Power of the centre

Understanding *Brahmasthan* energy in 2026 to embrace change, introspection, balance, and conscious personal growth sustainable

CONSCIOUS VAASTU

Dr Harshit Kapadia

The Centre of any property has always held deep importance in Indian Vaastu. Known as the *Brahmasthan*, it is the heart of the home or workplace, the place where all meridian lines meet. It is said to hold the master key of the entire premises, influencing the balance of energy across every sector.

In traditional Indian homes, the centre was often left open as a courtyard. This openness allowed sunlight, air, and cosmic energy to flow freely, creating harmony and vitality. Today, even though modern homes may not have courtyards, the principle remains: the centre is the core energy zone, and in 2026, it requires special attention.

Why centre matters

When applying Vaastu principles feels difficult in any space, the centre becomes the key focus. The Brahmasthan, or central zone, holds the core energy that influences the entire property. Vaastu teaches that even if adjustments in other areas are limited, consciously working with the centre can help in restoring balance and harmony.

In 2026, the centre carries clashing energy. But clashes are not always bad. They represent change. Clashes in energy are not something to fear; they are signals of change. Change itself is constant, and life always asks us to adapt. The real problem begins only when we resist change, holding on to old patterns or rigid ways of thinking. Conscious Vaastu® guides that clashes can be positive if we align with them, because they push us to grow beyond our comfort zone. When we adapt consciously, these clashes become opportunities for transformation, opening doors to new ideas, relationships, and possibilities. In this way, what seems like conflict actually becomes the pathway to progress.

Introvert energy

The central area in 2026 carries introvert energy, which means turning inward, reflecting deeply, being fearful and valuing loneliness.

Advantages: It helps in self-analysis, creativity, and building inner strength.

Disadvantages: If overdone, it may lead to isolation, bottled emotions, or lack of communication.

How to fine-tune

To consciously align with the centre's energy in 2026:

Create flow: Use fans or ventilation to keep air moving.

Avoid heaviness: Do not place heavy furniture or weights in the centre.

Career focus: Use the centre for analysing career paths, research, and learning.

Students: Study in the centre to improve focus and skills.

Exploration: Use this space to think about what you have not yet explored — new opportunities, new people, new ideas.

Communication: Practice talking skills, blending with people, and building relationships.

Emotional balance: If your bedroom or workspace is in the centre, avoid bottling emotions. Speak up in meetings, share with family, and balance solitude with interaction.

Plants: Keep low-height oxygen-giving plants in the centre to refresh energy.

PRACTICAL GUIDELINES

Pointer	Practical Tip for 2026
Energy Flow	Use fans or ventilation to keep air moving in the centre.
Heavy Objects	Avoid heavy furniture or weights in the central area.
Career Planning	Use the centre for analysing career paths and making important decisions.
Students	Study in the centre to improve focus, learning, and career direction.
Communication	Practice speaking, networking, and blending with people to balance introvert energy.
Emotional Balance	Avoid bottling emotions; share openly with family and colleagues.
Plants	Place low-height oxygen-giving plants to refresh and balance energy.

Young Adults & Gen Z

If a young professional working from home and the desk is in the centre, they should use this space for career planning and research. But they must also avoid isolation by joining discussions, sharing ideas, and connecting with peers. For students, the centre becomes a powerful study zone, but they should also practice communication skills to balance introvert energy.

Conclusion

The centre in 2026 is not to be neglected, especially for young adults and Gen Z. It is the controller of energy, the Brahmasthan, the master key of the premises. Clashing energy here signals change, and Conscious Vaastu® guides us to embrace it with awareness.

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

THE 2026 RESET

The Saturn-Neptune Conjunction in Pisces (2026) – From the 'War on Water' to a nationwide digital detox, the celestial alignment of 2026 suggests our biggest challenges won't be missiles, but the collapse of our illusions

If you look around right now, things feel strange. We walked into 2026 expecting a fresh start, but instead, it feels like we are waiting for something to break. The reason is simple. We are standing at the edge of a massive change. On February 20, two major planets—Saturn and Neptune—are meeting in the sign of Pisces. Saturn represents hard reality, walls, rules, and bills. Neptune represents dreams, illusions, water, and fog. When a rock (Saturn) crashes into the ocean (Neptune), two things happen: the fog clears, and the waves get rough. We have spent the last ten years living in a bubble. We built an economy on "magic money," we built lives on digital screens, and we ignored certain geopolitical realities. Now, that bubble is popping. This is the "Great Sobering."

Here is a deep dive into what this shift actually looks like for our world, our wallets, and our health in 2026.

New world map

With this massive shift happening in a Water sign (Pisces), the battlefield is moving from the land to the sea. This changes everything about how the world works. We are already seeing the warning signs. The most dangerous places on Earth right now aren't trenches; they are shipping lanes. Places like the Red Sea, the Strait of Hormuz, and the South China Sea are becoming "choke points." If a conflict blocks a major shipping route, it isn't just a political problem; it's a "you" problem. The price of gas, food, and electronics goes up instantly. The weapon of 2026 isn't a missile hitting a city; it's a blockade stopping a cargo ship. We are entering the era of the "War on Supply Chains."

Ashish Mehta

Then there is the Russia factor. History has a pattern that is almost spooky in its accuracy. Every time Saturn and Neptune have met in this specific alignment over the last 150 years—in 1917, 1953, and 1989—something massive happened in Russia. Regimes collapsed, leaders died, or the entire system was reinvented. As we watch the news from the East this spring, do not be surprised if the current stalemate suddenly dissolves into chaos.

End of 'fake money'

Let's be honest about our money. For the last few years, the economy felt like a casino. We saw digital pictures (NFTs) selling for millions, "meme coins" making teenagers rich overnight, and tech companies with zero profits being valued at billions of dollars. That was the "Neptune" illusion — the dream that value could be created out of thin air. Now, Saturn is walking into the room to audit the books. We are entering a time where "Magic Money" stops working.

Investors and banks are waking up. They are going to stop betting on dreams and start demanding proof. This means a lot of the hype — especially in unregulated crypto and AI bubbles — is going to wash away. If an investment doesn't have a real-world use (like food, energy, or housing), its value could crash to zero.

We are also facing a hidden crisis in Real Estate: Insurance. Saturn (structure) in Pisces (water) is a bad combination for coastal property. Insurance companies act like Saturn — they calculate risk. As flooding and weather events get harder to predict, we might see vast areas of coastal land become "uninsurable." If you can't insure a house, you can't get a mortgage for it. This could trigger a drop in property values in places we previously thought were safe. The smart move for 2026? Stop chasing the "next big thing." Return to tangible value. Land, gold, commodities, and actual human skills are the new wealth. If you can't touch it, hold it, or use it to survive, think twice about putting your life savings into it.

Digital detox & water cure

This shift isn't just happening out there in the world; it is happening inside our own bodies and minds. Have you felt unusually tired lately, a deep, soul-level exhaustion? That is "brain fog," and it is the signature feeling of this year. We have pushed our brains too far with constant screen time, social media noise, and dopamine hits. The "illusion" of the digital world is making us physically sick.

In 2026, we are going to see a massive cultural backlash against technology. The "cool" thing won't be the newest VR headset; it will be a "dumbphone" that only makes calls. People are craving what is real. We will see a movement of people deleting apps, leaving social media, and trying to reconnect with the physical world. Physically, we need to be careful. Pisces rules water and the lymphatic system (our body's drainage). This is a year to be very paranoid about water quality. There is a higher risk of water-borne issues, chemical spills, or "mystery" viruses that act like allergies. The cure is simple structure. We need to drink cleaner water, prioritize sleep, and get back to basics. Saturn rewards discipline. If we treat our bodies like temples rather than machines, we will navigate this energy just fine.

A clean slate

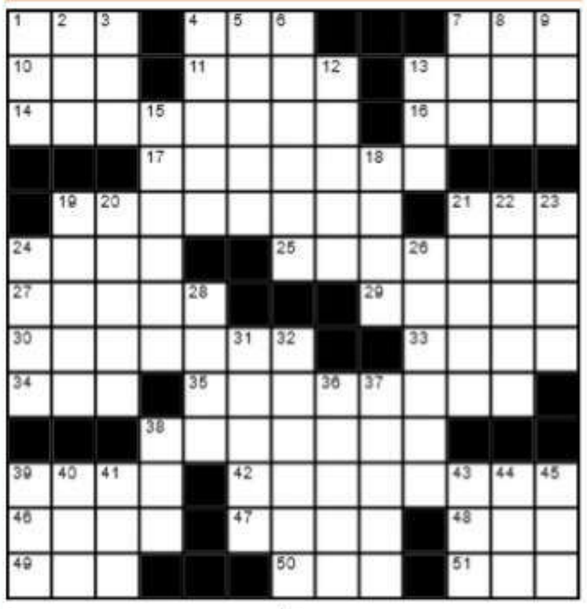
Change is scary because we like to know what is coming next. But this "Great Wash-Out" is actually a good thing. Think of it like a heavy fever or a storm. It is messy and uncomfortable while it is happening, but it breaks the sickness. It clears the air.

We are losing the fake stuff. The economic bubbles are bursting so we can build a real economy. The political lies are being exposed so we can see the truth. The digital addiction is breaking so we can be human again.

We don't need to be afraid of the dissolution. We just need to stop clinging to the things that weren't real in the first place. The coming year isn't about acquiring more; it is about anchoring down. It is about securing our families, simplifying our finances, and finding solid ground.

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

Crossword #1761



Across
1 Tea
4 Sauron's footsoldier in Lord Of The Rings
7 Number of years in a decade
10 Cooking vessel
11 ___ avis : the rare mythical bird?
13 Star Wars character
14 Pre-dinner drink
16 American TV award
17 Atrocious
19 Introduction
21 "And" in Hindi
24 Wound and cripple
25 Oval shape
27 Iraqis or Saudis
29 Be subsequent
30 Resin flavoured Greek wine
33 A group of animals
34 Conductor __-Pekka Salonen
35 Simplified or clarified (4,4)
38 Singer Jackson
39 Athlete P.T. __
42 Economize
46 Rise or ascend (2,2)
47 Able was I, ___ __ saw Elba? (3,1)
48 Water in France
49 High speed diesel, in short
50 Vane directions ?
51 Flow back

Down
1 Certified Public Accountant, in short
2 Jump on one leg
3 Took nourishment
4 Bay window
5 Mathematical proportion
6 Shrink in fear; display repulsiveness?
7 Hollywood star __ Cruise
8 Genre you might hear at a nightclub
9 Aye? No, just the opposite
12 Entangled with
13 An affirmative answer
15 Geometric figures of sorts?
18 Congo river
19 Scrapes off outer layer or skin of
20 "Tiara" turned into a cowboy's rope
21 Church sections
22 Moneylending
23 Marsh plant
24 Female horse
26 Breathe in
28 Yesteryear Bollywood star ___ Garewal
31 Mother-of-pearl; shellfish yielding this
32 Stick fast
36 Consumed
37 Very strange
38 Plan, outline, diagram
39 Expression of disgust
40 Call for help
41 Head-up Disp.
43 Maiden name prefix
44 Taxi in America?
45 Centre

YOUR DAY

By Vinayak Vishwas Karandikar

ARIES: A day of emotional and spiritual expansion, fresh ideas, and meaningful social connections. Group activities or travel will broaden perspective and awareness. Financial movement through spiritual pursuits, education, or social networking is likely. Online efforts and group investments will show encouraging potential. Focus on rest and relaxation will support mental balance. Gentle care will benefit sleep patterns, nerves, ankles, and calves. Lucky number: 7; Lucky colour: Light Blue

Taurus: Partnerships, financial planning, and professional recognition will come into focus. Leadership qualities and public image will shine today. Gains or strategic expenses are indicated through networking, legal matters, or higher authorities. Government-related opportunities may bring benefits. Those in finance, law, consultancy, politics, and public administration will see progress and acknowledgement. Lucky number: 4; Lucky colour: Green

Gemini: A refreshing day of learning, clarity, communication, and travel. Spiritual growth and foreign interactions will bring insight. Financial activity through education, communication tools, or long-distance trade will support growth. Teachers, writers, counsellors, astrologers, and travellers will enjoy favourable developments. Attention to the throat, sinuses, hips, and eyes will maintain comfort and vitality. Lucky number: 5; Lucky colour: Yellow

Cancer: A transformative day, bringing emotional depth and inner strength. Challenges will offer opportunities for growth and renewal. Financial flow through inheritance, insurance, or family responsibilities is indicated, with mindful spending on home or well-being. Researchers, healers, finance professionals, and healthcare workers will experience steady progress. Lucky number: 2; Lucky colour: White

Leo: Recognition and partnerships will take centre stage. Past efforts will begin to yield rewards through collaboration. Financial activity through luxury items, spouse-related matters, or business agreements will enhance comfort. Business owners, consultants, HR professionals, and those in the fields of finance and medicine will see positive results. Lucky number: 9; Lucky colour: Orange

Virgo: A productive and grounded day, emphasising routine, responsibility, and steady progress. Practical efforts will bring lasting rewards. Income or expenses linked to education, travel, or short-term contracts will support development. healthcare professionals, analysts, and teachers will gain recognition for their efforts.. Stress management and mindful eating will support digestion and nerves. Lucky number: 6; Lucky colour: Brown

Libra: Creativity, romance, and relaxation will create a harmonious atmosphere. Joyful expression will come naturally today. Financial movement through art, entertainment, speculation, or family leisure activities is seen. Artists, media professionals, and those in the spiritual or creative fields will experience inspiration and success. A romantic and pleasant day, ideal for bonding and meditation together. Lucky number: 3; Lucky colour: Pink

Scorpio: Emotional healing and domestic focus will bring stability and inner peace. Self-reflection will strengthen foundations. Financial support through property matters, education, or family businesses is indicated. Builders, consultants, researchers, and real estate professionals will see steady progress. Calm and nurturing energy at home will grow stronger with patience. Lucky number: 2; Lucky colour: White

Sagittarius: Communication, travel, and learning will open doors to progress. Persistence will bring meaningful rewards. Gains through media, teaching, or communication are seen; the matter of pending payments may resolve smoothly. Writers, speakers, journalists, and educators will achieve success and recognition. Attention to siblings or children will strengthen bonds; short family trips will. Be uplifting. Lucky number: 9; Lucky colour: Red

Capricorn: A steady and comforting day centred on family, finances, and material security. Long-awaited gains may arrive. Financial flow through family assets, property investments, or banking activities will strengthen stability. Bankers, educators, and traders will experience favourable outcomes. An ideal time for rest, relaxation, and meaningful family bonding. Lucky number: 8; Lucky colour: Silver

Aquarius: A dynamic day, highlighting individuality, innovation, and self-growth. Personal image and originality will stand out. Spending on self-improvement, professional tools, or health will enhance long-term potential; self-driven gains are likely. Innovators, healthcare professionals, and entrepreneurs will experience encouraging developments. Lucky number: 3; Lucky colour: Blue

Pisces: A spiritually enriching day, filled with emotions, celebrations, and inner peace. Quiet moments will bring valuable insights. Financial activity through celebrations, travel, or spiritual work may bring subtle gains. Artists, healers, and NGO workers will experience fulfilment and progress.Rest and mindfulness will strengthen immunity and improve sleep quality. Lucky number: 7; Lucky colour: Black

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		2		9		8		
			6				5	
				8	5			1
		4			1			
6		6	3					
5					8	1		
7		8						
	4			3				
		9					6	3

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

4	5	2	1	9	3	8	7	6
8	9	1	6	2	7	3	5	4
3	6	7	4	8	5	9	2	1
2	8	4	5	7	1	6	3	9
9	1	6	3	4	2	5	8	7
5	7	3	9	6	8	1	4	2
7	3	8	2	1	6	4	9	5
6	4	5	7	3	9	2	1	8
1	2	9	8	5	4	7	6	3

Across: 1 Cha, 4 Orc, 7 Ten, 10 Pot, 11 Rara, 13 Yoda, 14 Aperitif, 16 Emmy, 17 Heinous, 19 Prologue, 21 Aur, 24 Maim, 25 Ellipse, 27 Arabs, 29 Ensue, 30 Restina, 33 Herd, 34 Esa, 35 Made easy, 38 Michael, 39 Usha, 42 Retrench, 46 Go up, 47 Ere I, 48 Eau, 49 HSD, 50 Ene, 51 Ebb.

Down: 1 CPA, 2 Hop, 3 Ate, 4 Oriel, 5 Ratio, 6 Cringe, 7 Tom, 8 EDM, 9 Nay, 12 Afoul, 13 Yes, 15 Rhombs, 18 Uele, 19 Pares, 20 Riata, 21 Apses, 22 Usury, 23 Reed, 24 Mare, 26 Inhale, 28 Simi, 31 Nacre, 32 Adhere, 36 Eaten, 37 Eerie, 38 Map, 39 Ugh, 40 Sos, 41 HUD, 43 Nee, 44 Cab, 45 Hub.

The Blossoming of Wisdom

Ritesh Aswaney

Last week, on January 23, we celebrated Basanta Panchami, a festival that quietly marks the arrival of spring and with it a subtle shift in the inner world as well. Even in a city like Mumbai, where seasons don't arrive with dramatic intensity, we still sense these delicate transitions: the air feels lighter, mornings gentler, and the world seems to soften at the edges. Basant is not merely a change in weather; it is the promise of renewal.

In Bengal, this day is celebrated as Saraswati Puja, devoted to Ma Saraswati, the Goddess of learning and wisdom. It holds special significance for students and schools, where she is worshipped with reverence, and instruments of learning like books, pens, and notebooks are also venerated. It is a beautiful reminder that knowledge in the Indian tradition is not treated as a commodity but as something sacred.

One of the most touching customs observed on this day is Haate-Khori, the ceremony that introduces children to education. Children around two or three years old are handed their first slate or book and encouraged to write their first letters, beginning their lifelong journey of learning. There is something profoundly moving in this gesture. It reminds us that learning begins not with ambition or anxiety, but with blessing, curiosity, and grace. And because Ma Saraswati also presides over the fine arts, musicians, artisans, and artists also honour this day, celebrating the intelligence that expresses itself through beauty.

Basant Panchami also carries a deeper symbolic meaning. It represents the sacred space between states, the threshold between the winter of ignorance and the spring of understanding. In spiritual life, too, transformation rarely arrives like thunder. Sometimes it comes softly, as an insight. And often, one ray of light is enough to dissolve the darkness of years.

guiding Light

As we celebrate this festival, we may also reflect on how our civilisation has always honoured the sacred feminine—Shakti—not only in temples but in everyday life. Women continue to break ceilings and redefine strength while quietly holding together homes and hearts with steadiness and love. And perhaps Basant Panchami offers an even deeper reminder for our times: in an age where information is endless and intelligence can be simulated, the real power lies not in knowing more, but in knowing better. May Ma Saraswati bless us not only with learning but with discernment and lead us gently from confusion into clarity.