

Igniting inspiration with energy

Harnessing space and inner balance for growth

CONSCIOUS VAASTU

The study of five elements with respect to Conscious Vaastu is ever-evolving and adaptable. The more one takes keen interest into the subject, the more there is to explore, leading to increased clarity and adaptability. An immense interest in metaphysics and perseverance has guided us to a completely different dimension of this study. The philosophy of Conscious Vaastu isn't just limited to spaces. It employs a multi-dimensional approach and adapts to different levels of understanding for its application.

Conscious Vaastu strongly believes in balancing the energy of the space and uplifting personal energy, as well as the energy of people around you. This strategy creates a ripple effect, thereby increasing its application limitlessly. This simple understanding can seamlessly become part of a daily lifestyle without adding restrictions or limitations. Study of Conscious Vaastu helps in creating an understanding rather than making it a daily mechanical routine.

Continuing from our previous articles it is essential to note that 'Inspiration' is a keyword to initiate anything. It is often said that 'Action is the bridge between dreams and reality'. Without it, even the brightest ideas remain mere fantasies. It's through decisive steps that we ignite progress, transforming visions into tangible outcomes.

Before even starting any action, it's crucial to ignite a spark of inspiration from within. It's about finding that genuine motivation that resonates with our core, driving us to pursue our goals with passion and purpose. Inspiration, when generated from within, is the foundation of meaningful action.



Harmony

In Conscious Vaastu, the harmony between our environment and our inner selves is fundamental. The space needs to be aligned with the right energy flow, and the inner energy also needs to be aligned to unlock maximum potential.

Inspiration

Inspiration acts as a catalyst for action. Here are some detailed tips to activate inner fire:

Feel inspired from within: When the space energy is in appropriate alignment and personal energy is also in inner alignment, people naturally feel inspired.

Spread inspiration to others: Conscious Vaastu® strongly recommends to spread inspiration to others with whom we connect.

Create an inspirational space: Creating inspirational spaces within homes and offices involves a blend of aesthetics and functionality. It's about curating an environment that stimulates creativity and focus,

using elements like natural light, vibrant colors, and inspiring artwork. Personal touches, like motivational quotes with affirmative words and sentences can also elevate the space energy.

Declutter: A decluttered space clears the mind, reducing distractions and stress, allowing creativity to flow freely. It helps in activating focus, making room for innovative thoughts and inspiration. A tidy environment

can also enhance mood, creating a positive space where you feel inspired, motivated and energized to pursue your passions.



Dr Harshit Kapadia

Practical tips

Lighting a small piece of camphor in an earthen lamp in the eastern sector of the premises helps activate energy. In 2025, this is an important area that needs activation.

- This activity should be done with a proper understanding of inspirational energy, not just as a mechanical task. It only needs to be done when the space or personal energy is low on inspiration.
- The lamp should be lit with safety considerations like smoke alarms, etc. If the east sector of the premises is missing or there is a bathroom, the alternative space is the eastern side of the living room.
- After lighting the lamp, work on inspiring others to help activate personal inspiration in return.

Finally, to improve inner inspiration, start by embracing curiosity and exploring new interests. Prioritize self-care and inner energy to nurture a positive mindset, and surround yourself with supportive, uplifting people who inspire you. Remember, inspiration often grows from within when we cultivate an open mind and a willingness to learn and grow.

Dr Harshit Kapadia is a metaphysics consultant of Conscious Vaastu, Yuen Hom and Sam Hap Style of Feng Shui. To know more visit his website www.harshitkapadia.com