

# ENERGY WE CARRY

Discover how clothing subtly influences your well-being

Harmony begins with awareness. Conscious Vaastu® invites us to explore the beautiful connection between our surroundings and our inner state. It teaches us that every object, every habit, and every choice we make can support our health, emotions, and clarity. One inspiring case showed how even clothing that is something we wear every day can influence our energy in powerful ways.

## Journey toward greater comfort

One gentleman reached out to us for a consultation regarding his home. What stood out was that two to three members of his family had been experiencing a sense of heaviness and inner discomfort for quite some time. Their home appeared peaceful and generally well-maintained, and the family had already explored several supportive practices to enhance their wellbeing. Despite these efforts, the feeling of unease continued to linger at a personal level. They were open and curious, seeking to understand what subtle factors might be influencing their energy and how Conscious Vaastu® could offer deeper insight.

We began with a full Conscious Vaastu® analysis of their home. The overall layout was well-aligned and thoughtfully maintained. However, we observed that two bedrooms used by the family member who were experiencing discomfort had a mirror placed directly opposite the bed. The bed was clearly reflected in the mirror, which is known to influence the energy field during sleep. In Vaastu, mirrors are powerful reflectors of energy, and when positioned in front of the bed, can stir subtle vibrations and deplete the energy. We recommended covering or relocating the mirror to restore energetic harmony.

Soon after the shift of the mirror, the family shared that they felt calmer and more settled. This small adjustment brought a noticeable shift in their comfort. Yet, the deeper sense of unease continued for some members. So we reconnected not just to reassess the space, but to engage in deeper dialogue and listen with care.

## Beyond spaces

In many cases, we are invited to



look beyond the physical space. While space plays an important role in shaping energy, it is not the only factor. Energy is influenced by a variety of elements—some visible, others subtle and deeply personal. Conscious Vaastu® embraces this

understanding. It is an evolutionary approach that expands our awareness, guiding us to explore the deeper layers of resonance, behaviour, and vibrational alignment that contribute to true wellbeing.

During our conversation, a meaningful detail came forward. The person who experienced unease in energy often wore clothes shared by friends or family. These garments were shared with love and care. This opened a new doorway.

In Conscious Vaastu®, we understand that clothing is more than fabric. It holds energy. Each time someone wears a garment, their energy leaves a subtle imprint.

Have you ever noticed a gentle scent / feeling in your clothes after wearing them for few times and which persist even after washing the garments? That scent is your unique energy. Sometimes, touching a garment brings a feeling of peace, joy, or even a memory. These are signs of the energy it carries.

## Five elements and our senses

To understand this deeper, let's look at the five elements in Vaastu:

Element	Sensory Organ	Function
Earth	Nose	Smell
Water	Tongue	Taste
Fire	Eyes	Sight
Air	Skin	Touch
Space	Ears	Sound

Each element connects with one of our senses. These senses are like gateways; they help us receive signals from the world around us. Among them, skin is the largest and most open. It is ruled by the element of Air and covered with tiny pores.

These pores are invisible, yet deeply active. They help regulate temperature, release natural moisture, and absorb subtle vibrations. When clothing touches the skin, it becomes a bridge for energy. That's why the type of fabric and its history matters.

## Cotton, silk, and energy flow

Cotton grows from the Earth. It is natural and highly conductive. It absorbs energy easily, which makes it soft and breathable, but also sensitive to energy. Silk, on the other hand, is smooth and less absorbent. It acts as a gentle shield, protecting the wearer from outside energies.

In ancient times, people treated garments with great care. Clothes used for rituals were kept separate. Spiritual guides wore silk not for luxury, but for energetic protection. Even today, priests ask us to wear new clothes during important ceremonies. This tradition honours the purity of energy.

## Beautiful shift

In this case, the person was naturally sensitive to energy. Wearing clothes that had been worn by others even with love was creating a subtle imbalance. Their energy was getting disturbed because of the leftover energy in the garment.

Once they understood this, they made a conscious change. They began wearing fresh garments and chose fabrics with intention. Within a few months, they felt lighter, more joyful, and deeply at ease.

## CONSCIOUS VAASTU



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