

VAASTU FOR BEGINNERS

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Basic Principles of Vaastu : The Ten Directions

Vaastu Shastra considers ten directions for every space - four cardinal (North, East, South & West), four angular (North east, South east, South west & North west), upward and downward.



East Direction(Poorva): The New Beginnings

- East is the direction of rising sun.
- Indra & Sun are respectively the directional lord (dikpala) and planetary lord of east direction.
- East gives power, position & prosperity.



- East is a light direction.
- East is a zone where sattva & rajas gunas exist in equal proportions.
- East is fit for all the auspicious activities energizing our life.

South Direction(Dakshin):The Zone of Activities

- South is the direction of scorching rays of sun.
- Yama & Mars are respectively the directional lord and planetary lord of this direction.
- The direction of Yama is best recommended for sleeping (short time death when our conscious mind remains dormant).
- For public activities, it proves to be very auspicious during the day time as this direction is full of light which will make a person active while dealing with his or her clients.



West Direction(Paschim): The Place of Mystical Saturn

- West is the direction of setting sun.
- Varuna & Saturn are respectively the directional lord and planetary lord of this direction.
- West direction has been considered the best place for a dining room, study room, living room and for shedding all the anxieties and tensions.
- This sector is also a very good place for an overhead water tank as Varuna is the god of large sheets of water and rains.
- This is a heavy area having tamas and rajas energies combined.



North Direction(Uttar): The Pile of Wealth



- North is the coolest direction.
- Kuber and Mercury are respectively the directional lord and planetary lord of this direction. It showers health and wealth on the inhabitants.
- Try facing north if you are looking for success, to receive the blessings of Kuber & Mercury.
- North is best recommended for storing the articles particularly valuable eatables.
- Some people are of misconception that this is the best direction for keeping hard cash, ornaments, etc.

Northeast Direction(Ishaan): The Most Sacred Direction

- Northeast is the most pious direction.
- Ish and Jupiter are respectively the directional lord and planetary lord of this direction.
- It is the perfect place for a swimming pool, a water fountain or a lawn.
- It is the best place to offer water to the sun god in the morning.
- Ishaan is the best place for offering daily prayers to the lord almighty.
- The main scientific reason for considering Ishaan , the most suitable place for performing all the auspicious activities is the availability of ultraviolet rays in abundance during sunrise time.



Southeast Direction(Aagneya): The Place of Fire God



- Southeast is the direction of light and fire.
- Agni (fire) and Venus are the directional lord and planetary lord of this direction. It supplies heat & light, which are purifying agents of nature.
- This is the best recommended direction for placement of kitchen and fire related activities like electrical equipments, heater, etc.
- Southeast lies between the northeast (the coldest; adobe of water) and southwest (the hottest; adobe of earth).
- Southeast is the ending point of cold zone and starting point of hot zone.
- This direction should be heavier than northeast and northwest but lighter than southwest.

Southwest Direction(Nairitya): The Abode of Rest

- Southwest direction has been considered the most inauspicious direction in vastu shastra.
- It is the direction of radio-active infrared rays of the afternoon sun.
- Pitar (forefathers/ ancestors) and Rahu are respectively the directional lord and planetary lord of this direction.
- It gives poison like rays of sun and is always recommended to keep high, heavy and closed.
- This direction is most suitable for a bedroom of the head of family, staircase, heavy safe or chest for keeping valuables, cash and jewellery.
- This is the most inactive area.
- It is perfect for building a rock garden or placement of heavy sculpture.



Northwest Direction(Vayavya): The Area of Turbulence



- Northwest is the direction of fresh wind's entry.
- Vayu (the air lord) and Moon are respectively the directional lord and planetary lord of this direction. It supplies pure air; the greatest purifying agent of nature.
- Some of the most recommended activities in this direction are guestroom, servant's room, granary, and bedroom of newly married couples, unmarried girls of marriageable age, vehicles and entertainment room.
- Persons trying to go abroad or out of their native place should occupy this direction.

Space Upwards (Aakash)

- It is also called oordhava or upward direction.
- It is a vast space surrounding us.
- Its directional lord is Brahma and sometimes Jupiter is considered its planetary lord. Jupiter is the lord of expansion.
- Aakash gives the power of word and rules all the communications between the mortal and immortal worlds.

Below Earth (Paataal)

- It is also called adho or downward direction.
- It is the dark depths of earth.
- Its directional lord is Vasuki, who is the king of cobras.
- Saturn is the lord of darkness and thus can be considered the planetary lord of deep depths.
- Paataal provides a stable foundation to the building.

Brahamsthana

- The middle square (pada) of the plot or building is called Brahamsthana; the place of lord creator Brahma.
- It is the navel portion of Vaastu purush; the demi god, occupying the vaastu.
- Brahamsthana, the central space should be kept open to the largest possible extent.
- No loads are recommended here.
- No structural elements like columns, beams, walls, etc. are recommended here so as to provide breathing power to the enclosed space.
- The central space functions as lungs of the building.
- It can be used as a lounge area or an open courtyard.
- Kitchen, bedroom, toilets, water storage tank or other such activities are not recommended here.
- Paint the walls with white colour. Try to avoid black, dark blue or red colours.



Loading of Nine Sectors in Vaastu Shastra

- Southwest should be heaviest, followed by south, west, southeast, northwest, north and east while northeast should be kept as light as possible.
- The heaviness of southwest is achieved by higher floor level, least openings in the form of doors and windows, solid thick walls and sun-shades.
- The lightness of northeast is achieved by lower floor level, maximum openings in the form of door, windows, verandahs and borings for extracting the underground water tanks.

Southwest > South > West > Southeast > Northwest > North > East > Northeast

North west (50%)	North (25%)	North east (-0%)
West (75%)	Brahamsthana (±0%)	East (25%)
South west (100%)	South (75%)	South east (50%)

Vaastu Advice

- The slope of the floor should be towards northeast.
- Southwest should be highest, followed by south, west, southeast, northwest, north and east.
- Northeast can be kept at a level lower than the existing ground level if possible.

Southwest > South > West > Southeast > Northwest > North > East > Northeast