



Fortune Creating Space: The Science of Vedic Architecture



Could your office be ruining your business?
 Could your home be destroying your relationships?
 Could your school be damaging your brain?

According to the ancient science of architecture, Maharishi Sthapatya Veda, the buildings that we live and work in create an enormous effect on our health and wellbeing. Improperly designed buildings can create unhappiness, arguments, ill health and lack of success. The direction the house faces, the slope of the land, and the placement of rooms in the house all contribute to how we feel.

With the continuing increases in technology, there is a tendency to forget about the all powerful forces of nature. With electric lights, heating and cooling systems and tinted windows we can become out of touch with the natural environment, unless a tsunami hits and reminds us of our place in the scheme of things. Our buildings can create a barrier between us and nature. Our houses protect us from the elements while our offices provide a secure environment to work in. These structures can be used to harness the natural elements or restrict them, depending on our knowledge of design.

Many people notice how energised they feel being in the bush or on a camping holiday. Away from the pollution, city sprawl and continuous traffic, they sleep more deeply, wake up feeling refreshed and experience a calmer mind and body. Buildings constructed using the principles of Vedic architecture replicate these experiences, while also protecting the inhabitants from the greater environment.

Maharishi Sthapatya Veda is the most complete system of planning according to the solar, lunar and planetary influences on the Earth with reference to the North and South poles and the Equator. It describes how our spatial orientation influences our minds and bodies. The strongest influence of nature on Earth comes from the sun. On its path

from east to west, the sun generates different qualities of energy. Scientific studies show that the neurons in our brain actually fire differently depending on what direction we are facing. There are also "place neurons" in the brain that signal our body's orientation in a room or environment. The direction we face influences brain and body functioning.

When we live and work in buildings with improper orientation or proportion, the firing paths of the neurons are reset in the wrong way. This can contribute to anxiety, illness, lack of creativity, failure in family and professional life, anti-social behaviour and even criminal tendencies. A study published in the Journal of Social Behavior and Personality showed that patients living in homes with south facing entrances had significantly poorer health than those with dwellings facing north or east. The same research indicated that when the patient slept in a bed facing in the north direction they experienced significantly more depression and anxiety than those with their beds facing in the other directions. For sound sleep east and south facing bed heads are best

Recent research in neuroscience confirms the knowledge of the ancient Vedic texts; that our brain functions optimally when our house is facing towards the east, the direction of the morning sun. Buildings that face any direction other than true east or north allow negative influences. Arguments are more likely if you are living in a home with a south west entrance. A western entrance brings poverty and fatigue while a north western door contributes to mental instability. If your home or office faces south you are open to suffering and problems. This is true for both the northern and the southern hemispheres as it more than just the influence of the sun's direction that makes an impact.



Based on the blueprint of natural law of all existence, Sthapatya Veda is concerned with the establishment of Consciousness. It goes beyond what is known under the umbrella of Vastu Shastra; which is knowledge of the establishment of cities, towns and buildings. While other approaches may advise using mirrors to correct poor energy flow, Sthapatya Veda recognises that there is no fooling nature. Maharishi Mahesh Yogi, who revived the ancient science of Vedic architecture and introduced it to the West, recommends that if your home is facing south, leave it as if it were on fire. While this may seem dramatic it is not just born of eastern superstition, a study published in the Journal of Social Behavior and Personality stated that robberies were 75% more common in buildings facing south than those facing east.

When asked about why southern entrances for homes were so bad Maharishi explained that it is based on the idea of path of least resistance that is present throughout nature. An example of this is that water always flows by the most direct route down the hill. By doing this it will most successfully maintain its integrity rather than spreading itself around and evaporating or sinking into the ground. Sthapatya Veda takes into account the relationship between every grain of matter, with every other grain of matter, and calculates the direction of least action or the direction of most success. This knowledge of Vedic architecture taps into the knowledge of order that sustains the universe. Applied in daily life, this translates into success in relationships, better health and improvement in finances, or in other words, fewer obstacles to ones happiness and wellbeing.

PLACEMENT

Our house is like our second physiology. Just as we have organs in particular areas in our bodies, our house should also have rooms in particular areas. As the sun moves across the sky, it radiates different qualities of energy that produce specific influences on different parts of the house. The house

should be designed so that the different energies of the sun correspond to the specific function and activity of the room. Then nature always supports every aspect of our activity.

There is an ideal place for the entrance, the living room, the kitchen, the dining room and the bedrooms. The study is best located in the north of the house, the meditation room in the north east, the kitchen in the south east corner and the master bedroom in the south west of the house. It is important to place each room in the house in the proper location according to its function, so that you do not become sleepy in the dining room or hungry in the study. The wrong placement of the kitchen contributes to weakness and imbalance in digestion; the wrong placement of the bedroom can cause insomnia or chronic fatigue.

One man reported that he effortlessly lost 5 kg after moving into his Sthapatyaveda house. "My normal weight for 20 years had been 88 kgs. Within three weeks of moving into this house it had dropped to 83 kgs. At the same time I was two or three times stronger". A lawyer working in a Sthapatyaveda building noticed that he "did not get tired by the end of the day. Late afternoon was not much different from morning in terms of feeling rested and fresh."



People living in Sthapatyaveda houses report a sense of overriding calmness and sense of peace. These benefits are attributed to one of the unique features of Vedic architecture, the silent core at the centre of each building called the Brahmasthan. It is the silent focal point from which all activities emanate. The Brahmasthan can be highlighted by a squared off area, it can be an atrium with skylights or a courtyard surrounded by windows. It creates a similar silent quality to that which can be reached during meditation.

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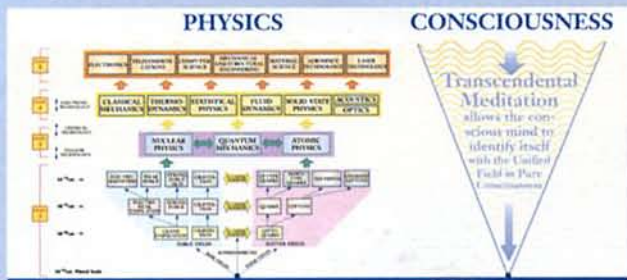


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Proportion

Everything in nature is properly proportioned according to its function. For example, every part of the human body is not only properly placed, it is precisely proportioned and any deviation can create imbalances and problems. Likewise there is an ideal proportion for every room in the house and office. The relationships between the building size, room size, doors and windows are proportionally calculated for the individual according to precise mathematical formulas. These proportions can vary to suit the individual.

Maharishi Sthapatya Veda aligns the individual to natural law. It aligns the cosmic proportions and intelligence with the intelligence of the individual including the human physiology.



Materials

Modern medicine is beginning to notice the 'sick building syndrome'. Modern builders have been using increasingly toxic materials, including dyes, paints and glues in wood products, carpets and other elements of home construction. These materials can emit gases that are pathogenic. For example formaldehyde from indoor pollution has been shown to cause mucous membrane irritation in large numbers of people. There is also evidence that complex mixtures of volatile organic compounds in indoor air conditioners contribute to sensory irritation and possible adverse influences on the nervous system.

The most natural materials are used in Maharishi Sthapatya Veda.



Ventilation

In order to make air-conditioning and heating more energy efficient, modern builders have been insulating buildings far too tightly. The result is that toxic fumes become trapped inside. This can include not only toxins from man-made materials but even naturally occurring pollutants such as dust mites and by product of insects and animals. Anyone who has worked in a place where the air does not circulate well is familiar with feeling sluggish and drowsy. The free flow of fresh air is essential for good health and clear thinking.



Environment

In the greater environment there are other considerations that affect the fortune creating ability of the building.

- They are:
- Slope of the land
 - Features of the land
 - Unobstructed rising sun
 - Location of water

An American city just two miles north of Fairfield in Iowa is being constructed entirely based on the principles of Vedic architecture. Already there are hundreds of Sthapatya Veda buildings including homes, hotels, businesses and a health spa. People are enjoying the benefits of Vedic architecture worldwide including buildings constructed in Great Britain, Ireland, Germany, Holland, Sweden, Norway, France, Finland, Spain, Israel, Japan, Denmark, Thailand, India, Cambodia and New Zealand. In Australia currently, there are around a hundred Maharishi Sthapatya Veda buildings either built or with approved plans. This includes a school in Melbourne.



Throughout the ages architecture has seen many fashions come and go. These have been based more on various styles and theories, rather than any real attempt to improve the health of the inhabitants. In comparison, Vedic architecture and planning is the science of design for the wellbeing of the individual and the community. Sthapatya Veda literally means 'knowledge of the establishment of Consciousness'. Its purpose is to optimise the health and coherence of the dweller, and to expand their awareness to higher states of consciousness.

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