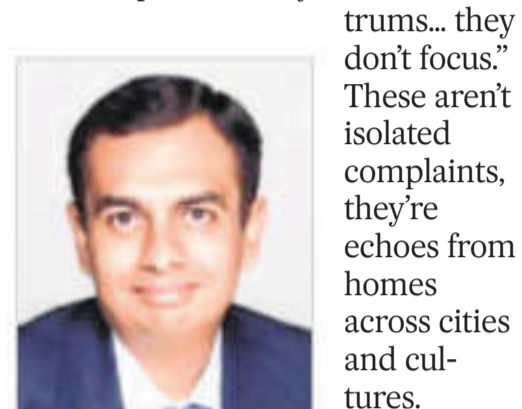


Resonant living

Practical guide for parents to align home energy with Gen Z's unique rhythm and needs

Concern in modern homes

In recent residential consultations, one concern keeps surfacing: "My child is always distracted... always on their phone... they throw tantrums... they don't focus."

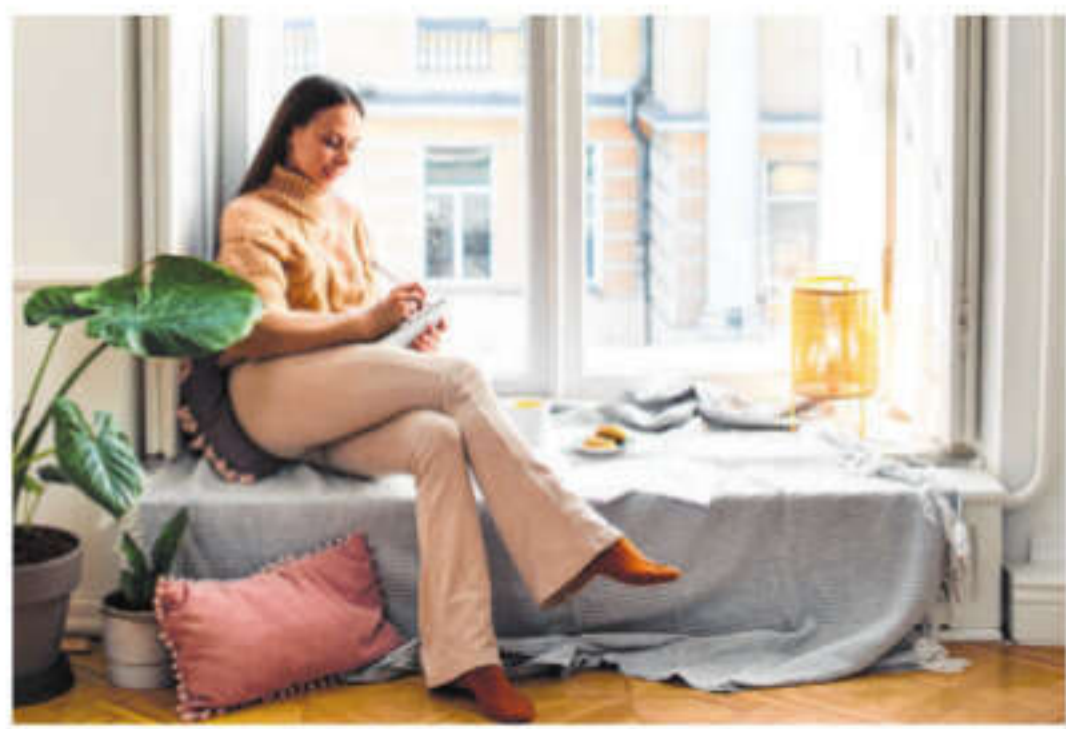


Dr Harshit Kapadia

These aren't isolated complaints, they're echoes from homes across cities and cultures. Conscious Vaastu® values the client's intent, emotional readiness, and energetic alignment. It safeguards their pockets by avoiding unnecessary remedies and instead uses the power of simplicity. A well-placed plant, a decluttered desk, a shared evening conversation — these cost little but shift everything. It's not about doing more; it's about doing what matters.

Gen Z isn't misaligned

Gen Z children are fast processors. Slowing them down or forcing them into rigid routines often leads to frustration for both the child and the parent. Instead of labelling their behaviour as "wrong," we need to understand the energetic mismatch between their nature and their environment.



CONSCIOUS VAASTU

Shift from control to consciousness

Many parents unknowingly create environments that contradict what they want for their children. They ask for focus, but the child's room is cluttered. They want peace, but the home is filled with screens. They want discipline, but they themselves are glued to gadgets. Here's a real-world comparison to illustrate this mismatch (see box below).

This isn't about blame, it's about awareness. When the space and behaviour align, transformation happens naturally.

Direction of growth

The east side of a home carries the energy of the morning sun. It's associated with new beginnings, clarity, and intellectual development. In many homes, the east is blocked by walls, storage units, or unused corners. This subtle blockage can impact a child's ability to feel inspired, focused, and emotionally balanced.

Activate eastern energy:

Keep the east side of the home clean and open and avoid placing

- heavy furniture or clutter. • Add indoor plants like zamia or Tulsi near east-facing windows. • Encourage children to spend time in eastern areas of homes during morning hours.

Nourishing the inner space

In Conscious Vaastu®, the kitchen is the heart of the home. It's where nourishment is created for the body, and for emotional and energetic wellbeing. Many families now rely on packaged food or quick fixes. These choices often lack the vibrational warmth of home-cooked meals.

- Encourage at least one home-cooked meal daily. • Involve children in simple cooking or prep tasks. • Keep the kitchen clean, well-lit, and energetically active. • Eat meals together without screens or distractions

Practical pointers

Keep children's rooms clutter-free and well-lit. • Cover gadgets when not in use. • Avoid aggressive or wild imagery near sleeping areas. • Open windows daily for fresh air and cross ventilation. • Read books together or discuss stories. • Model the behaviour you want to see.

Read the full article on www.freepressjournal.in/weekend

What Parents Want	What's Actually Happening at Home	Energetic Impact on the Child
Child should concentrate on studies	Study desk is cluttered with old books, tangled wires, and unused stationery. Poor lighting.	Mental fatigue, lack of clarity, reduced motivation.
Child should sleep peacefully	Bedroom has AC running all night. Wi-Fi router nearby, action images above the bed.	Restlessness, disturbed sleep, heightened aggression. The body doesn't fully relax.
Child should reduce screen time	Parents watch TV during dinner, scroll phones in bed, and use gadgets as background noise.	Emotional mirror adult behaviour. Emotional disconnect and overstimulation of brain.
Child should be responsible and organized	Room is cleaned by house help. Books, clothes, and gadgets scattered all over.	Lack of ownership. Passive attitude toward personal space.
Child should be emotionally balanced	Loud colors, and chaotic wall art or panelling.	Subtle emotional agitation. Difficulty in calming down. The room doesn't support grounding.
Child should be calm and cooperative	Parents shout instructions, enforce rules without explanation, and rarely involve children in decisions.	Resistance, rebellion, or withdrawal. Children feel unheard and controlled.

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

Mars

Mahadasha of 2025-2032

A look at how it impacts all the zodiac signs

VEDIC ASTROLOGY

In Vedic astrology, the effects of a planetary mahadasha are not uniform for everyone. They depend on the individual's birth chart, specifically the house and sign placement of the planet in question (in this case, Mars), its strength, and its relationship with other planets.

From September 11, 2025, to September 11, 2032, everyone will be under the influence of the Mars Mahadasha, a seven-year cosmic cycle that, according to ancient texts, may present a series of formidable challenges. While there are many types of astrological periods, or dashas, the Vimshottari Dasha is considered the most significant, as noted by the sage Parashara: दशः बहुविधास्तसु मुखा विशोत्तरी मता । - पाराशर मुनि

"Among the many dashas, Vimshottari is considered the most important." Since Mars is a powerful and fiery planet, its seven-year mahadasha can bring a surge of energy, ambition, and courage. However, it can also lead to impulsiveness, aggression, and conflict.

The effects are highly personalized, but we can provide some general tendencies for each of the 12 zodiac signs (Moon signs or Ascendant signs) during this period.

Aries As Mars is the ruling planet of Aries, this period can be a time of heightened energy and a strong drive to achieve goals.

Individuals may feel a renewed sense of confidence and independence. However, this increased energy can also lead to impatience, aggression, and conflicts, especially in relationships. It's a time for action, but with a focus on self-control.



Ashish Mehta

Taurus

For Taurus, Mars rules the 7th house (partnerships) and the 12th house (losses, expenses). This can bring challenges in relationships and partnerships. There may be a tendency towards financial losses or unexpected expenses. It is a period to be cautious in financial dealings.

Gemini

Mars rules the 6th house (enemies, debts) and the 11th house (gains, friends) for Gemini. This dasha can bring a period of both challenges and opportunities. There may be conflicts with siblings or friends, but also a chance to overcome enemies and competitors. Financial gains are possible, but one must be careful with how they are earned.

Cancer

Mars is a favourable planet for Cancer, as it rules the 5th house (intelligence, children) and 10th house (career). This dasha can bring a period of professional success, recognition, and progress. It's a good time for those in creative fields or seeking promotions. However, the fiery energy of Mars can still make one more prone to mood swings and emotional turmoil.



Leo

Mars rules the 4th house (home, mother) and 9th house (luck, father) for Leo. This period can bring mixed results. There may be opportunities for gains through property or real estate, and a chance to pursue higher education or spiritual quests. On the other hand, there may be conflicts at home or with family members.



Virgo

For Virgo, Mars rules the 3rd house (siblings, communication) and 8th house (sudden events, transformations). This dasha can lead to an increase in communication skills and courage, but also a tendency to be argumentative. Unexpected changes and challenges related to health or finances may arise.



Libra

Mars rules the 2nd house (wealth, family) and 7th house (partnerships) for Libra. This period could bring challenges to financial stability and personal relationships. Conflicts with family members are possible. It is a time to be cautious with investments and to manage expectations in love and partnerships.



Scorpio

As the ruler of Scorpio, Mars brings its full energy to this sign. This is a time of immense energy, ambition, and a drive for transformation. Scorpios may feel a strong desire to take control of their lives and pursue new ventures. However, this can also lead to possessiveness, jealousy, and conflicts if the energy is not channelled constructively.



Sagittarius

Mars rules the 5th house (children, creativity) and 12th house (foreign lands, expenses) for Sagittarius. This dasha can bring opportunities for creativity and self-expression. There may be a chance to travel to foreign lands or connect with people from different cultures. However, unexpected expenses or losses are also possible.



Capricorn

For Capricorn, Mars rules the 4th house (home) and 11th house (gains). This can be a very productive period, especially for matters related to property, real estate, and finances. There may be opportunities to purchase a new home or make significant financial gains. However, this period may also bring family conflicts.



Aquarius

Mars rules the 3rd house (courage, communication) and 10th house (career) for Aquarius. This is a period of professional growth and an increase in courage. Individuals may take on leadership roles and be more assertive in their careers. However, they must be careful not to be overly aggressive or impulsive in their professional life.

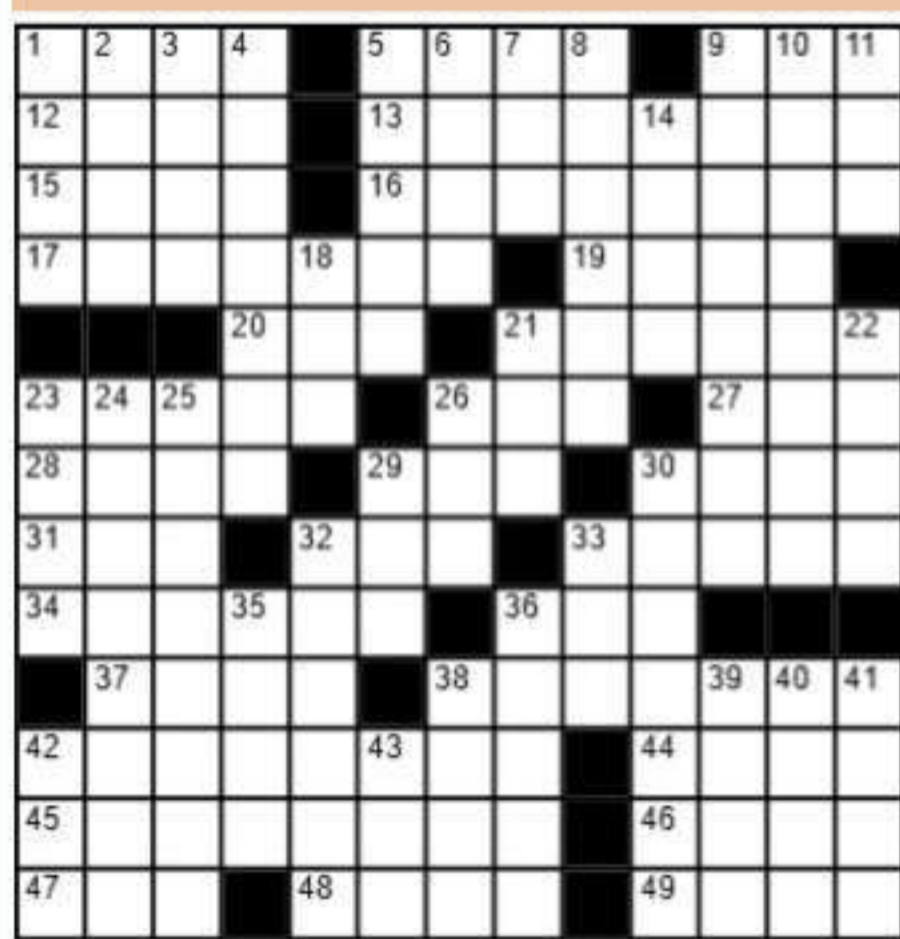


Pisces

Mars rules the 2nd house (wealth) and 9th house (luck) for Pisces. This dasha can bring opportunities for financial gain and good fortune. This is a time to be optimistic and to take on new challenges. However, the emotional and sensitive nature of Pisces may conflict with the fiery nature of Mars, leading to internal struggles.

Ashish Mehta is Astro Vastu Consultant, Author, Speaker, and Vedic Life Coach

Crossword #1622



- Across**
- Crust formed over wound in healing
 - Sports channel
 - US spy bureau
 - Soothing ointment ____ Balsam
 - Entire
 - Local name (for one who cannot die)
 - Parisian university
 - Advantageous purchase
 - Uncooperative, in short?
 - Ship's sheltered side
 - Coat of sheep
 - Operatic airs
 - As being (Latin)
 - The fourth letter by the sound of it?
 - River in Europe
 - The star of our solar system
 - The founder of Pennsylvania
 - Henman : British tennis star?
 - 502, in Rome
 - Not so clean or not so sharp
 - Put in
 - Over in verse
 - Concluding section of a musical ballet
 - Strange
 - Small parrot
 - Impulse
 - Circular tower as a fort for coastal defence
 - Egyptian goddess
 - Pig-house
 - European duck of a kind?
 - New Mexico art colony
- Down**
- Knife thrust
 - Robin Cook's thriller
 - Pertaining to wings
 - Thief or robber
 - "Is Lee" turning into a girl?
 - The city of Jerusalem
 - Nationwide multiplex chain
 - Interstellar gas cloud
 - Yields, gives in or gives up
 - Guiltless
 - A particular period of time
 - Having no company
 - Roman bronze - "sea" change ?
 - Merriment
 - Counting-out starter
 - Italian wine
 - Umbrella alternative
 - Most commonly used expression of regret ? (1,2,5)
 - French for 'who'
 - Take a chair
 - The chase or the occupation
 - Male ducks
 - Disp. Elec. Unit
 - Modify the text
 - Being pulled (2,3)
 - River to the Ubangi
 - As bear it is major or minor but in the sky
 - Exchange fee
 - Not as much as before
 - Lic. in Med. & Surg.
 - Forest tree

YOUR DAY By Vinayak Vishwas Karandikar

ARIES: Today is the day to enjoy and entertain. Expect expenditure on entertainment, children, or education. People in education, the art field, the entertainment sector, sports, banking, government jobs, and politics will get success. Today you can spend time with your family and your near and dear ones. You may attend a family get-together. You may suffer from back pain.

TAURUS: Today is the day to travel and study. Expect expenditure on properties, vehicles, or travel. People working in the tourism sector, hotels, hospitals, politics, and journalism will benefit. Household work, WFH, or a family meeting is indicated. Some people may suffer from ear problems or heartburn. Lucky no.: 8; Lucky colour: Blue

GEMINI: Today is the day to travel and communicate. Expect expenditure on essential things, travel, or businesses. People working in the tourism sector, hotels, hospitals, politics, and journalism will benefit. Travel and communication with your father or sibling are indicated. Some people may suffer from eye problems, weakness, or heart problems. Lucky no.: 5

CANCER: Today, all your wishes may get fulfilled. Expect expenditure on medical treatment or family needs. Medical professionals, politicians, public speakers, consultants, bankers, and government employees will benefit. Your family life may be disturbed due to illness or job responsibilities. Some of you suffer from toothaches or eye problems. Lucky no.: 6; Lucky colour: Pink

LEO: Today is the day to take initiatives, travel, and spend. Expect expenditure on travel or medical bills. People in tourism, the medical field, government jobs, and politics will benefit. You may go on a long drive with your family. You will rule today. Some people may suffer from blood pressure, back pain, or eye problems. Lucky no.: 1; Lucky colour: Orange

VIRGO: Today is the day to travel and spend. Expect expenditure on travel, medical bills, or your father. People in tourism, the medical field, banking, government jobs, and politics will benefit. You may go on a long drive with your family. Some people may suffer from blood pressure, back pain, or eye problems. Lucky no.: 5; Lucky colour: Green

LIBRA: Today is the day to get all your work done. Expect expenditure on businesses or travel. People in banking, the hotel business, the medical field, government jobs, and politics will benefit. You will not be able to spare time for family due to job responsibilities. Some people may suffer from eye issues or knee pain. Lucky no.: 5; Lucky colour: Green

SCORPIO: Today you will be successful in your commercial life. Expect expenditure on studies, travel, or business growth. People in communications, journalism, education, travel, banking, government jobs, and politics will benefit. You will make efforts to balance family time and office time. Some people may suffer from knee pain or heart problems.

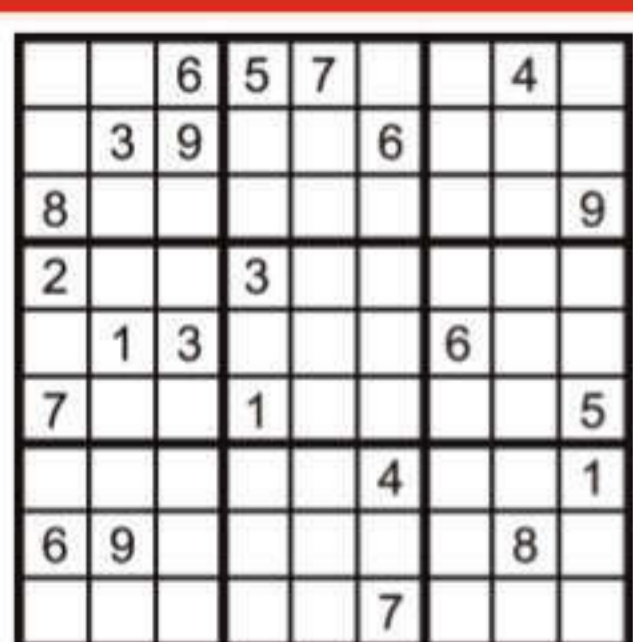
SAGITTARIUS: Today is the day to face problems and find their solutions. Expect expenditure on businesses, health, or education. People in the occult, the maintenance sector, the travel business, and education, and those associated with religious activities will benefit. Today you may have to solve some issues with your father or in-laws. You may suffer from dysentery, indigestion.

CAPRICORN: Today is the day to face problems in your career and family life. Expenses related to your wife, medical treatment, businesses, or premium services are expected today. People associated with insurance, banking, finance, path labs, hospitals, and the occult will benefit. A dispute with, or ill health of, your spouse is indicated. Some people may suffer from lumbar pain.

AQUARIUS: Today you will be busy on all fronts, like job and family. Expect expenditure on businesses or spouses. People in banking, the hotel business, the medical field, government jobs, and politics will benefit. A dispute among family members is indicated. Some people may suffer from stomach pain, back pain, or lumbar pain. Lucky no.: 6; Lucky colour: Pink

PISCES: You will get financial stability. Today is the day to earn and not lose. Politicians, bankers, artists, entertainers, and sportsmen will benefit. A dispute among family members is indicated. Some people may suffer from back pain, eye issues, or heart problems. Lucky no.: 9; Lucky colour: Red

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Solution

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.

Is Materialism at odds with Spirituality

Ritesh Aswaney



We exist in a time where instant gratification is the norm, living vicariously through social media, where followers, likes and comments are the new currency. Money, as we know it, is also on the verge of a digital revolution with the advent of cryptocurrencies. All of this reinforces the concept of the world being Maya—transient, fleeting, and almost imaginary.

Whilst the means may be becoming virtual, the trappings are still very real, whether it's that exotic holiday or the latest designer bag. So, can one be spiritual when one can't even comprehend anything lesser than Lululemon yoga pants or insists on a beachside resort for spiritual retreats? Well, yes and no.

If your mind remains bound in the material plane, strutting spirituality because it's the latest fad and mindfulness is in, then no. But if these comforts help you step out of the mundane and take the first step towards experiencing an elevated state of consciousness, then sure, yes. After all, as Swami Vivekanand once famously said, spirituality is no good on an empty stomach, or something to that effect.

Centuries of foreign occupation

and the systematic impoverishment of Sanatan Dharma have left us burdened with the corrupted notion that spiritual teachers and gurus should be in rags, with no financial means to sustain their livelihood. The truth couldn't be farther. Lakshmi is a prerequisite for any and all welfare projects, be they to do with providing the basic necessities in villages or passing down the knowledge of the scriptures to the next generation.

Spirituality is like the soil that we, as a collective, seek nourishment from. And when we don't bat an eyelid paying thousands for 3 hours of mindless entertainment or purchasing merchandise by a spoiled teenage pop brat, why do we question every rupee a spiritual organisation might request for their services?

We are at an inflection point, a time for introspection, where we challenge the deep-rooted association of spirituality and lack that we have been harbouring for centuries. And it's only when we dare to step out of the shadow of this transgenerational trauma and embrace the luxurious abundance of our temples in the same breath as our five-star hotels that Sanatana Dharma has any hope of making it to the next millennium.

