

## Myth to reality

Negative energy can be erased with these simple practices for harmony and balance

### CONSCIOUS VAASTU

Conscious Vaastu is a practice that focuses on understanding and balancing the energy within spaces and individuals. It helps align energies — both external and internal — to create harmony and positivity. Many people are deeply concerned about negative energy and try various methods to get rid of it. Here's a simple guide to help improve the energy in your space.

#### Heavy energies

Have you ever entered a space and felt an odd sense of heaviness, as if the atmosphere was dense or heavy? I recently experienced this during a project. The house I visited was a beautiful, large home where a joint family lived together. Despite its beauty, I felt an unexplained weight pressing on me as soon as I entered. My head felt heavy, and my shoulders were tense.

Initially, I thought it was a feel of exhaustion because of my long travel to reach the house which was in remote area from the city, but as I moved from room to room, the heavy feeling became stronger. Even my tools, which measure energy levels, gave unusual readings. Something was clearly off.

When I entered one specific bedroom, the discomfort reached its peak. My tools confirmed that the energy here was particularly imbalanced.

Watching my expression closely, the clients seemed curious yet apprehensive. Conscious Vaastu isn't about inciting fear; our role as conscious consultants is to guide the clients and restore balance. So, I tried to control my expressions and calmly asked the client, "Who uses this room?" The response sur-



Dr Harshit Kapadia

prised me as well as the clients. The room had belonged to the client's younger brother and his family, but incidentally, the brother's family had moved out of the house around few months ago after a major argument between two brothers. They mentioned that such severe conflicts, which could disrupt the unity of brothers were unheard of, until they moved into this grand new house. Younger brother and family leaving the new house was shocking for the family.

#### Role of salt in cleansing

After moving in the new house, the family started the use of salt for cleansing the negative energy. They placed it in the corners of rooms, bathrooms, and even used salt-water for mopping the floors. They believed this would eliminate the negative energy. However, my experience and study in this is completely different. While salt does absorb negative energy, it also holds onto it. Over time, this stored energy can grow stronger, worsening the energy flow of the space. Even during mopping, micro salt particles can penetrate into the floors, causing energy build-up that makes the space feel heavy and uncomfortable. Sensitive individuals, experience discomfort in such spaces which could compel them to leave. Convincing the family to stop using salt was challenging, as they had followed this advice for a long time. However, after understanding my explanation, they agreed to remove the salt from their home.

#### Ways to cleanse energy

Cleansing negative energy doesn't require complicated ways.

**Shift your thinking:** Stop focusing on the idea of negative energy in your space. The more attention you give it, the more it grows. Instead, focus on positivity and solutions.

**Let fresh air in:** Open your windows whenever your home feels heavy. Fresh air naturally clears away stagnant energy and revitalises the space.

**Brighten dull areas:** Dark spaces can amplify negativity. Adding warm lights to dull corners can instantly lift the energy.

**Introduce indoor plants:** Plants help in purifying the air but as well as absorb negative energy. Choose plants that emit oxygen even at night, especially for bedrooms.

**Burn camphor occasionally:** Light a small camphor tablet in an earthen lamp around the center of your premises when the energy feels imbalanced. It helps clear heaviness and brings calmness to the space. Avoid overuse.

Negative energy need not be a permanent guest in your space. Remember, it's not about eliminating negativity but about nurturing balance and harmony. After all, a happy home resonates with happy energy.

Read the full article on [www.freepressjournal.in/weekend](http://www.freepressjournal.in/weekend)



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## WHAT'S ON THE CARDS?

Here's what the cards suggest from April 5 to April 18 for all zodiacs



Gita Hariani

**Universal Theme for the next 15 days — Nine of Swords: You have come a long way. There is light at the end of the tunnel. Be resilient.**

Gita Hariani is a numerologist, tarot card reader, Bach flowers practitioner and banker. Follow her on Instagram: @evolvementhariani



#### Aries

**Nine of Cups: Wish fulfillment**  
It's your birthday month so the universe is giving you the precious gift of wish fulfillment!

This is going to be a time of luxury, happiness, gratitude, sensual pleasures, etc. You will feel an emotional and physical satisfaction and happiness. It's also the time of your most precious wish coming true. Luxury and abundance beckon. Celebrate your birthday with style.



#### Taurus

**Page of Swords: Curiosity to learn new skills, start from the scratch, apprenticeship**

This is a period wherein you feel like going back to the slate. New skills, new courses. Be curious. Try something different and out of the box. There is a new sense of urgency and energy. This period urges you to change your perspective. Learn and unlearn.



#### Gemini

**The Moon: Uncertainty, feelings, subconscious**

In this phase you will feel extra sensitive and have heightened emotions and intuition. Mood swings may beckon. Take a deep breath, listen to some music, chant and meditate. Do not block anything. Pay attention to your feelings. Trust your instincts and dreams. This could be a clock and dagger phase with under currents and things happening below the surface. You could experience a spiritual connection.



#### Cancer

**Knight of Swords: Determination and action**

You are raring to go towards your goals. Move ahead swiftly with confidence and determination. Do not let anything deter you from your path. Overcome obstacles with decisive actions. However avoid unnecessary impulses and confrontations. Use your intellect, power and authority to forge ahead in life. You will move into April with style and a steady resolve.



#### Leo

**Page of Pentacles: Hard work, Apprentices, Mastery**

A time to work hard and strive for excellence and mastery in your profession and life. Commitment, diligence, hard work. A good time to build your business, brands, etc. Students need to work hard. Concentrate and realise which area of your life needs work and get down to it. You have to get your hands dirty else you will not reap the benefits you desire. Accomplishment and ambition with dedication and hard work will yield fabulous results.



#### Virgo

**7 of Cups: Confusion, overthinking**

Let's not overthink and procrastinate. This is the message for you in the now. You may be faced with many choices and opportunities. You are being urged to not get confused and overthink things while being in a state of inaction and limbo. Do not be delusional. See things for what they are. Brain fog and being over emotional may happen. Take a stand and make decisions and turn this period to a time of certainty and growth.



#### Libra

**Strength: Patience and persistence**

If you are recovering from an illness or a long standing problem know that with persistence and patience you will overcome this situation. It will take some time but the end result will be in your favour. Act with maturity and patience and you will be most definitely rewarded. You will enter April knowing that most certainly you will be rewarded for your patience and tenacity soon.



#### Scorpio

**Two of Swords: Remove your blindfold. Make the correct choice**

This is a crucial period that is urging you to open your eyes and to see and accept things/ people / feelings for what they truly are. You should no longer sweep things under the carpet and pretend that all is well. What needs to be done must be done! Meditate and then act. Intuitively choose the correct action even if it forces you to be brave.



#### Sagittarius

**Nine of Pentacles: Financial Independence through hard work**

You are feeling fierce and independent and wish for love wealth and resources. Look at your accomplishments and feel happy and satisfied. Your hard work, discipline and tenacity has helped you accomplish a lot in terms of resources and abundance. This gives you a feeling of self confidence, self reliance and gratitude. Treat yourself!



#### Capricorn

**Death: Transformation, major changes, endings, let go**

Is your gut telling you that it's over? Well it is then! Time will force you to confront your worst fears and take the right path. Sometimes we just have to be brave and face what is in front of us. That is the true path. Yes it's emotional, after all we are only human. However, one day you will look back in gratitude that you were courageous enough. You know that this change is for your higher growth.



#### Aquarius

**The Judgement: Resurrection, awakening, new beginnings**

Life has given you another chance. It's a deeply spiritual awakening. Suddenly, you feel renewed almost like you have woken up from a deep sleep and know exactly what to do and where to go. It's a once in a lifetime opportunity to renew and rekindle and to be reborn. The universe will nudge you in a new direction. An opportune time.

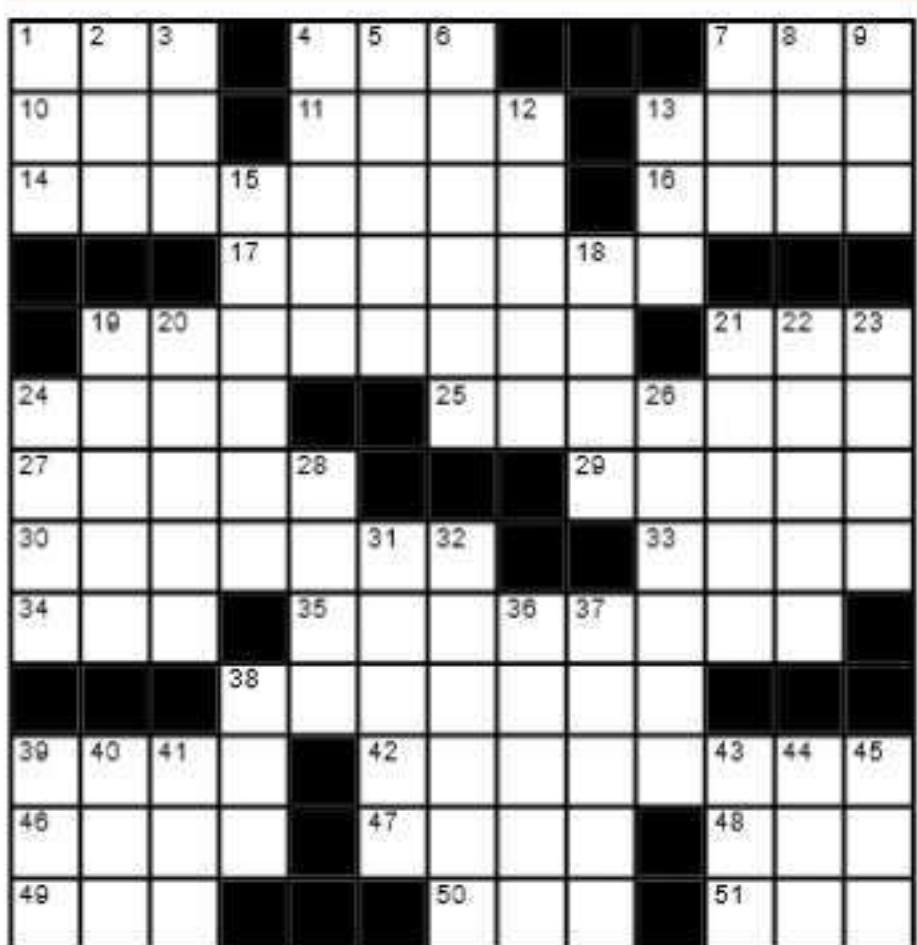


#### Pisces

**King of Cups: Mature, respected, Trustworthy, empathetic**

Use your emotions to guide you. Be the person who embodies all the above. Delve deep in your intuition to find life's answers. There is an energy which allows you to be sensitive yet passionate, fiery yet dependable. Health and vitality shine. Be trustworthy and define clear boundaries. You will be feeling responsible and resilient.

### Crossword #1462



- Across**
- Broadband provider
  - Fidel's friend Guevara
  - Edison initials
  - Piece of meadow
  - Mr. Shastri to his friends and fans?
  - Chess champion Garry \_\_\_
  - Writing fluids
  - Southern European
  - Viewer or spectator
  - Pakistan Intl. Airlines
  - "E" in Q.E.D. ?
  - Respects or reveres
  - Russian ballet company
  - Lewis Carroll beast - "franks" anagram?
  - Protectors of our vision, you will agree?
  - Unfortunately
  - Grief stricken
  - European flower with reflexed petals
  - Ancestry, descent or heritage
  - Bill of fare
  - Registered
  - The most important point
  - Mark or symbol
  - Music director Malik
  - 95Ctecture, for example
  - Affectedly devious
  - Nondirectional Beacon

- Down**
- Class or kind
  - Arabian is the closest one to us
  - A step or steps in dancing?
  - Kind of packing-case
  - Ethiopia's only walled city
  - Derive, develop or mature
  - Light brown
  - Noah's ship
  - Aliens?
  - Climbing evergreen plants
  - Victory
  - "To lips" anagram for a firearm
  - "A" in M.A. or B.A.?
  - Bhubaneswar lingo
  - Exposed; took off one's clothes?
  - Charles Wilson \_\_\_ : American portrait painter?
  - Khan; Pakistani cricketer and politician
  - Makes a request
  - \_\_\_ out : makes last longer?
  - High-gloss paint
  - Veni, Vidi, \_\_\_ : I came, I saw, I conquered?
  - Units of force in CGS system ?
  - Picturesque
  - In slow time, musically speaking
  - Pain or distress
  - Unit of illumination
  - Ministry of Civil Aviation
  - Make mistakes
  - Bolt's complement
  - Local Area Network, abbr.
  - Conclusion
  - Confer knighthood

### YOUR DAY By Vinayak Vishwas Karandikar

**ARIES:** It is a period of spiritual awakening and transformation for you. You may need to travel or spend time outside the home today. Cautious investment strategies are advised; unexpected expenses may arise, especially for education, vehicles, tourism or health. Success in tourism, shipping, fishery, and religion is seen. Lucky no: 1; Lucky colour: Yellow, Orange

**Taurus:** It is a time to focus on health and long-term planning, with patience yielding positive results. A stable income with possible gains from real estate or inheritance is indicated. Expect expenditures on travel, repairs or health. Success is seen for those in consultancy, communications or the occult sciences. Recognition for your hard work is likely.

**Gemini:** For you, it is a time for intellectual growth, new learning opportunities, and travel. Gains through communication-based work or freelancing are seen. Expenses may arise related to businesses, travel or spouse. Success in the fields of education, religion, and tourism is indicated. Networking is the key; avoid office politics.

**Cancer:** Emotional maturity and career progress with strong intuition will guide your decisions today. Savings will improve, but travel or medical expenses are possible. A steady progress in fields like education, tourism, and religion, with support from colleagues, is seen. Family bonds will strengthen. You may go on a pilgrimage. Harmony in relationships is favoured. 1

**Leo:** A focus on self-development and leadership is seen, but decisions should be taken wisely. Gains from creative pursuits are there, but avoid impulsive spending. Expenses may arise related to premium services, travel or children. Promotions and success in creative or leadership roles are indicated. Avoid disputes. Family disputes are indicated.

**Virgo:** It is a reflective period for you for organising life and pursuing spiritual growth. A stable income with unexpected gains is seen, but avoid overspending on business expansion or education. Success in education, travel, and analytical fields is seen. Avoid perfectionism. Religious activities may strengthen bonds. Compromise is the key in relationships.

**Libra:** It is a socially active period for you, requiring balance in all aspects. Gains through partnerships or joint ventures are there, but expect expenses related to health or communication. Success is indicated in creative or diplomatic fields like travel or education. Romantic moments are possible, but disputes or ill health in the family may arise.

**Scorpio:** It is a transformative phase requiring resilience and inner strength. Good financial growth is there, but avoid risky investments. Expenses may arise related to children or education. Opportunities in finance, teaching, and transformative roles are seen. Patience will yield long-term rewards. Emotional intensities and disputes may occur.

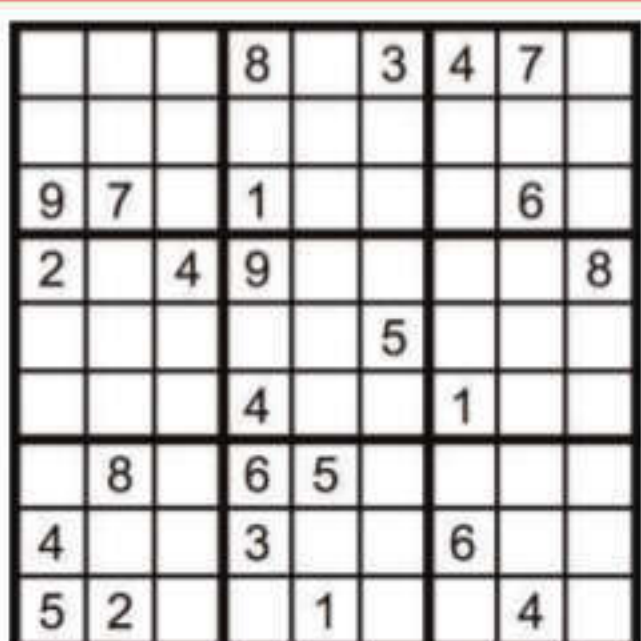
**Sagittarius:** It is a period of optimism, personal growth, and travel for you. Gains through teaching, publishing, or foreign connections are seen. Expenses related to health or education may arise. Success in advisory roles or higher education is indicated. A mentor may play a key role. Harmonious relationships are there, but disputes or ill health are possible.

**Capricorn:** Hard work and discipline will lead to success for you. Travel is likely. A steady income with travel or entertainment-related expenses is indicated. Promotions and recognition are expected, especially in education and communications. A pilgrimage or a foreign trip is indicated. Lucky nos: 6, 10; Lucky colours: Brown, Pink

**Aquarius:** It is a phase of innovation and unconventional thinking for you. Gains through technology or education are seen. Avoid lending money. Opportunities in banking, consultancy, and creative fields are indicated. Strong family bonds and visits from relatives are indicated. Flirtatious or muscle pain may occur. Lucky nos: 5; Lucky colours: Electric Blue, Green

**Pisces:** It is a creative and spiritual phase for you requiring initiative and balance. Gains through artistic pursuits are there, but avoid overspending. Expenses related to travel or health may arise. Success in counselling, education, and travel-related fields is seen. Romantic fulfillment is seen, but family time may be limited. Lucky nos: 2, 12; Lucky colours: Sea Green, White

### FPJ - SUDOKU - 353



**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 SP4 CHE; 7 TAE; 7 TAE; 10 TEE; 11 RAV; 11 WAT; 14 KAPKAP; 16 INK; 17 HES; 18 HES; 19 HES; 20 HES; 21 HES; 22 HES; 23 HES; 24 HES; 25 HES; 26 HES; 27 HES; 28 HES; 29 HES; 30 HES; 31 HES; 32 HES; 33 HES; 34 HES; 35 HES; 36 HES; 37 HES; 38 HES; 39 HES; 40 HES; 41 HES; 42 HES; 43 HES; 44 HES; 45 HES. Down: 1 HES; 2 HES; 3 HES; 4 HES; 5 HES; 6 HES; 7 HES; 8 HES; 9 HES; 10 HES; 11 HES; 12 HES; 13 HES; 14 HES; 15 HES; 16 HES; 17 HES; 18 HES; 19 HES; 20 HES; 21 HES; 22 HES; 23 HES; 24 HES; 25 HES; 26 HES; 27 HES; 28 HES; 29 HES; 30 HES; 31 HES; 32 HES; 33 HES; 34 HES; 35 HES; 36 HES; 37 HES; 38 HES; 39 HES; 40 HES; 41 HES; 42 HES; 43 HES; 44 HES; 45 HES.

## The Shining Light of Dharma

— Ritesh Aswany

At a time when the world was engulfed in darkness under the tyranny of evil asuras, and the balance of Dharma needed restoring, the divine took human form in Sri Ram, a paragon of righteousness, compassion, and strength. Known as Maryada Purushottam, Sri Ram remains a symbol of ideal human conduct. As we celebrate Ram Navami this Sunday, marking his birth, it's also a moment to reflect on and embrace the virtues he embodied.

Standing Up for Dharma: Sri Ram's exile wasn't just a twist of fate; it served a greater divine purpose. It brought him into the forests where rishis and ascetics were under siege by asuras. Armed only with a bow and arrow, Sri Ram stood up for the vulnerable and restored peace. In our own lives, we too face choices between convenience and conscience. While we may not always be able to act, when we do hold the power to take a stand, especially for those who cannot, we must

choose the path of righteousness and collective good.

Leading by Example: Despite being divinity in human form, Sri Ram never sought privilege. He embraced the trials of mortal life, even subjecting his divine consort to the same hardships during exile. He honoured his stepmother's wishes, granted Ravana the chance to correct his wrongs, and fought only when compelled by

Dharma. His life reminds us that true leadership is lived, not declared. If we wish to instil values in our children or those around us, we must first embody them ourselves.

The virtues of Sri Ram are countless; he was the embodiment of dignity, strength, humility, and compassion. His life is a shining example of how the human journey, despite its limitations, is filled with potential for growth, service, and spiritual evolution.

The list can go on, as Sri Ram really was the epitome of human existence, a true living example of how fortunate we are to experience human life and the infinite possibilities and opportu-

ities it presents us, despite all our limitations. So, as we celebrate the divine aspects of Sri Ram's life this weekend, let's also spend some time pondering about his human side and take a pledge to seek inspiration and adopt at least one of his virtues for our own spiritual evolution. Jai Shri Ram!

