



The Indian Feng Shui

Of Environmental Design

Every living thing in the universe seeks a comfortable living space to call home. Birds build their nests, rabbits dig burrows and humans construct homes. These dwellings are carefully selected to provide a safe haven, minimize adversity and provide a place to live, love and thrive. We all know that environments affect our emotional, social, spiritual and financial health. Ergonomic correctness, green living and feng shui are some well-known principles to help us function better within our environment – but ask a friend about vaastu and you will probably receive a quizzical look. Yet for yoga practitioners and for all people, vaastu offers another door to creating a harmonious life.

In Sanskrit, vaastu means “the science of structures” and it is an architectural guide for identifying property, building, designing and decorating spaces to be in alignment with nature. From ancient literature we know vaastu was developed thousands of years ago and was used by architects to construct temples and royal palaces.

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Directions And What They Represent According To Vaastu

East – prosperity, wisdom and male issues
 Southeast – health, fire, cooking, food
 South – wealth, crops, happiness and the female head of the family
 Southwest – behavior, character, longevity and death

West – reputation, male head of the family
 Northwest – business, change, friendship
 North – prosperity, wealth and female issues
 Northeast – health, wealth and spirituality



Krisna Talavane, MD, the founder and President of Indus Valley Ayurvedic Center in India and author of *The Vaastu Workbook*, describes vaastu as “a traditional Indian theory of architecture which allows us to unfold to our optimum potential.” Vaastu is a way to define the relationship

between man and the universe. Each dwelling is believed to be full of life force, according to vaastu, and these living spaces have their own form of subtle energy.

To better understand vaastu, you must first understand its relationship to ayurveda and jyotish (astrology). Dr. Talavane explains, “The three vedic sciences vaastu, ayurveda and jyotish help us to understand how we function as a part of the universe in order to live in a balanced state of well-being and enjoy a healthy, happy and prosperous existence.” He makes the analogy that our physical body is like a television and that in order to receive a good picture, the television, broadcasting frequency and cable connection must work together and be in good order. A defect in any of the three may result in a poor picture, representing an unbalanced life. Even a person with good destiny, as forecast in their astrological chart (the broadcast signal), must take care of their body by observing ayurveda (keeping the TV in good repair) and live in a good vaastu home (the antenna being the subtle form of energy) in order to live optimally.

Dr. Talavane explains the role of energy flow and the distribution of elements in vaastu: “The science of vaastu is universal and uniform throughout the world. It is based on the knowledge of planetary energies and the basic elements that govern them.” This vaastu system relies in harmonizing any space with the five elements air, water, earth, fire and space/sky. In other words, vaastu is essentially the manner of balancing nature with a man-made environment and focusing on the correct placement of

things to maximize the benefits of the energy emanated by both the natural and man-made environment. Proper order and proportion of the five elements are required to live optimally. This involves the location and orientation of the property, surrounding landscape, materials used in construction and design, placement of fixtures and personal property, and color and lighting. There are many natural forces, both seen and unseen, that are taken into consideration in vaastu such as gravity, magnetic force, solar, wind, molecular and other types of force, and the application of vaastu is based on three fundamental principles:

- 1) height and weight proportion
- 2) slopes and elevations
- 3) exalted and debilitated positions

These three principles are mathematical and have a detailed measuring system. As a highly-developed, complex system, vaastu consultations are often helpful when there is a lack of harmony at home or at work. This is what led Dr. Talavane to discover the benefits of vaastu.

The manner in which he was introduced to vaastu is a fascinating story. Born in India, Dr. Talavane practised anesthesiology in the UK, US and Canada before returning to his homeland in the 1990s. It was at that time that the new house he was constructing for his family, unbeknownst to him, had several vaastu defects. His wife became ill, both the building contractor and electrician died of heart attacks, accidents occurred frequently and a myriad other problems occurred. Dr.

Talavane turned to the age-old wisdom of vaastu and selected a consultant to help him remedy the deficiencies in his home. Results were often subtle while others were astonishingly direct, such as the immediate recovery of his wife.

From that point on, Dr. Talavane immersed himself in vaastu teachings through applied studies from his mentor and had become an authority on the subject. He also began seriously studying ayurveda, the thousand-year-old Indian system of wellness, and established the Indus Valley Ayurveda Center. It is notable that ancient excavations nearby on the banks of the Indus River show a level of architectural sophistication that was unmatched in the world until the nineteenth century.

Dr. Talavane’s mission is to bring the benefits of vaastu, yoga, ayurveda and meditation to humanity at large. He is currently expanding ayurvedic clinics and centers across India with a broader vision of making vedic knowledge and treatment accessible worldwide. Dr. Talavane directs the Indus Valley Ayurvedic Center (IVAC) with a team of experts in the vedic sciences.

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About Indus Valley Ayurvedic Center (IVAC)

IVAC specializes in authentic ayurvedic services emphasizing preventative and healing therapies. Within a multi-disciplinary approach, experts in medicine, psychology, social sciences and complementary therapies also conduct research in ayurveda and the formulation of herbal products. IVAC promotes diet, exercise and lifestyle changes to restore balance in the body, mind and spirit, which aids in disease prevention. For those interested in learning about becoming certified as an ayurvedic therapist or nutritionist, IVAC provides certification classes in conjunction with the University of Mysore, one of the top universities in India. Short courses in yoga, cooking, meditation and vaastu for people from overseas are offered as well as month-long courses in ayurvedic pulse diagnosis and vaastu. IVAC is situated on twenty-five lush acres of land filled with coconut palms, and tropical plants and flowers with an eight acre herb garden that grows over three hundred medicinal plants arranged according to vaastu and astrological specifications. Visitors are welcome in person or on the web at www.ayurindus.com. Vaastu consultations are also available at the center or through the website.

