

Beyond aesthetics

Unleashing the power of energy flow with Conscious Vaastu

Conscious Vaastu is a unique approach to designing and arranging spaces that focuses on energy alignment to create a positive and balanced environment. Every place whether a home, office, shop, or factory has its own distinct energy pattern. Even if two places look identical, they can feel very different due to various factors such as surroundings, materials used, furniture placement, overall design, and the energy of the people residing or working there.

These energy patterns have a significant impact on how people feel, their productivity, and overall well-being. Conscious Vaastu emphasises understanding and adjusting these energies to make spaces more comfortable and harmonious.

Energy in spaces

Every space has a unique energy field that interacts with the people using it. This energy is influenced by:

Surroundings: The external environment, which includes natural elements like sunlight, air, and greenery.

Materials used: The type of materials used in construction, such as wood, metal, or stone, which carry different energy vibrations.

Furniture placement: The arrangement of furniture affects the flow of energy within a space.

Overall design: The architectural layout and interior design play a crucial role in energy distribution.

Human energy: Personal energy, quality of thoughts, and activities of the people occupying the space contribute to its overall energy.

Energy and functionality

When designing spaces, it is essential to recognise that each one requires a unique layout, strategic placements, and creative use of colours. Many people make the mistake of focusing solely on aesthetics without considering what the space truly needs. Instead, analysing energy requirements and incorporating essential elements ensures a balance between functionality and visual appeal.

Just as we adjust our clothing based on seasonal changes, spaces must also be adapted to reflect environmental conditions. For instance, in winter, people rely on warm clothing like woollen sweaters to retain body heat. Similarly, a space requires specific features to maintain warmth and create a cosy atmosphere in certain areas. This may include warm-toned walls, carpets, and plush furniture to provide insulation and comfort. Additionally, energy calculations may suggest incorporating cooling elements in certain areas to maintain balance within the space.

Property characteristics and energy flow further influence space design. A residential home has different requirements compared to a commercial space. For example, a home benefits from elements such as soft lighting and smooth surfaces that enhance comfort, whereas an office space prioritises energy efficiency, optimal ventilation, and ergonomic furniture to support productivity.

By integrating energy calculations with design principles, spaces can achieve both aesthetic appeal and functional efficiency.

Common mistakes

A common mistake in Vaastu application is prioritising aesthetics to impress visitors rather than focusing on the natural energy flow of the space. Many individuals seek Vaastu for personal reassurance or validation, without truly grasping its real purpose or the unique energy dynamics of their home.

By designing with energy alignment in mind, residents can cultivate a space that improves peace, stability, and positivity ensuring their home is not just beautiful, but truly supportive. This perspective shifts the focus from impressing others to creating a space that enhances daily living for those who call it home.

Balancing aesthetics and energy

A well-designed space should be both aesthetically pleasing and energetically balanced. This means:

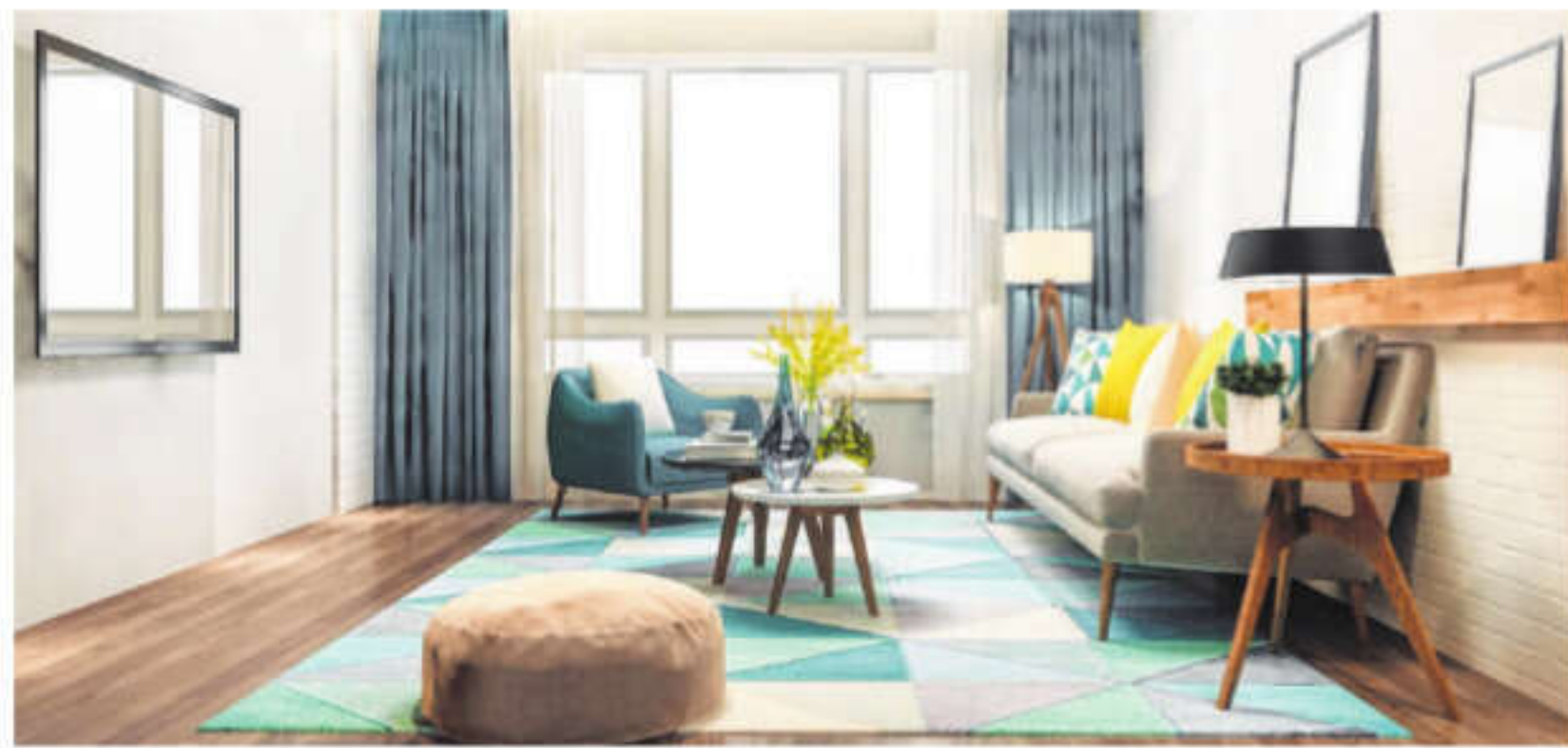
- Using natural materials that enhance positive energy.
- Incorporating elements that align with the space's energy needs.
- Ensuring proper ventilation and lighting to maintain a healthy environment.
- Creating a welcoming and vibrant atmosphere that supports well-being.

Conclusion
Conscious Vaastu is not just about following fixed templates, it is about understanding the unique energy of a space and designing it accordingly. By respecting the natural flow of energy and aligning spaces with the right elements, individuals can create environments that promote happiness, peace, and stability.

CONSCIOUS VAASTU



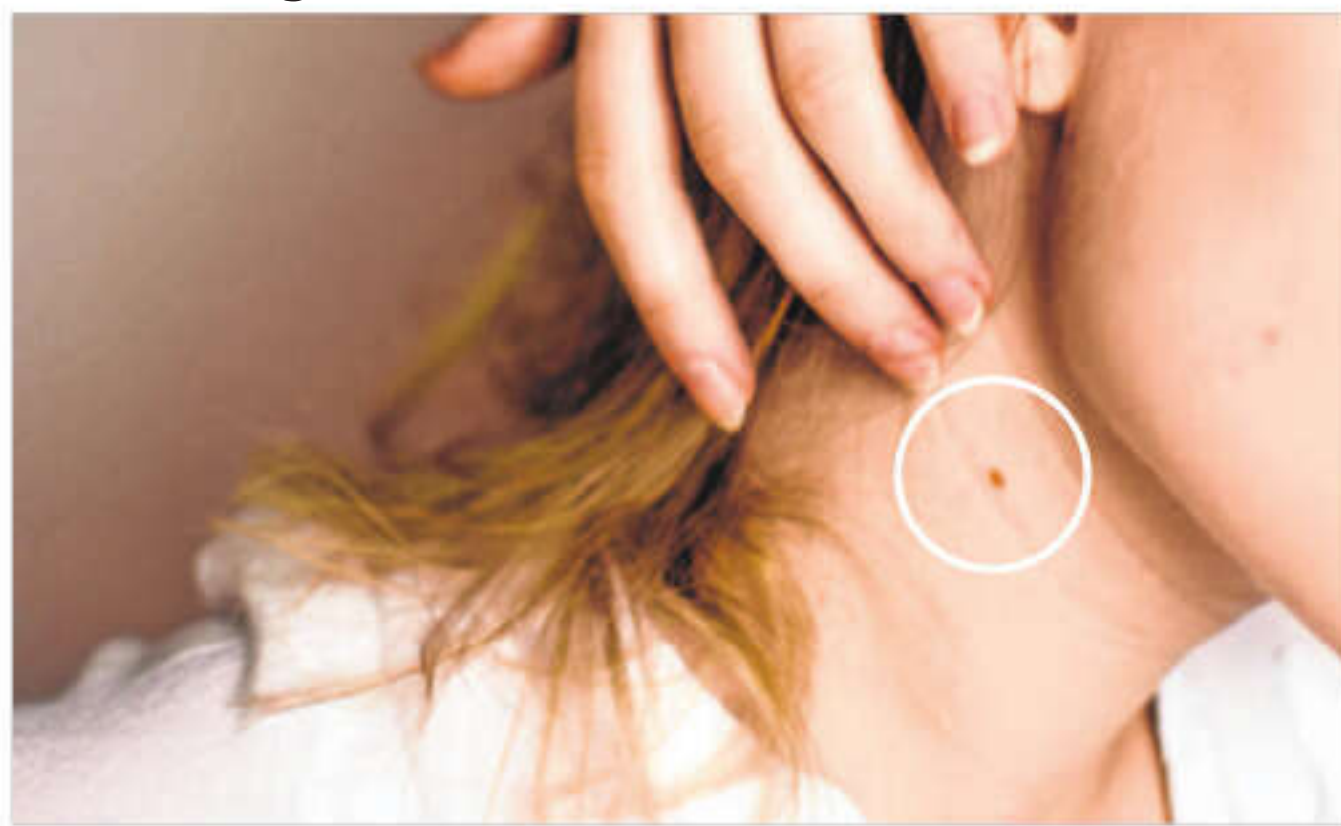
Dr Harshit Kapadia



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Mole spots that bring fortune

Unlocking the secrets of Samudrik Shastra



Have you ever glanced at your reflection and noticed a mole in a peculiar spot? What if I told you that these seemingly insignificant marks could hold the keys to your fortune? In the mystical realm of Vedic astrology, particularly the fascinating branch known as *Samudrik Shastra*, physical marks on our bodies are not just random—they are mirroring our destinies.

“जनने प्रबली यस्य राजयोगो भवेद्यदि करे वा चरणोऽवश्यं राजचिह्नम् प्रजायते ॥
— समुद्रिक शास्त्र

If one has a strong Rajyoga at birth, then a royal mark will surely appear either on the hand or on the foot.”
—Samudrik Shastra



Ashish Mehta

The verse from *Samudrik Shastra* states that if an individual is born with a strong *Rajyoga*, which signifies wealth and success in Vedic astrology, they will likely display a royal mark on either their hand or foot. These marks, particularly found on the palms or soles, are believed to indicate fortune and unique talents. A mark on the palm suggests that the person may achieve success through their skills and efforts, while a mark on the foot indicates luck in social interactions and travel-related opportunities.

This belief reflects the interconnectedness of physical traits and astrological influences in determining an individual's potential for greatness. Let's dive into the enchanting world of moles and discover how they might shape our lives.

Palm Power
The palm is an extraordinary window



into one's potential. A mole situated prominently in the centre of the palm suggests that you are destined for greatness. This mark indicates a unique ability to stand out, harnessing your skills and creativity to carve a niche for yourself. Imagine being recognized for your innovative ideas or talents—each endeavour has the chance to yield bountiful wealth, much like the prosperity associated with *Raj Yoga!*

“राजते करगो यस्य तिलोऽतुल्यधनप्रदः।
“A mole on the hand is linked to immense wealth.”

Soleful journeys

What lies beneath our feet often propels us forward in life. A mole located in the centre of the sole is a sign of good fortune and adventure. Such individuals are often wanderers, fuelled by a love for exploration. They draw opportunities through engaging with people from various walks of life. Their charm makes them thrive in marketing, public relations, or even as brand ambassadors. Just picture the luxurious life they lead, surrounded by the fruits of their labour and the thrill of discovery.

“तथा पादतले पुंसो वाहनार्थमुच्यते।
“A mole on the foot signifies vehicular comforts and happiness.”

Forehead fortitude

The mind is a powerful tool, and a mole on the forehead amplifies that magic. This mark signifies a person who can translate their intelligence and creativity into influential ideas. Think of inventors, artists, and innovators—those who leave a mark on society through their brilliant concepts. This mole suggests that the world is your canvas; painting your ideas could just lead you to celebrity status!

“ललाटे तिलम् खातिम् ।
“A mole on the forehead brings fame.”

Cheek charisma

Who doesn't admire a captivating smile? A mole on the cheek is a hallmark of attractiveness and charm. Individuals with this feature effortlessly draw others in. Their communication skills and warm behaviour create an alluring aura, gaining them admiration and respect. Imagine walking into a room and instantly becoming the centre of attention, simply because of your natural ability to connect with people.

“कपोलगतः तिलः चारुत्वम् ।
“A mole on the cheek symbolizes beauty and charm.”

Chest of expressions

Located on the chest, a mole signifies a deeply empathetic individual who possesses the keen ability to understand emotions. People with this mark often channel their artistic expression, using it to resonate with others on a profound level. They have the power to elevate their surroundings through creativity, leading to not only wealth but also a recognition that transcends mere material gains.

Wrist wisdom

The wrist, where we adorn watches and bracelets, tells us much about our temporal nature. A mole here indicates exceptional problem-solving skills, allowing these individuals to navigate challenges with agility. They often devise clever shortcuts, making them invaluable in professional settings. Think of them as the “go-to” people when challenges arise—adapting and thriving in the face of adversity.

Navel nexus

Tucked away around the navel, a mole hints at a creative powerhouse. Individuals with this distinctive mark possess the innate ability to bring new ideas to life, showcasing their talents with a mix of stability and dedication. Their skills in execution can lead to significant accomplishments—perhaps launching the next big thing in their field!

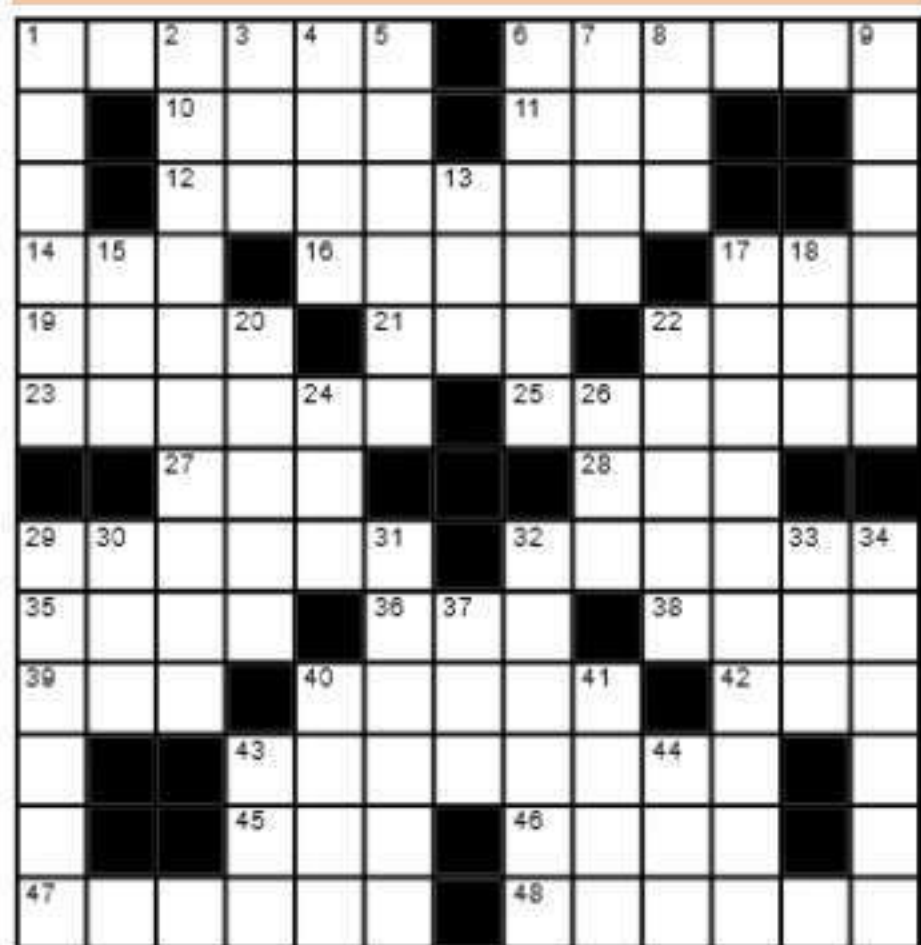
For Vedic astrologers, these bodily markings are not just auspicious but are seen as cosmic carriers of messages about a person's potential. They provide a tangible connection to the divine, where the physical form mirrors the terrestrial patterns and promises laid out in the stars.

By examining and understanding these markings, a Vedic astrologer can offer profound guidance, helping individuals navigate their lives in alignment with their highest potentials.

This mystical interplay of physical and astrological realms offers a unique perspective on the interconnectedness of the universe and our roles within it.

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

Crossword #1525



- Across**
- 1 First month of the Jewish year
 - 6 Late Ghazal singer ___ singh
 - 10 Word used as name of a place, person or thing
 - 11 Mineral source
 - 12 Get in the way
 - 14 Sydney st.
 - 16 Australian bear
 - 17 Bribe
 - 19 Finger grips
 - 21 Natl. Stock Exchg.
 - 22 Flat vessel
 - 23 Enveloping bandage
 - 25 Ridicules or derides
 - 27 Fabrication or fib
 - 28 Consumed some food
 - 29 Bats in the ___ is slangily crazy?
 - 32 Most distant point
 - 35 Hebrew letter
 - 36 Aeronautical Telecommunications Network
 - 38 Devastation
 - 39 Multi-Function Display
 - 40 Cake topping
 - 42 Nabokov novel
 - 43 Sailing vessel
 - 45 Soap flax
 - 46 Three feet
 - 47 Egg-shaped bodies
 - 48 Stoppage of flow or circulation

- Down**
- 1 Gibes
 - 2 Increased at an accelerating rate
 - 3 Male ferret
 - 4 Hard biscuit
 - 5 Chant or sing
 - 6 Units of energy
 - 7 Reliquary
 - 8 ___ away: escape?
 - 9 Entices
 - 13 Ethiopian prince
 - 15 ___ about : investigated or inquired about?
 - 17 Defends, protects
 - 18 Not at work
 - 20 Rigid or inflexible
 - 22 Revolving aerofoil
 - 24 Pronoun for a girl
 - 26 Beret or biretta
 - 29 Giant grass
 - 30 Santa's helper
 - 31 Sailing boats
 - 32 Irks or pesters
 - 33 Muslim festival
 - 34 Dramatizes or performs
 - 37 Pedro's uncle - "ITO" changed
 - 40 Made cooler
 - 41 Flying pest
 - 43 ___ Lanka : our southerly neighbour?
 - 44 Period or age

YOUR DAY By Vinayak Vishwas Karandikar

ARIES: Today is the day of mental and physical stress and injuries. Expect expenditure related to premium services, health, vehicles, houses or education. People in the occult sciences, police, surgery, the meat industry, and research will benefit. A dispute regarding property is indicated. Repairing of your house or vehicle is indicated. Some people will suffer from mental and physical stress, injuries, chest pain or acidity. Lucky no.: 6; Lucky colour: Pink

TAURUS: A conflict in your career and married life is indicated. Expect expenditure on businesses, land, communication or travel. People in tourism, communications, the maintenance sector, the property business, and the technology sector will benefit. Problems in relationships, travel or communication are indicated. Lucky no.: 9; Lucky colour: Red

GEMINI: Today, success and gains will be connected with stress, disputes, and struggles. Expect expenditure related to businesses, properties, premium services or family. People working in the security services, the police force, the technical field, fitness centres. Lucky no.: 8; Lucky colour: Black

CANCER: It is the day to take care of your health, take initiative in work, and control your anger. Expect expenditure related to businesses or health. People in the security services, police, the technical field, and the maintenance sector will benefit. A dispute with your family members or spouse is expected today. Some people may suffer from stomach pain. Lucky no.: 3; Lucky colour: Yellow

LEO: Today is the day to travel and invest with care. Expect expenditure on businesses, education, travel or health. People working in the security services, the police force, the technical field, haircutting salons, butcher shops, the maintenance sector, and tourism will get success. Travel or hospitalisation of family members is indicated. Lucky no.: 1; Lucky colour: Orange

VIRGO: Today is the day to gain something after losing something. Expect expenditure related to houses, vehicles, education or premium services. Commission agents, occultists, surgeons, detectives, and insurance agents will benefit. A dispute with your family members is indicated. Some people may suffer from constipation, acidity or chest pains. Lucky no.: 2; Lucky colour: White

LIBRA: Today is the day to control your anger both in the office and at home. Expenditure related to spouses, businesses, vehicles or houses is expected. People working in fitness centres, security services, the technical field, and the maintenance sector will benefit. A dispute with your family members is indicated. Some people may suffer from waist pain, knee pain or shoulder pain.

SCORPIO: Today is the day to control your anger both in the office and at home. Expect expenditure related to health, education or travel. People working in the police force, repair shops, construction field, and the travel industry will get success. A dispute with your father or maternal relatives is indicated. Some people may suffer from stomach aches. Lucky no.: 2; Lucky colour: Silver

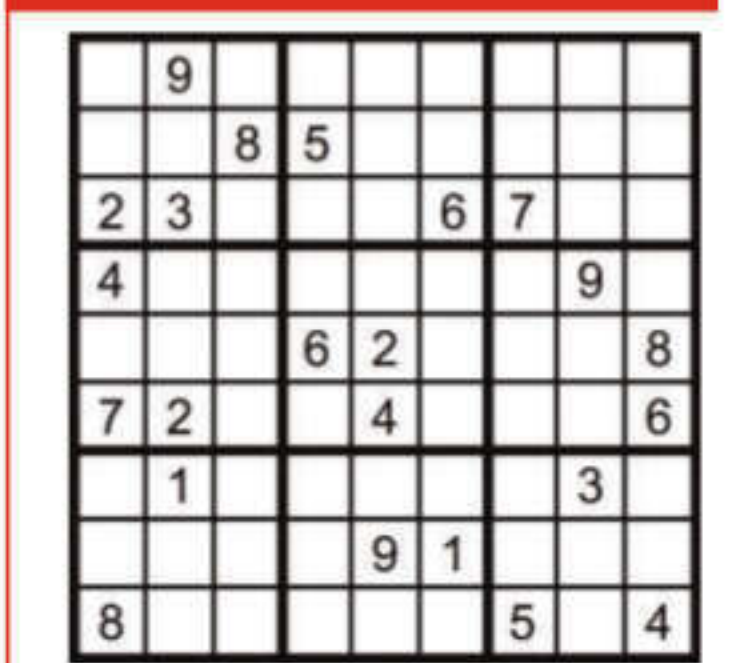
SAGITTARIUS: Today you may face disputes, losses, and physical and mental stress. Expect expenditure related to premium services, health or insurance. People associated with activities like the martial arts, fitness centres, security services, and surgery will get success. A dispute with your family members is expected. Some people may suffer from back pain. Lucky no.: 9; Lucky colour: Red

CAPRICORN: Today is the day to study, travel, and focus on business. Expenditure related to education, houses, vehicles or travel is indicated. People in education, the construction field, the maintenance sector, and tourism will benefit. Family disputes are indicated. Some people may suffer from waist pain, acidity or chest pain. Lucky no.: 5; Lucky colour: Green

AQUARIUS: You will struggle to earn and succeed today. Expect expenditure on office maintenance, travel or health. People in barbershops, the meat business, the armed forces, and tourism will get success. Ill health or a dispute with maternal relatives or a sibling is indicated. Some people may suffer from shoulder pain, knee pain or ear pain. Lucky no.: 7; Lucky colour: Grey

PISCES: Today is the day to enjoy, entertain and play some sports. Expect expenditure related to your children, entertainment or sports. People working in the police force, the entertainment industry, sports, and fitness centres will benefit. Fun times with your family are indicated, though some disputes will crop up. Some people may suffer from toothaches. Lucky no.: 2; Lucky colour: White

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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 Tishr, 6 Jagriti, 10 Noun, 11 Ore, 12 Swarth, 14 NSW, 15 Kalia, 17 Gops, 19 Bksh, 21 SNE, 22 Hrt, 23 Swarth, 25 Scffs, 27 Rca, 28 M, 29 Bksh, 31 SNE, 32 Swarth, 33 Rms, 34 Swarth, 35 SNE, 36 Rms, 37 Hrt, 38 M, 39 MFD, 40 King, 42 Ad, 43 Sthone, 45 Rf, 46 Yrd, 47 Ovoids, 48 Stais.

Fasting, Mantras and the Light Within

— Ritesh Aswaney



When Bhima, unable to observe all 24 Ekadashis, sought a way out, Lord Krishna revealed the path of Nirjala Ekadashi, a single, intense fast that holds the power and merit of all others, now offering modern seekers a timeless tool for purification and inner strength. Nirjala Ekadashi isn't just about skipping food or even water; it's an invitation to reset. It comes at the height of summer, when Surya Dev blazes above and within us. His light isn't just warmth; it's awareness. And through the Gayatri Mantra, we call upon that light, asking it to awaken our minds, purify our thoughts, and guide us gently back to truth.

The Gayatri Mantra isn't just words, it's a living presence. First revealed to Rishi Vishwamitra in a moment of deep inner stillness, the Gayatri Mantra has echoed through time as a bridge between the human mind and divine light. Gayatri Ma, the soul of the mantra, is like a divine mother holding our inner compass steady. As we fast and chant, we shift from physical nourishment to something

subtler—breath, sound, and silence. Fasting on Ekadashi, especially Nirjala, lines us up with nature's own rhythm. The eleventh lunar day is a powerful window; the tides of energy in the body are already turning inward. When we fast consciously, the body gets a break, the mind slows down, and the deeper layers of the self begin to surface. It's a natural detox, not just for the body, but for the noise we carry inside.

But this path isn't about escape. It's about remembering how to live better. Mantra and fasting create space inside, a kind of quiet strength. With that, we stop getting pulled into every little storm. We see the illusion, Maya, for what it is—not a trap but a play. And instead of being tangled in it, we hover just above, still present but free.

In the light of Surya, in the grace of the Gayatri, and through the doorway of Ekadashi, we find something precious: the ability to be grounded and uplifted at once. In a world that pulls us in all directions, this is the art of being steady, awake, and full of light.

