

HARNESSING THE POWER OF FIRE

Illuminating spaces and lives with energy, harmony, and transformation

CONSCIOUS VAASTU

In the practice of Conscious Vaastu, the placement and management of the Fire element are crucial for ensuring a positive energy flow within a home or workspace. In previous articles, we understood the importance of inspiration, which, in Conscious Vaastu, is considered as the inner fire — the driving force for channelizing energy and producing action.

Understanding the fire element in vaastu: The Fire element has various branches and is used in analyzing both space energy and personal energy, similar to other elements. In Vaastu, the Fire energy is associated with the southeastern direction, a region of illumination, vitality and dynamism. The kitchen, representing the heart of the house, is a crucial area where the Fire element's influence is most apparent.

Relationship with space, colors, shapes, and directions: Mastering the five elements requires understanding their relationships with space, colors, shapes, directions, dates of birth, and various other aspects. In Conscious Vaastu, we employ an advanced philosophy to understand Fire energy and its application uniquely. The application of Fire energy extends beyond merely placing the kitchen or cooking range correctly; it encompasses a profound understanding of spatial and personal energy.

Simplifying complex concepts: Conscious Vaastu simplifies complex con-

cepts, making practical and user-friendly applications accessible to everyone.

Practical applications

Lighting a lamp: Traditionally, during any auspicious occasion, lighting a lamp is a custom. This custom has a deep connection with Conscious Vaastu, sparking illumination and inspiration. It is a gesture to greet guests and ignite the energy of the space, activating the Fire element.

Rituals: In various rituals, *aarti* and *havan* are performed, signifying Fire energy and its transformative power.

Festivals and occasions: During several festivals in various cultures, lamps are lit to activate the Fire energy within the space, symbolizing light and positivity.

Sports: The *marshal* (torch) used in sports signifies positivity and connects with the

Fire element, representing perseverance and strength.

These are simple day-to-day examples of how Fire energy is used — from spatial energy to daily rituals.

Tips

Avoid switching off lights while someone is having meals: This practice ensures a continuous flow of positive energy during meals.

Candlelight dinners: Candlelight is considered beneficial for enhancing the dining experience and maintaining the Fire element's influence.

Light camphor lamps in living spaces: This helps cleanse the energy. Use a mud lamp and a single small camphor tablet, and do this carefully, especially in spaces with excessive negative energy.

Keep dark corners lit: Ensuring that dark corners in the house are well-lit prevents stagnation of energy.

Well-lit entrance: The main entrance, both inside and outside, should be well-lit either naturally with sunlight or using artificial lights.

Night lamps in the kitchen: Keep night lamp on during the night to avoid darkness in the kitchen, maintaining positive energy flow.

Space & personal energy

The Fire element plays a significant role in maintaining a space's warmth and vitality. Fireplaces, lamps, and electronic gadgets emit energy that influences the overall energy dynamics of a living space. Properly balancing the Fire element can lead to improved health, increased motivation, and enhanced spiritual growth for inhabitants.



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