

IS BLACK UNLUCKY?

According to Vaastu, black isn't unlucky—balanced use brings energy, protection, and sophistication to spaces

Conscious Vaastu begins with awareness and practicality. It is a holistic approach to space, energy, and emotional well-being that encourages us to look beyond labels like “lucky” or “unlucky.” One of the most misunderstood colours in Vaastu is black. People often ask: Is black unlucky? Why do elite people use black so confidently? If black is unlucky, why do people buy black cars or wear black clothes? These questions reflect a deeper confusion between cultural beliefs, scientific facts, and energetic understanding. Conscious Vaastu® offers a refreshing perspective: black is not inherently bad — it is powerful. And with power comes responsibility.

Science of black

Let's begin with the scientific truth. Black is the colour that absorbs light and heat the most. When you wear black clothes on a hot summer day and step into the sun, you feel warmer than if you wore white. Isn't that true? Because black absorbs all wavelengths of light and converts them into heat. This is not a myth it is physics.

Similarly, black surfaces like black cars, black sofas, or black flooring — absorb more heat and energy than lighter colours. This makes them more prone to showing dust, fingerprints, and smudges. That's why black furniture or black marble requires frequent cleaning. It's not about unlucky; it's about high and regular maintenance. Black colour is like sponge. It pulls in energy, heat, and even emotional residue. If not cleaned or balanced properly, it can feel heavy or stagnant.

Power of absorption

Across cultures, black has been used to absorb negative energy or *nazar*. In India, babies are often given a small black dot on their forehead to protect them from the evil eye. Black threads are used in rituals for the same reason. Why? Because black absorbs quickly. It acts like a magnet, pulling in surrounding vibrations and storing them.

This absorptive quality isn't just ancient wisdom it's visible in everyday life. In today's trends, black colour is very common. But here's the catch: black garments, while stylish, demand responsibility. Because black absorbs more heat and



energy, it also attracts more dust, sweat, and odour. Repeating black outfits without washing can lead to energetic stagnation. Conscious Vaastu® reminds us that energy is not just invisible, it's physical. Sweat, bacteria, and emotional residue can linger in fabric, especially darker ones. So, if you love wearing black wash it regularly.

bedsheets and walls, black can dampen harmony and emotional warmth.

Master bathrooms: Water and black together can amplify emotional heaviness and stagnation. These spaces are sensitive and require uplifting, nurturing energy. Black, if used excessively, can create emotional dullness or energetic blocks.

CONSCIOUS VAASTU



Dr Harshit Kapadia

Yin and Yang: Balance of energies

In Conscious Vaastu, colours are categorized with yin and yang qualities — passive and active, cold and hot, inward and outward. Black is predominantly yin. It is introspective, absorbing, and grounding. But too much yin can lead to emotional heaviness, isolation, or lack of movement.

That's why balance is key. If you use black in your home, pair it with yang elements light, warmth, and brightness. For example:

- A black sofa can be balanced with ivory or golden cushions.
- Black flooring should be paired with warm lighting or white colour.
- Black curtains can be balanced with white sheers or placing plants nearby.

Where to avoid black?

Conscious Vaastu offers practical guidelines for using black wisely. Here are areas where black should be minimized or avoided:

Avoid black in:

Ceilings: It creates a heavy overhead energy, suppressing upliftment and clarity.

Main doors: The entrance should invite light, openness, and positive flow.

Master bedrooms: Especially on

Where and how to use

If you love black, you don't need to give it up. Conscious Vaastu® encourages careful application. Here are some practical tips:

Accent Pieces: Use black in lamps,

photo frames, or sculptures to add elegance and depth.

Flooring: If you choose black marble or tiles, ensure daily cleaning and bright lighting around.

Furniture: Pair black sofas or chairs with lighter fabrics and textures.

Balance with Nature: Add indoor plants or natural wood nearby to soften the intensity of black colour.

Remember, black in excess can lead to darkness. But when balanced with light and warmth, it becomes a source of strength and sophistication.

Be the right user

So, is black colour really unlucky? Not really, if used correctly.

Conscious Vaastu® invites us to embrace awareness. It teaches us that every colour has a role, rhythm, and responsibility.

If you're drawn to black, honour that instinct. Just remember:

- Clean it regularly.
- Balance it with light and warmth.
- Avoid it in emotionally sensitive areas.
- Use it with intention, not repetition.

When used consciously, it can protect, ground, and elevate your space. The key is not the colour itself, but the consciousness with which you use it.