

CONSCIOUS VAASTU

Harshit Kapadia

In today's age of hyper-connectivity and overstimulation, depression has become a widely worn issue, sometimes even a badge of identity. While awareness is essential, the normalization of despair without inquiry into its roots can be dangerous. Many individuals now live with a quiet resignation, attributing their emotional state to chemical imbalance or circumstantial stress, without exploring the subtle interplay between their personal energy and the energy of the space they inhabit.

Conscious Vaastu® invites us to look deeper, not just at the architecture of our homes and offices, but at the architecture of our emotions, habits, and unseen vibrations. Depression, in this lens, is not merely a psychological condition. It is a symptom of energetic dissonance: a drop in personal resonance often mirrored by a drop in spatial vitality.

Emotion is energy in motion

Every emotion carries a frequency. Joy uplifts, grief contracts, anger agitates, and depression stagnates. When energy ceases to move, it pools.

Like stagnant water kept as it is for weeks undisturbed, it begins to decay.

Depression is often the experience of this stagnation, where both inner and outer energies have ceased to circulate.

In Conscious Vaastu®, we observe that when space energy drops because of neglect, clutter, poor lighting, or unresolved emotional imprints it begins to influence the personal energy of its inhabitants.

The space speaks

Dark or Dull Colours: These absorb light and dampen vitality. While they may feel grounding, excessive use can suppress emotional expression and reduce mental clarity.

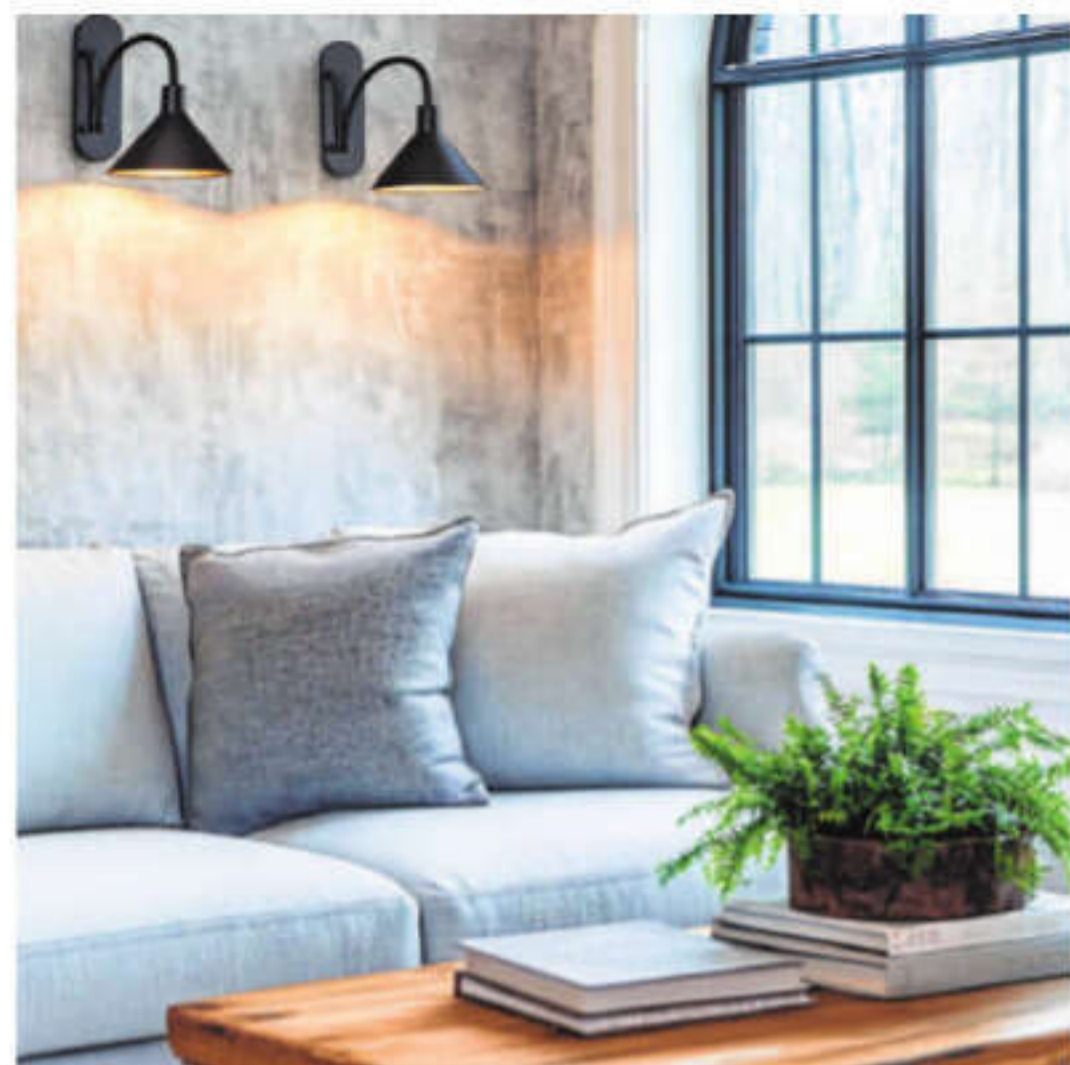
Static Objects: Items that remain untouched for years like old unused furniture, unused electronics, or decorative pieces with no emotional relevance act as energetic anchors. They hold the past and resist flow.

Dust and Cobwebs: A room left uncleaned begins to collect particles — first dust, then cobwebs. This is not just physical neglect; it's energetic inertia. The space begins to mirror the emotional state of abandonment or overwhelm.

Excess EMF (Electromagnetic

Depression and space energetics

A Conscious Vaastu approach to emotional clarity, spatial healing, and restoring personal energy balance



Dr Harshit Kapadia

Fields: Overexposure to EMF from routers, devices, and appliances can disrupt sleep cycles, reduce cellular vitality. Conscious Vaastu® recommends grounding practices and EMF detox zones.

Forgotten tonic

Human beings, like plants, thrive on light. Photosynthesis may be a plant's process, but sunlight triggers vital hormonal responses in us too.

Oxygen for the Brain: The brain consumes nearly 20% of the body's oxygen. Poor ventilation, closed windows, and synthetic air reduce oxygen levels, leading to fatigue, irritability, and energy decline.

Cellular Oxygenation: Every cell in the body requires oxygen to function. Lack of natural oxygen affects digestion, immunity, and emotional resilience.

Space Energy and Oxygenation: Conscious Vaastu® emphasizes Oxygenation—a term that blends oxygen and hygiene. It is the practice of ensuring that spaces breathe. Open windows, indoor plants, and regular airing are important necessities.

Northeast zone

One of the most sensitive zones in Vaastu is the northeast. This direction corresponds to the brain, mental clarity, and spiritual receptivity. When the northeast area is weak due to missing corners, clutter, or architectural imbalance residents may experience:

- Low energy levels • Foggy thinking • Emotional dullness
- Persistent feelings of sadness or depression

A compromised northeast zone can lead to a subtle but consistent drain on vitality.

Simple Remedies

- If your northeast corner is missing or blocked, consult a Conscious Vaastu® practitioner for virtual remedies tailored to your layout.
- Activate the space with your physical presence — meditate, read, or simply sit in silence.

Your presence is the most powerful activator. Conscious Vaastu® teaches that space responds to intention. When you show up with clarity, the space begins to heal and so do you.

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

Is your sign ready for the diplomatic shift?



As the celestial messenger, Mercury, shifts from the intellectual and analytical sign of Virgo into the harmonious and diplomatic sign of Libra on October 3, 2025, our collective focus will naturally turn toward connection, communication, and balance.



Ashish Mehta

This transit, which lasts until October 24, 2025, is a profound period for re-evaluating our relationships, resolving conflicts, and seeking fairness in all our dealings.

Mercury in Libra encourages us to think and speak with grace. The quick-witted, sometimes critical energy of Mercury in Virgo gives way to a more thoughtful, nuanced approach. Debates may become less about being 'right' and more about finding common ground. It's a prime time for negotiation, mediation, and engaging in conversations that build bridges rather than burn them.

This transit highlights the importance of active listening and seeing multiple perspectives. However, be mindful of Libra's tendency towards indecision and people-pleasing. While seeking harmony is positive, don't sacrifice your own needs or truth for the sake of avoiding conflict.

This transit will shift our collective mindset from the meticulous analysis of Virgo to a more diplomatic and people-focused approach. Our conversations will become more thoughtful, and our focus will turn to finding common ground, resolving conflicts, and enhancing our social connections.

It's a time to beautify not just our surroundings but also our interactions.

Let's explore how this transit will influence each of the 12 zodiac signs.



Aries For Aries, this transit lights up your 7th house of partnerships and relationships. Your usual direct communication style may soften, and you'll find it easier to compromise. This is an excellent time to talk through any unresolved issues with your partner,

Mercury in Libra



business associates, or close friends. You may find yourself playing the role of a mediator.

Taurus Mercury in Libra moves through your 6th house of work and daily routines. This transit helps you bring more balance and cooperation to your workplace. You might find a new rhythm with your colleagues, or perhaps a new project requires teamwork and negotiation. It's also a great time to focus on your health and wellness routines, finding a harmonious balance between work and rest.



Gemini This transit is particularly vibrant for you, Gemini, as Mercury is your ruling planet. It energizes your 5th house of creativity, romance, and self-expression. Communication with a romantic partner or children will be more fun and playful. You'll feel a strong urge to express your creative ideas and may be drawn to artistic pursuits like writing, painting, or music.



Cancer Mercury's shift into Libra affects your 4th house of home and family. Communication with family members will be a key theme. This is a good time to redecorate, host gatherings, or simply have important, heart-to-heart conversations with loved ones. You'll be seeking to create a more peaceful and aesthetically pleasing environment at home.



Leo The transit lights up your 3rd house of communication and local community. Your words will carry more charm and influence, making this an ideal period for networking, public speaking, or a short trip. You may find yourself connecting with siblings or neighbors, and a sense of harmony in your immediate environment will be important to you.



Virgo As Mercury leaves your sign, it enters your 2nd house of finances and values. This transit prompts you to think about how you earn and spend money. You'll be more inclined to seek financial balance and make practical, well-thought-out decisions. It's also a time to reflect on what you truly value in life and how you can align your resources with those values.



Libra With Mercury in your 1st house of self and identity, this is your time to shine. Your communication skills are heightened, and you'll present yourself with greater poise and intellect. This is an excellent period for starting new projects, expressing your opinions, and making a lasting impression on others. Your ability to think clearly and articulate your ideas will be at an all-time high.



Scorpio Mercury in Libra moves into your 12th house of the subconscious and spirituality. This is a time for introspection and private reflection. You might be more reserved in your communication, preferring to think things through before speaking. Pay attention to your dreams and intuition, as they may reveal insights. This transit is a reminder to seek internal peace before engaging with the outside world.



Sagittarius This transit activates your 11th house of friendships and social networks. Your social calendar may fill up as you seek to connect with friends and groups. You'll enjoy engaging in stimulating conversations and collaborating on group projects. This is a great time to resolve any conflicts within your social circle and to

build stronger, more harmonious connections.



Capricorn Mercury in Libra influences your 10th house of career and public image. This is a favorable time to network professionally and negotiate with superiors. Your communication will be more diplomatic, helping you navigate complex work situations with ease. Expect to be more focused on your long-term career goals.



Aquarius The transit in Libra energizes your 9th house of higher learning and travel. You'll be drawn to new ideas, philosophies, and cultures. This is a great time for academic pursuits, taking a class, or planning a trip. You'll enjoy engaging in thought-provoking conversations that expand your horizons and help you see the world from a different perspective.

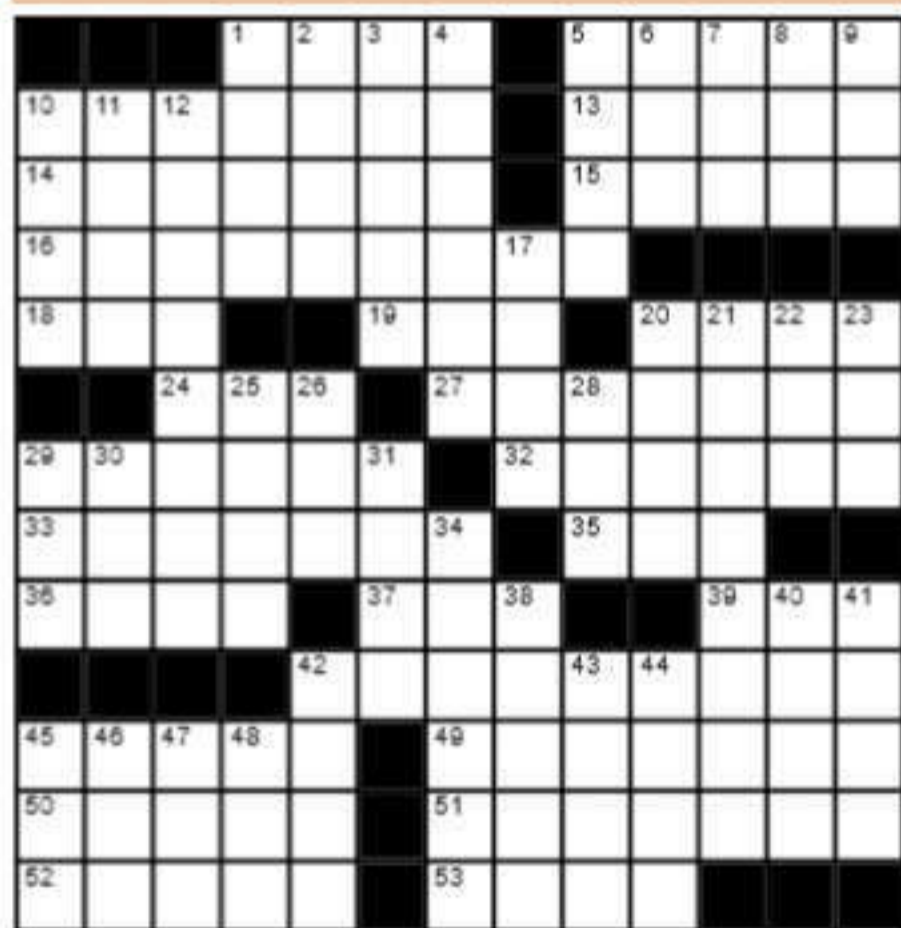


Pisces Mercury in Libra moves through your 8th house of shared resources and transformation. This transit can bring important discussions about joint finances, debts, or inheritances. It may also lead to conversations about deep, emotional bonds. This period encourages honest and open communication to foster trust and intimacy in your most significant relationships.

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Crossword #1636



- Across**
- Be aware of sound
 - Ancient language
 - Fend off, rebuff or repel
 - Banishment
 - Green gem
 - Retails or vends
 - Pistols, revolvers, et al. (5-4)
 - Tic ___ toe : children's game?
 - Sarovar : bird sanctuary in Gujarat?
 - Free a boat of water
 - PC key
 - African mammal famous for its long neck
 - Tenders or proposals
 - He who hesitates ___ ? (2,4)
 - Most commonly used mineral of aluminium?
 - Pedro's uncle - "ITO" changed
 - Frivolously; loitering
 - Girl's name
 - Youth
 - Initiate
 - Binding
 - He conducts autopsies
 - Build straight!
 - Trampled
 - Kinds or classes
 - Of a rational and balanced mind
- Down**
- Throw violently
 - Israeli carrier (2,2)
 - Narnia lion
 - It enrages bulls (3,3)
 - Not as much as before
 - Get rid of
 - The sesame plant or seed nature: churlishness?
 - Video game mfr.
 - Take it easy or relax
 - Harry Potter actress ___ Watson
 - Tranquil or serene
 - 1052 in Roman numerals
 - Indonesian island
 - ___ his money are soon parted? (1,4,3)
 - Conditions
 - ___ down : disappoint or fail?
 - Exciting carnal desires?
 - Le Dernier ___ : the last word (Fr.)
 - Alphabet trio
 - A form of sorcery or Japanese sash
 - Current fashion or craze
 - Disturbance
 - Authoritative orders having the force of law
 - Ancient marketplace
 - It fits to ___ : it fits perfectly? (1,3)
 - Laura of Jurassic Park!
 - Chooses or selects
 - Press (clothes, etc)
 - Meeting point
 - Fix in position
 - Attempt to do something
 - Agent
 - An ___ up one's sleeve : a surprise trick or ruse?

YOUR DAY By Vinayak Vishwas Karandikar



ARIES: You will be more inclined toward spirituality and deep thinking today. Expenditure on religious activities, travel, or investments is possible. Growth is seen for those in research, astrology, finance, and teaching. Family discussions may turn serious. Avoid arguments. Some may suffer from leg pain or acidity. Lucky number: 7; Lucky colour: Yellow



TAURUS: A day of introspection and strong intuition. Expect expenditure on loans, medical treatments, or charity. Success is seen for those in the occult sciences, finance, and consultancy. Avoid confrontations with close family members. Some may experience anxiety or digestive issues. Lucky number: 9; Lucky colour: Red



GEMINI: A good day to connect with influential people. Sudden gains or unexpected expenses related to business may occur. Growth is seen for those in marketing, media, education, and business fields. You may have deep discussions with your spouse or partner. Take care of your nerves and avoid stress. Lucky number: 5; Lucky colour: Green



CANCER: A day of responsibilities and work pressure. Expenditure on career growth, travel, or legal matters is indicated. Success is seen for those in the medical field, law, or government jobs. Balance is needed between work and family time. Some may suffer from back pain or stomach-related issues. Lucky number: 8; Lucky colour: Blue



LEO: A day for philosophical and spiritual insights. Expenditure on education, travel, or donations is possible. Success is seen for those associated with teaching, religious activities, and publishing. A good day for deep emotional conversations with your loved ones. Some may suffer from hip pain or dehydration. Lucky number: 3; Lucky colour: Yellow



VIRGO: A day of sudden changes and transformations. Be cautious about unnecessary expenses or financial losses. Growth is seen for those in psychology, research, and auditing. Unexpected changes in family dynamics are possible. Some may suffer from sleep issues or nerve-related problems. Lucky number: 6; Lucky colour: White



LIBRA: A day of social interactions and partnerships. Expenditure on business partnerships, travel, or legal matters is likely. Success is seen for those in law, business, and counselling. Strengthening of bonds with your partner or spouse is indicated. Some may experience headaches or eye strain. Lucky number: 2; Lucky colour: Pink



SCORPIO: A day of discipline and hard work. Expenditure on health or work-related matters is likely. Success is seen for those in healthcare, law enforcement, and finance. Responsibilities toward family will increase. Some may suffer from joint pain or digestive issues. Lucky number: 4; Lucky colour: Brown



SAGITTARIUS: A day of enthusiasm and learning. Expenditure on education, children, or creative activities is likely. Success is seen for those in teaching, content writing, and media fields. A joyful day with family or children is indicated. Some may suffer from knee pain or stress. Lucky number: 1; Lucky colour: Orange



CAPRICORN: It is a day of emotional depth and nostalgia. Expenditure on homes, renovation, or real estate is likely. Success is seen for those in real estate, the construction field, and interior design. A good time for family bonding. Some may suffer from chest congestion or fatigue. Lucky number: 8; Lucky colour: Grey

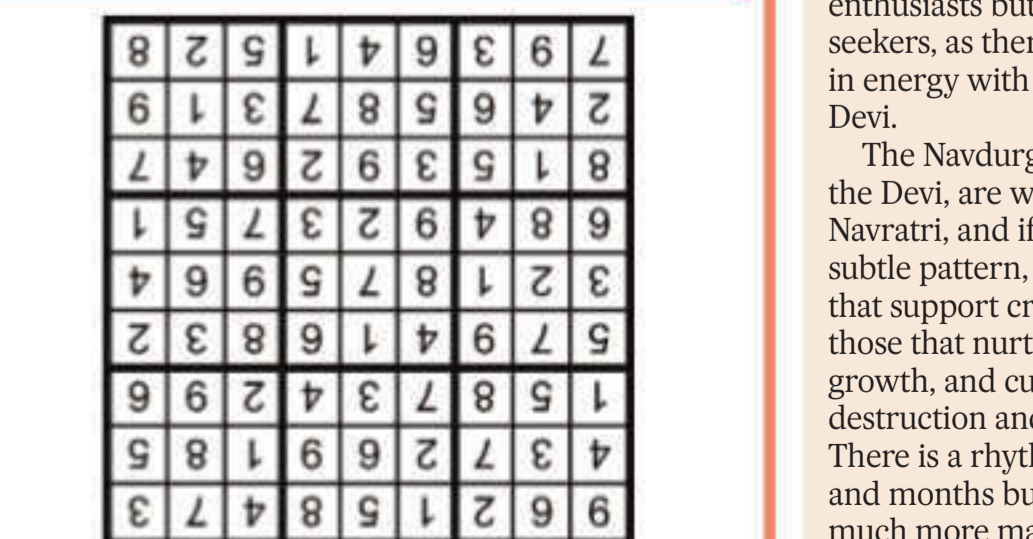


AQUARIUS: A day for networking and communication. Expenditure on travel, gadgets, or learning new skills is likely. Success is seen for those in journalism, IT, and social media. Communication gaps may arise with siblings. Some may suffer from throat infections or allergies. Lucky number: 5; Lucky colour: Sky Blue



PISCES: A day for financial planning and decision-making. Expenditure on luxury, comfort, or family needs is indicated. Success is seen for those in banking, finance, and the art field. A peaceful time with family is predicted. Some may suffer from weight gain or sleep issues. Lucky number: 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

45 Set, 46 Tr, 47 Rep, 48 Age. 34 Edits, 38 Agra, 39 M, 40 Rep, 41 Dem, 42 Ops, 43 Iron, 44 Node, 45 Strip, 49 Corner, 50 Erect, 51 Trodden, 52 Types, 53 Same. 16 Small, 19 Mail, 27 Mail, 29 Office, 32 Office, 33 Office, 34 Office, 35 Office, 36 Office, 37 Mail, 38 Mail, 39 Mail, 40 Mail, 41 Mail, 42 Mail, 43 Mail, 44 Mail, 45 Mail, 46 Mail, 47 Mail, 48 Mail, 49 Mail, 50 Mail, 51 Mail, 52 Mail, 53 Mail, 54 Mail, 55 Mail, 56 Mail, 57 Mail, 58 Mail, 59 Mail, 60 Mail, 61 Mail, 62 Mail, 63 Mail, 64 Mail, 65 Mail, 66 Mail, 67 Mail, 68 Mail, 69 Mail, 70 Mail, 71 Mail, 72 Mail, 73 Mail, 74 Mail, 75 Mail, 76 Mail, 77 Mail, 78 Mail, 79 Mail, 80 Mail, 81 Mail, 82 Mail, 83 Mail, 84 Mail, 85 Mail, 86 Mail, 87 Mail, 88 Mail, 89 Mail, 90 Mail, 91 Mail, 92 Mail, 93 Mail, 94 Mail, 95 Mail, 96 Mail, 97 Mail, 98 Mail, 99 Mail.

The Divine Feminine

Ritesh Aswaney



We've spent a rather sombre fortnight honouring our ancestors, after Ganpati Bappa bid adieu and returned to his abode, taking the nautical route! And now, as the season shifts, and we re-engage with festivities, the energy of the divine feminine descends, as Mata Rani starts her earthly journey, starting on Mahalaya, which is celebrated in particular in Bengal. Navratri is indeed a very special time, not just for the dandiya enthusiasts but also for spiritual seekers, as there is a powerful shift in energy with the arrival of the Devi.

The Navdurga, or nine forms of the Devi, are worshipped during Navratri, and if you notice, there is a subtle pattern, starting with forms that support creation, followed by those that nurture and lead to the growth, and culminating with destruction and transcendence. There is a rhythm not just to days and months but also life and, at a much more macro level, the cosmos, with this cycle repeating in a seemingly infinite loop. The privilege of being human is being able to see these patterns and utilise our apex level of consciousness to transcend the limitations of being human and see that which is bigger and more significant than the individual. The nine nights of the Devi are

also, of course, about festivities, and her arrival is marked by the installation of the Kalash, which is a reservoir of the divine energy and is worshipped during Navratri. Garba and Dandiya, of course, are the most popular manifestations of this celebration, with every society worth its salt putting up their pandals, belting out a combination of modern music and traditional tunes which honour our Ma Durga.

It's easy to dismiss Garba and Dandiya, based on how films these days treat or picture them, but there's more to them than just the glitz. Navratri nights invite us to awaken with the earth itself, as the seasons turn and energies stir. They honour the seasonal shift when cosmic energy is at its peak. In the circle of Garba, representing the cyclical nature of life and the rhythm of the song, wakefulness becomes worship, honouring the Goddess who creates, sustains, and renews all life. In staying awake together, communities transform the challenge of the transition of seasons into a celebration of awareness, vitality, and divine connection.

So, as you pick up your Dandiya sticks and prepare to dance the night away, take a moment to honour this wisdom that our ancestors codified into this beautiful celebration of life!

