



5 simple Vastu Optimizations

...to improve the Vastu qualities within one's home.



- 1. Keep the rooms always clean and tidy.**
Because in this way we show our home our gratitude for the shelter that it affords us. And cleanliness and order in the „outside“ brings a cleansing and ordering influence on our consciousness and in all areas of our lives
- 2. Bring beauty into your home with furniture,**
art and colors which you like (already one single room nicely decorated can turn into a small oasis). The aesthetic is an important aspect in Vastu. If we like a room, it brings us happiness and inspiration. But it is also important that we give our home it's deserved space and therefore we should not fill every corner
- 3. Place something sacred and uplifting at the entrance,**
so that upon entering you are always reminded to adhere to the spiritual energy behind matter (building). It does not matter what it is, important is only that it has a meaning for you
- 4. Regularly (for example once a week or once a month) conduct a small ritual clean ceremony with an incense or even better a censer (sandalwood, frank incense or sage are very good).** The mantra that you can recite to it repeatedly is: om vastu brahmanye namaha, om vaastu purushaye namaha
More information: <https://vastu-shop.com/collections/raeucherwaren>
- 5. Play beautiful, harmonious and peaceful sounds in your home.**
In Vastu we like to take to the classical Indian raga music, because this has the same life-giving rhythm, like a building constructed according to Vastu. The sound is related to the subtle element ether (space) and from the element ether all other four elements like air, fire, water and earth are manifested. We therefore go to the source of the manifested space and inject in homeopathic form an information and vibration of harmony and structure into the space. The positive effect also occurs when the music is played softly in the background. More information: <https://vastu-shop.com/collections/vastu-ambience/products/raga-set-bansuri>