



Study of Physical, Mental, Intellectual and Spiritual Health of a Human Being Living in A Dwelling Place Constructed According to The Vastu Principle

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ABSTRACT: Cosmic radiations from planets are a very interesting field of research. The harmful cosmic radiations from space are mostly filtered as they enter into the earth's atmosphere and pass through it. The hazardous unfiltered cosmic radiations are stored in buildings and get re-radiated from the buildings. These re-radiated cosmic radiations interact with human beings. Dwelling places constructed according to the vastu principle will give maximum positive cosmic energy to human beings. Interaction with this positive cosmic energy improves the health of the occupants of the house and results in a better human aura. By means of studying this modified aura of human beings the health of the person can be better understood and also predicted.

KEYWORDS: Planets, Cosmic radiations, Vastu, Human health.

I. INTRODUCTION

Vastu refers to the science of the form of construction of a house and the cumulative or sum total of energies and forces that come into play, called into existence by the geometry, shape and size of the residential structure and the materials used in the construction and its dynamic interactions with the environment[1].

The subtle physical and chemical interactions, effected by the conjunction of various materials and the environment, though not perceived by the eyes are still there, very much present and real. Also, any evil tendencies they may produce – ex. danger, disease or death to the occupants, must be very sensibly and dexterously neutralised or counteracted. In any residential plot, various energies - good and evil, are at play continuously. These energy fields get distorted when a building is constructed on the plot.

Buildings can and should work with the forces of nature rather than against them, in the process making man a compatible part of the area/environment. The human body has layers of auras or energy levels. The strength of these energy levels depends on the evolution of the person. When the energy fields of the structure interact with the energy fields of the person, good and bad results follow. Hence, it is all the more necessary to build a house such that the two energy levels, one of the animate and the other of the inanimate, work in harmony and resonance. Universal cosmic energy emanating from the celestial bodies or planets are important in various stages of construction so that the evil energies are minimised and the good energies maximised. It is well known that there are direct and indirect effects of cosmic energy on living beings. The various energies that run around us in a particular pattern could be harnessed such that they resonated with the individual being or the people residing in the building in a good way, to make their lives meaningful and harmonious. So we have to look into consideration of the various creative, destructive and sustaining energies present in the cosmos[2].

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II. RELATED WORK

In [3], the authors have given many useful reports and resources that gives us knowledge of the various factors that affect human health . The Mystery of the Turin Shroud in which the image of a crucified man appears on the shroud, the recorded aura image, and, the source of the image whether electromagnetic radiations, light /heat was discussed in this reference[4]. In[5], the authors imparted knowledge about aura color variations according to the health state of human beings. In the Journal paper [6], vastu directions and its effects on human beings were discussed in detail. In[7], the relation between vastu dimensions of buildings and interaction with cosmic energy was discussed. Reports about cosmic energy of planets in space was discussed in this reference[8].

III. AURA

The matter which appears to be solid in reality is not true. This solid looking matter is actually made up of atoms, particles and pure energy which is vibrating at specific frequencies which gives matter properties like shape, size, texture etc. These solid looking objects like a pen, book and even the living cells, molecules and atoms in our bodies for that matter, are actually made up of vibratory energy particles called electron, protons, neutrons and other tiny particles. So when these particles vibrate, small electrical impulses are generated in our body and according to the famous law of physics “When there is a electrical field around a body, a magnetic field gets developed automatically”. So the tiny electrical impulses in our body results in the formation of a magnetic field around our body which is actually know as the AURA- electromagnetic field of the body[9]. Since everything in this universe is made up of the same constituent particles electron, protons, neutrons etc. that means everything has an aura. And if we keep on expanding these so called elementary particles, we reach a point where we find nothing but pure energy vibrating at the very essence of these solid looking objects. Everything in this physical universe is nothing but energy which connects to everything in the universe. The aura is an electromagnetic field of energy that extends all around our body for about 4-5 feet (in a average healthy body) and appears to be depleted in the case of unhealthy persons. The aura of a person is directly connected to the level of health of the person. A person considered to be healthy in terms of physical vitality, mental alertness, clarity, and emotional well being has a bigger and brighter aura.

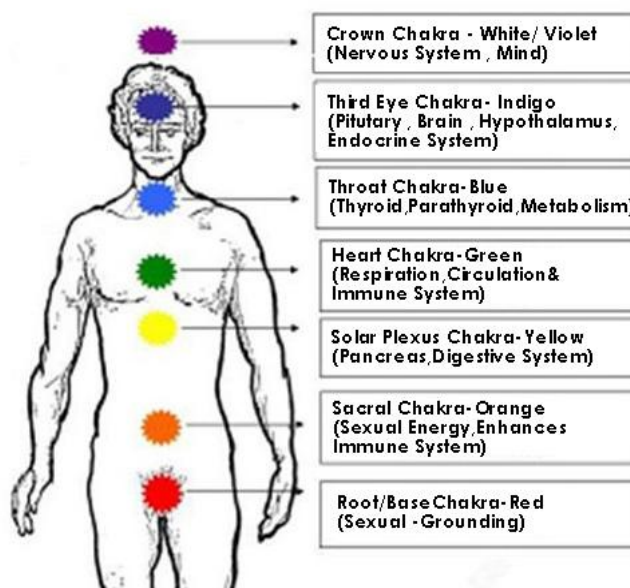


Fig.I

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The human body has different cosmic energy centres (energy chakras)[13] and they are represented by different colors in Fig.I. Each of the energy chakras is vibrating at a particular frequency and responds to different vibrations (or wavelengths) of cosmic energy.

<i>Cosmic Energy of Planets and Colors(It is not visible for our eye)</i>			
Planet	Color	Wavelength nm	Frequency THz
Sun	Red	625 - 740	400 - 484
Moon	Orange	590 - 625	484 - 508
Mars	Yellow	565 - 590	508 - 526
Mercury	Green	520 - 565	526 - 606
Jupiter	Blue	500 - 520	606 - 670
Venus	Indigo	435 - 500	670 - 700
Saturn	Violet	380 - 435	700 - 789

Table-I

All planets receive cosmic energy from the sun and act as amplifiers and once again re-radiate in different cosmic colors,frequencies and wavelengths as marked in Table.I.[10,14]

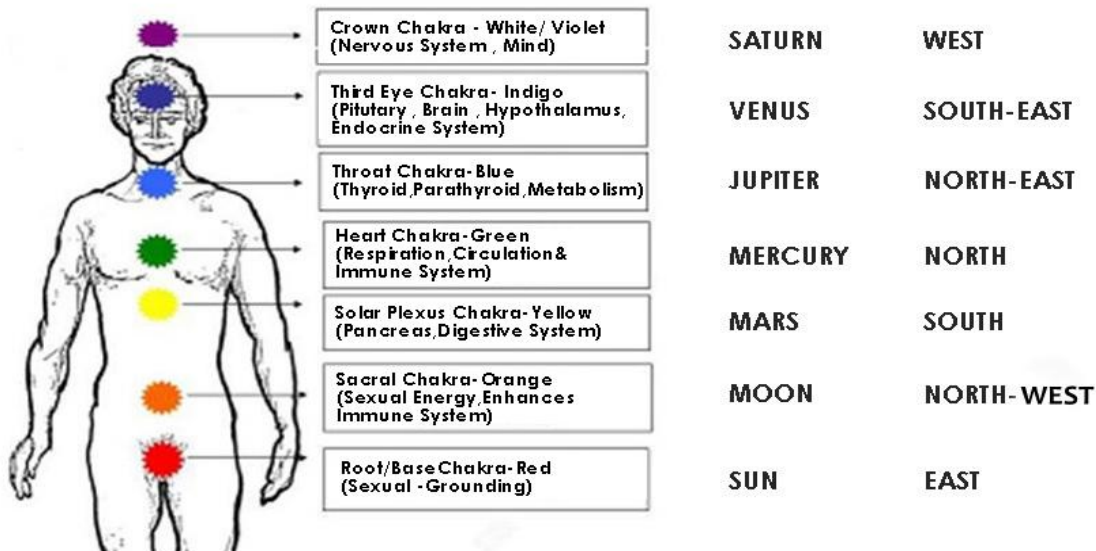


Fig.II

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Planet	Cosmic Energy color	AURA or EMF or BEF or Energy centres or Chakras	Human body	Vastu space of Building
Sun	Red	Root/Base Chakra	Sexual -Grounding	East
Moon	Orange	Sacral Chakra	Sexual energy, Enhances Immune system	Northwest
Mars	Yellow	Solar plexus Chakra	Pancreas, Digestive system	South
Mercury	Green	Heart Chakra	Respiration,Circulation and Immune system	North
Jupiter	Blue	Throat Chakra	Thyroid, Para thyroid, Metabolism	Northeast
Venus	Indigo	Third Eye chakra	Pituitary,Brain,Hypothalamus, Endocrine system	Southeast
Saturn	Violet	Crown Chakra	Nervious system, Mind	West

Table-II

The space in different directions within a house, acts as filters and absorbs and stores cosmic energies from the sun and other planets respectively[11,12].Then there is a re-radiations from the different directions and it is shown in Fig.II & Table.II.

Cosmic colors are not visible to the naked eye.It can be captured by special cameras called AURA cameras, and it can be imaged and we can see it on the screen.

IV. COSMIC ENERGY AND HUMAN HEALTH

1.The effect of cosmic energy of the Sun:

a)The red colored positive cosmic energy of the sun reduces the suffering from introversion, inner fear and laziness,will increase dynamic nature, courage and quickness and enhances the qualities of activity, authority, steadfastness, willpower, position and happiness.And it will bring about warmth, vitality, success, dignity, optimism, health, fame, power, brilliance, and spirituality.

b)The red colored negative cosmic energy of the sun will bring arrogance, excessive, dominance, egotism, envy,anger,irritability,character and weakness, lack of willpower and will bring diseases anemia, asthma, diseases of the larynx, certain skin diseases and chronic coughs,heart diseases and problems of the circular system, skin diseases, back problems, colds and feverish colds.

c)Red colored cosmic energy centre of the sun at the base of the spine of the human body regulates ovaries in females and testes in males,regulates the activities of the genital organs and reproductive potential ,controls spine, right eye of man (left eye of women), mouth, appendix, neck, circular system, brain[1,15,16].

2.The effect of cosmic energy of the Moon:

a)Orange colored positive cosmic energy of the moon induces optimism, it cures mental illness, depressions, discontent and pessimism, arteriosclerosis, cardio sclerosis, loss of appetite, anemia, anorexia and digestive system discomforts

(e.g.,flatulence, cramps)and enhances reflection of perception and transmission of ideas, flexibility and adaptability, female qualities, family life, home.

b)Orange colored negative cosmic energy of the moon will give digestion disorders, stomach aches, eye diseases, mental illness, psychosomatic diseases, mental instability.

c) Orange colored cosmic energy centre of the moon will control pancreas, breast,left eye of man(right eye of women),gullet, stomach, uterus, ovaries, bladder, lymphatic system[1,15,16].



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3.The effect of cosmic energy of Mars:

- a)The Yellow colored positive cosmic energy of mars will combat glandular diseases and diseases of the lymphatic system, strengthen the nervous system and have positive influence over head,external genitals,the left ear,muscles,blood,uterus,prostate,pelvis. And enhances qualities of activity, ambition,desires,courage,mechanical abilities,motivation,determination, and intensity.
- b)The yellow colored negative cosmic energy give diseases like measles, mumps, infections, fever,colds and allergies.
- c)The Yellow colored cosmic energy centre of mars is placed above belly at adrenals, influences or regulates salt and water balance in the body, the body's response to stress, metabolism, the immune system, and sexual development and function[1,15,16].

4.The effect of cosmic energy of Mercury:

- a)Green colored positive cosmic energy improves the memory power and intelligence.It has influence over organs lung, nervous system, solar plexus and will cure bronchitis, whooping cough, inflammations of the joints, and swellings. And have a positive influence on cysts, eye diseases and diabetes, generally promoting the secretion processes.
- b)Green colored positive cosmic energy of mercury enhances the qualities of the communication, movement and intelligence,cleverness, eloquence, travelling, logic and the ability to learn and understand, intellectual and spiritual developments in life.
- c)Green colored cosmic energy centre of mercury is located at the thymus. Thymus contains the power required for the growth and development of the embryo[1,15,16].

5.The effect of cosmic energy of Jupiter:

- a)The blue colored positive cosmic energy of Jupiter cures rheumatism,arthritis,headaches and migraines,the pains of stomach,muscle cramps, and even liver disorders.
- b)The blue colored positive cosmic energy of Jupiter plays a major role in maintaining mental stability and development of one's nature.It helps kids and teens develop strong bones, and plays a role in the development of the brain and nervous system in kids.
- c)The blue colored positive cosmic energy of Jupiter enhances qualities of Learning, teaching, development of children,creativity,growth, truthfulness,concentration, meditation, discernment.
- d)The blue colored negative cosmic energy of Jupiter cause diseases diabetes, liver problems, hip disorders, gall stones, skin problems. The energy is at throat and it is associated with thyroid gland.It influences hips, upper thighs, liver, gall, bladder.
- e)The cosmic energy centre of Jupiter is at the throat which has a control over thyroid,parathyroid and metabolism[1,15,16].

6.The effect of cosmic energy of Venus:

- a)The Indigo colored positive cosmic energy is believed to aid psychic perception and intuition.It is good for health treatments for eyes, ears, nose, and mental problems. It helps to treat addiction and is also ascribed to have sedative and calming effects.
- b)The indigo colored negative cosmic energy gives lethargy,indolence,extravagance, eccentric behavior,lack of emotional control,eye infection,problems with the ovaries,skin diseases,swellings,anemia.
- c)The cosmic energy centre of venus is in the region between the eye brows.It is linked with the pituitary gland.It controls brilliance or sharpness of intellect, enthusiasm, sentiments of love and affection,power of self-restraint and enhances qualities like harmony,art,desires, sexuality,happiness,looks,generosity.It also regulates the growth of the body and governs the transitions associated with puberty,youth and reproductive potentials,eyes,regenerative organs, skin, neck, chin,checks, kidneys[1,15,16].

7.The effect of cosmic energy of Saturn:

- a)The violet colored positive cosmic energy of saturn controls the emotions and meditation.It influences the lymphatic system and the spleen,bones,teeth,hair,ears.It enhances the qualities like striving for self preservation and protection,discipline.It relax muscles, and calms the nervous system.
- b)The violet colored negative cosmic energy of saturn gives diseases like arthritis, rheumatism,gall stones,weak knees,weak bones and teeth,ears illness,deafness,blindness.



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c)The energy centre is located at the top of the head and associated with the pineal gland. The pineal gland is tiny like the tip of a pin, and it is located in the brain. This is associated with mental and spiritual development. This is also regarded as the source of receiving divine light and knowledge. Also contact with extraterrestrial beings, ghosts and divine spirits is believed to take place [1,15,16].

V. COSMIC ENERGY, VASTU & HUMAN HEALTH

The seven directions of a house accumulate the cosmic energy of seven planets respectively. And these energies interact with human aura and create positive and negative influences over the health of human body. The house which is constructed according to vastu principle will give good physical, mental, intellectual and spiritual health of human beings [1,9].

The color of cosmic energy from the human being or universe is not visible to the human eye. It can be captured by special cameras only. During our birth, we are having different cosmic energy levels at different cosmic centres according to planets position at the time of birth (called Zodiac) and it will vary when planets move to different positions [2,9].

The cosmic energy levels of the human body will receive positive and negative cosmic energy stored in the house according to vastu. If a house is constructed according to the vastu principle, we can have more positive cosmic energy from the house which will improve physical, mental, intellectual and spiritual health of the human being [1,15,16].

VI. CONCLUSION

The AURA colors of the human being are very clear when there is positive cosmic energy accumulation in the vastu house. The AURA colors are depleted when there is negative cosmic energy accumulation in the non-vastu house. Thus, comparison of the clarity and sharpness of the AURA colors reveals mental health, physical health, emotional health and spiritual health of human beings who are living in dwelling places constructed according to the vastu principle.

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