

## Living energy

Learn how using vastu elements consciously transforms space into a mirror of your energy and growth

### CONSCIOUS VAASTU



Dr Harshit Kapadia

#### Silent influence of space

Every space we inhabit silently shapes our thoughts, emotions, and experiences. The colours, layout, and invisible energy of a room affect how we feel and engage with life on a daily basis. Conscious Vaastu® recognizes this deep connection and provides a thoughtful way to understand, interpret, and positively influence it. At its core lies the belief that space is

never static, it constantly interacts with our personal energy and either evolves with us or holds us back. Through this lens, Conscious Vaastu® categorizes spatial energy into three distinct types: Outdated, Evolving, and Evolved.

#### Outdated (Static) energy

**Definition:** Energy that has remained unchanged for years - walls, furniture, and emotional patterns locked in place.

**Example:** A bedroom with the same paint / wall-paper, and layout for years without any refresh.

**Experience:** Feels dull, heavy, and uninspiring.

**Impact:** Reflects a fixed mindset; individuals may feel stuck or disconnected from growth.

Resistance to change both physical and emotional, which can result in lethargy that mirrors the space itself.

#### Evolving (Fluid) energy

**Definition:** Flexible energy that adapts with time and purpose.

**Example:** A space that's regularly updated or rearranged according to current needs, inspiring innovation and flow.

**Experience:** Revitalizing, fresh, and energizing.

**Impact:** Encourages flexibility, curiosity, and personal development.

These spaces carry a dynamic rhythm. They shift organically supporting resilience, movement, and openness to change.

#### Evolved (Luminous) energy

**Definition:** Elevated energy that uplifts and inspires everyone within it.

**Example:** A thoughtfully designed, well-lit space with natural elements and clear energy flow.

**Experience:** Vibrant, clear, and visionary.

**Impact:** Supports leadership, intuition, and mental clarity.

Evolved environments pulse with purpose and higher resonance, recharging emotional energy and sharpening inner focus.

#### People reflect their spaces

Just as the three energy profiles identified by Conscious Vaastu® influence our mindset and emotions, our personal energy also directly impacts the quality of space around us. Conscious Vaastu® views space as a living entity that responds to the vibrations of those who inhabit it.

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.consciousvaastu.com](http://www.consciousvaastu.com)



PIC: FREEPIK

#### Mindset and space profile

Our personal mindset shapes the spaces we inhabit and those spaces shape us in return. Conscious Vaastu® helps us identify which of the three profiles we currently embody:

Energy Identity	Traits	Energy Profile
Fixed-Mindset Individual	Resists change, stuck in old patterns	Outdated / Static
Growth-Oriented Individual	Open to feedback, learns and adapts	Evolving / Fluid
Visionary Individual	Builds toward the future, inspires others	Evolved / Luminous

Understanding this relationship empowers a conscious lifestyle. This one important conscious step can initiate meaningful transformation. Stay aware, and continue nurturing that high vibration with consistent effort and care.

#### Energy alignment tips

True harmony happens when inner energy matches outer space. Here are simple tips to help you align energy consciously:

**Introduce movement:** Shift furniture or create open pathways to keep energy flowing.

**Increase light:** Use natural light wherever possible. If limited, add warm or balanced lighting to brighten your space.

**Allow change:** Implement subtle updates whenever you feel stagnant, change invites new energy and perspective.

**Uplift personal energy:** Surround yourself with positive intentions, movement, and joy that reflect who you're becoming not just who you've been.

Even small adjustments can refresh your environment and elevate your emotional well-being.

PIC: FREEPIK



Gita Hariani

# WHAT'S ON THE CARDS?

Here's what the cards suggest from July 26 to August 8 for all zodiac signs

**Universal Theme for the next 15 days - Three of Wands: A time of expansion, growth, new opportunities and travel**

Gita Hariani is a numerologist, tarot card reader, Bach flowers practitioner and banker. Follow her on Instagram: @evolvementgithariani



#### Aries

**6 of Wands: Success after a long struggle**  
You will be recognised for a job well done. You

will taste success after a long struggle. All your hard work will be applauded. Continue to work hard and stay on your course. You will feel confident and empowered. Preen like a peacock.



#### Taurus

**Knight of Swords: Take decisive action**  
A time wherein you will feel confident and

passionate and focused. Make the changes required to reach your goals. You will wear blinkers and take decisive action. You will get things moving. Not a time to sit around and do nothing, but to take the reins in your hand. This attitude accompanied by well thought through plans and action guarantees success. Be sure but not reckless.



#### Gemini

**8 of Cups: Move on**  
You may be feeling at a loss. You need to move on from that relationship or job or toxic situation that doesn't

serve you. You are propelled to a better and a higher journey of that which works in your highest interests. It is a journey of finding your inner self, almost spiritual in nature. Have faith and you will emerge stronger and happier.



#### Cancer

**Moon: Mood swings, subconscious**  
This feeling is a bit illusive, deceptive, like

what meets the eye is not the truth. Delve in the darkness, trust your intuition, your inner voice to guide you and no one else. Everything feels like an illusion. Do not overthink. Let things flow. Secrets could be revealed. Mood swings could increase. Listen to music, meditate, and have faith. Soon clarity will beckon.



#### Leo

**Sun: Joy, vitality, shine**  
It's your birthday month and you are shining. People are

noticing you and your talents and pouring you with love and appreciation. You are trending on social media and other platforms. You are feeling alive. Soak in the sun, bask in your glory, but keep your eye on the prize.



#### Virgo

**Star: A period of hope and faith**  
Someone up there loves you and sends

you loads of blessings. You will feel hopeful and positive. All the pieces will start to fall in the right places. Things, people, relationships move forward. You feel rejuvenated, healed and connected to the universe. Health is highly improved.



#### Libra

**6 of Cups: Childhood memories, children and grandparents**

You are going to have a blast from the past revisiting your childhood memories, your friends, your growing up homes, and most importantly your parents and grand parents. Life is simple and innocent almost childlike. You are happy and you feel safe and protected.



#### Scorpio

**10 of Cups: Emotional fulfillment**  
Bliss, happiness, love, contentment, and gratitude

for the family and a blessed life. Emotional happiness. You are feeling good. Be grateful and thank the universe for your blessings. There is a sense of belonging and a thriving atmosphere be it at home or in your career. There is financial well-being. You could be celebrating a special occasion or just life.



#### Sagittarius

**3 of Pentacles: Team work**  
It's a collaborative atmosphere wherein everyone

comes together to help and enable. Team work is amazing and organic. You will find success in partnerships and collabs. Like a well-oiled machine everyone seems to be working towards a common goal. Each one's skill will be recognised and put to use well.



#### Capricorn

**5 of Wands: Conflicts, aggression**  
There is aggression and conflict in the atmosphere. People don't seem to be stream-

lined but rather entertaining fights and disharmony. Ambition and selfishness drive actions. Try to understand the situation and dial it down. Don't lose your cool but don't get pushed over either. Stand firm and silent. Work quietly. Try being more collaborative.



#### Aquarius

**Strength: Resilience, patience**  
Overcome challenges with inner strength and

patience. Know that this is the time to stand your ground with resilience not aggression. A quiet and silent approach will help. Harness your inner strength with courage and compassion and you will emerge victorious.

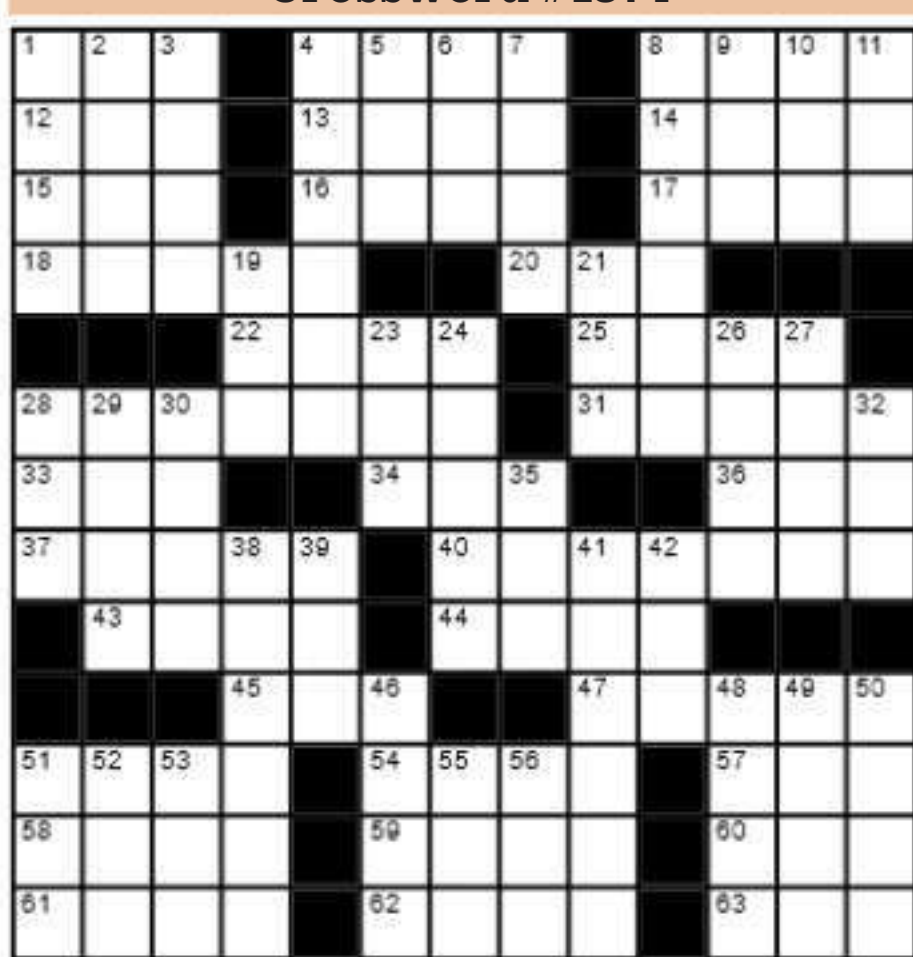


#### Pisces

**Hierophant: Traditions, structure**  
A time to conform to old age traditions, respect

authority, institutions, religious heads, and established social structures. They will show you the right direction. Be independent but don't break away. This period asks for you to pursue knowledge and old values. Traditions and marriage, guidance and wisdom of the yesteryears beckon.

### Crossword #1574



- Across**
- African Natl. Cong.
  - Hindu god of fire
  - Slender
  - \_\_\_\_\_ good boy : behave yourself (2,1)
  - Heath
  - Exchange fee
  - Prepare for war
  - Priestly robes
  - Berlin negative
  - Precious stone
  - Geometric proof is complete
  - Ransack
  - Indonesian island
  - Television aerial
  - Movement of the eyelids
  - "Bravo!"
  - U-turn from WSW
  - Noah's boat
  - Dairy topping
  - Shine, sparkle or twinkle
  - End piece
  - Gumbo vegetable
  - Mr Morrison of the Doors
  - Is aware of
  - Sweetheart
  - Morales of movies
  - "Bad Behaviour" star Stephen
  - Donation to poor
  - Norse god
  - Pounds abbr
  - Surfeit or excess
  - Part of a plane
  - The letter "S"

- Down**
- Blind as \_\_\_? (1,3)
  - Fiddling emperor
  - A body of troops in tents
  - Great river
  - Mass
  - Wealthy person - "bon" anagram?
  - Dessert Storm place?
  - Item of footwear
  - Large, abbr.
  - Latin trio
  - "My" in French?
  - Type of beer
  - Flow back
  - Undivided
  - It takes two to \_\_\_\_\_?
  - Oasis lead singer \_\_\_\_\_ Gallagher
  - Concerning, in legal terms (2,2)
  - Pendulum's path
  - Undercover cop, in short
  - English footballer \_\_\_\_\_ Walcott
  - IPL team from Kolkata
  - Large deer
  - Fix or straighten
  - May in France
  - Annoying or irritating
  - Adult male
  - Siamese cry?
  - Shield or heraldic border
  - They are woven by spiders
  - Impudence
  - Purse or a satchel
  - Former measure of length
  - Atomic mass unit
  - Star Wars, initially
  - Scots "own"

### YOUR DAY By Vinayak Vishwas Karandikar

**ARIES:** Today is the day for emotional and spiritual growth; also, you may travel. Expect expenditure on spiritual practices, education, or mental well-being. People in psychology, holistic healing, education, and social work will benefit. You may spend time reflecting on relationships. A good day for introspection and meditation. Lucky number: 7; Lucky colour: Light Blue

**Taurus:** Business partnerships and financial planning will be important today. Expect expenditure on networking, legal matters or financial planning. People in finance, law, consultancy, and those working on contracts will benefit. A good time for deep conversations with family and close friends. Some people may suffer from joint pain or muscle stiffness. Lucky number: 4; Lucky colour: Green

**Gemini:** Communication and clarity will be crucial today. Expect expenditure on health check-ups, communication tools or professional fees. People in media, content writing, counselling, and astrology will find success. Family discussions may lead to emotional healing. Some people may suffer from throat infections, sinus issues or eye strain. Lucky number: 5; Lucky colour: Yellow

**Cancer:** Work and relationships may feel challenging today. Expect expenditure on home repairs, health or family obligations. People in healthcare, insurance, and mental health services will benefit. Disagreements with family members may arise. Patience is the key. Some people may suffer from digestive issues or headaches. Lucky number: 2; Lucky colour: White

**Leo:** Recognition and rewards for past efforts will come today. Expect expenditure on luxury items, career advancement or business needs. People in finance, medicine, and HR will benefit. Responsibilities may affect your family time. Balance is necessary. Some people may suffer from eye strain or back pain. Lucky number: 9; Lucky colour: Orange

**Virgo:** Financial growth and stability are indicated today. Expect expenditure on education, travel or leisure activities. People in law, entertainment, and teaching will benefit. Small disagreements with your spouse or children may arise. Some people may suffer from stress-related issues or digestive problems. Lucky number: 6; Lucky colour: Brown

**Libra:** Time to focus on family bonding and relaxation. Expect expenditure on home decor, family outings or entertainment. People in the art field, media, and spirituality will benefit. A good day for meditation and family bonding. Some people may suffer from respiratory issues or back pain. Lucky number: 3; Lucky colour: Pink

**Scorpio:** Self-reflection and emotional healing are needed today. Expect expenditure on education, travel or therapy. People in research, consultancy, tourism, and psychology will benefit. A peaceful day to focus on home and personal well-being. Some people may suffer from shoulder pain or allergies. Lucky number: 2; Lucky colour: White

**Sagittarius:** Effort and patience will bring rewards today. Stuck payments may be recovered. A good day for financial planning. People in communications, the literary field, and public speaking will be successful. Your children may require attention and care today. Some people may suffer from toothaches or eye problems. Lucky number: 9; Lucky colour: Red

**Capricorn:** Financial gains and delayed rewards are expected today. Expect expenditure on family needs, health or home investments. People in banking, finance, and education will benefit. A good day to relax and enjoy time with family. Some people may suffer from minor throat or dental issues. Lucky number: 8; Lucky colour: Silver

**Aquarius:** Travel, investments, and self-improvement are in focus today. Expect expenditure on medical needs, self-care or professional courses. People in healthcare, tourism, and finance will benefit. Emotional distance in relationships may be felt. Some people may suffer from sinus issues or throat infections. Lucky number: 3; Lucky colour: Blue

**Pisces:** A day of celebrations, emotional fulfillment, and travel. Expect expenditure on celebrations, vacations or self-improvement. People in entertainment, spirituality, and sports will benefit. Your travel plans may face minor delays but will be enjoyable. Some people may suffer from fatigue, anxiety or hair loss. Lucky number: 7; Lucky colour: Black

### FPJ - SUDOKU - 465



**WHAT TO DO:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9. Every puzzle has only one correct solution.

#### Solution

Across: 1. ANC, 4. April, 8. Shim, 12. Be, 13. Moor, 14. Agro, 15. Arm, 16. Abla, 18. Loo, 22. Loo, 23. Bar, 24. Ring, 25. Bar, 26. Loo, 27. Loo, 28. Loo, 29. Bar, 30. Loo, 31. Bar, 32. Loo, 33. Bar, 34. Ring, 35. Bar, 36. Loo, 37. Bar, 38. Loo, 39. Bar, 40. Loo, 41. Bar, 42. Ring, 43. Bar, 44. Ring, 45. Bar, 46. Loo, 47. Ring, 48. Loo, 49. Bar, 50. Loo, 51. Bar, 52. Ring, 53. Bar, 54. Ring, 55. Bar, 56. Loo, 57. Bar, 58. Loo, 59. Bar, 60. Loo, 61. Bar, 62. Ring, 63. Bar, 64. Ring, 65. Bar, 66. Loo, 67. Bar, 68. Loo, 69. Bar, 70. Loo, 71. Bar, 72. Ring, 73. Bar, 74. Ring, 75. Bar, 76. Loo, 77. Bar, 78. Loo, 79. Bar, 80. Loo, 81. Bar, 82. Ring, 83. Bar, 84. Ring, 85. Bar, 86. Loo, 87. Bar, 88. Loo, 89. Bar, 90. Loo, 91. Bar, 92. Ring, 93. Bar, 94. Ring, 95. Bar, 96. Loo, 97. Bar, 98. Loo, 99. Bar, 100. Loo.

## HOW SEEKERS FIRST FOUND GOD

—Sri Paramhansa Yogananda



We can readily understand how man first conceived of a science of medicine. He suffered physically and therefore sought a method to heal himself. But how did man happen to try to find out about God? The question gives scope for profound reflection.

In the Vedas of India we find the earliest true concept of God. In her scriptures India has given the world immortal truths that have stood the test of time.

Every material inventor is actuated by material need "necessity is the mother of invention". Similarly motivated by necessity, the early rishis of India became ardent spiritual seekers. They had found that without inner satisfaction, no amount of external good fortune can bring lasting happiness. How then can one make himself really happy? That is the problem the wise men of India undertook to solve.

Three Aspects of Nature: Worship of God in prehistoric times began through man's fear of the various forces of nature. When it rained excessively, floods killed many people. Awe, man thought of the rain and wind and other natural forces as gods.

Later on, human beings realised that nature operates in three ways: creative, preservative, and dissolutive. A wave rising out of the ocean exemplifies the creative state; staying for a moment on the sea-break, it is in the preservative state; and sinking back into the deep, it passes through the dissolutive state.

Just as Jesus beheld the universal force of evil personified in Satan, so the great rishis beheld the universal forces of creation, preservation, and dissolution personified in definite forms. The sages of old named them Brahma the Creator, Vishnu the Preserver, and Shiva the Destroyer. These primal powers were created as projections of the unmanifest Spirit to unfold His infinite drama of creation, while He, as God beyond creation, remains ever hidden behind their consciousness.

In times of cosmic dissolution, all creation and its vast activating forces dissolve back into Spirit. There they rest until called upon again by the Great Director to reenact their roles. Excerpted from Man's Eternal Quest, collected talks and essays on realising God in daily life, Vol. I, by Sri Paramhansa Yogananda; Pg 3



guiding Light