'.

Have no door in southwest. It's a major cause of depression. If there is, keep it closed in the interest of your health. If it is unavoidable, then open it only in need. Put a dark curtain there.

If you have high BP or blood related problems, it is possible that you kept water source or a washing machine in the southeast. You should remove the water source immediately. Otherwise put nine Carnelian stones, for these are good for any southeast defect.

Main Door

The main door gives first impression to the visitors. It plays an important part in how much wealth you attract to the house. Is it inviting enough?

There are nine equidistant lines on each side of a square or rectangular plot, where the house is to be built. That means there are 81 squares or rectangles on a plot, 36 of these are in outer perimeter. These represent certain positive qualities for the inhabitants if the entry to the house is in the following modules, no 3, 4, 5 in the north, 3 and 4 in east, 4 and 6 in the south and 6 and 7 on the west. Entry on the modules mentioned above means they are good for the family who lives in that house. Some people have the misconception that all south or west entries are bad. It becomes bad only if it falls outside certain modules

Here are a few time-tested simple tricks.

- Please make sure there is no pillar, stone or tree in front of the house.
- Your main door should be the most beautiful portion of the house. Make sure there are flowers in nice pots around the main door. It doesn't hurt to have a few decoration pieces. It also increases the curb appeal of the house.
- It should be beautifully painted. Great importance should be given the quality of wood and workmanship. Wood trees grown in cemeteries, near the temple or any religious place should be avoided. Also avoid squeaky doors.
- Your main door should have your nameplate. If due to reasons of security, you don't want to write your name, at least the house can have a fancy name. How about *Anand Niwas* or at least Welcome?
- Put a god's message on the door like Jesus mezuzah. Hindus can put *Shubh-Labh, OM* or *Swastic*. But make sure, when you make a *swastik*, you don't cross the two hands. It could also be *kul devta* or family deity.
- You could also put paintings of two sentinels, young looking and well decorated. It could also be nicely decorated cow and her calf, or dancing girls or any soothing picture. Make sure there are not wild animals or

scenes of violence. Nudity or vulgarity in the name of art should be avoided.

- Put a nice-looking foot mat at the door. Please make sure that it is always clean.
- Put a pretty garland on the door. It could be a *toran*, a decoration of *Ashoka* or mango tree leaves, which is called *bandanwars*. You can also put a *toran* of *kauris*, a symbol of prosperity.
- Make sure there is no garbage, cobwebs or garbage on the door or area around it. In fact, there should not be any garbage on any side outside or on the roof of your house.
- Your main door or entry should be on correct *pada* or module.
- Never paint main door or any other door black. It leads to fights between couples.