

LIVING IN HARMONY

IN MAHARISHI VASTU HOMES



Cover photo © 2016, Marty Hulsebos



THE HOME

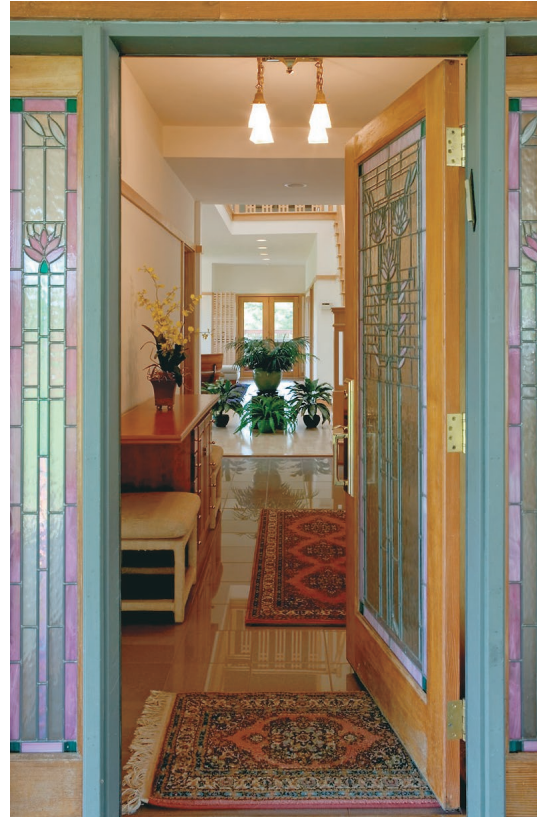


Photo by Prana World Developments & Design © 2013



Maharishi Vastu (MVA) homes range in style from French Country to Prairie. But each unique house makes use of nature's own principles of right orientation, placement and proportion to create an influence of good health, happiness, prosperity and enlightenment.

Visitors to these homes routinely remark that they don't want to leave. And the families who live in them are full of stories about transformations in their family life, improvements in health, and the growth of inner silence since they started living in these special homes.

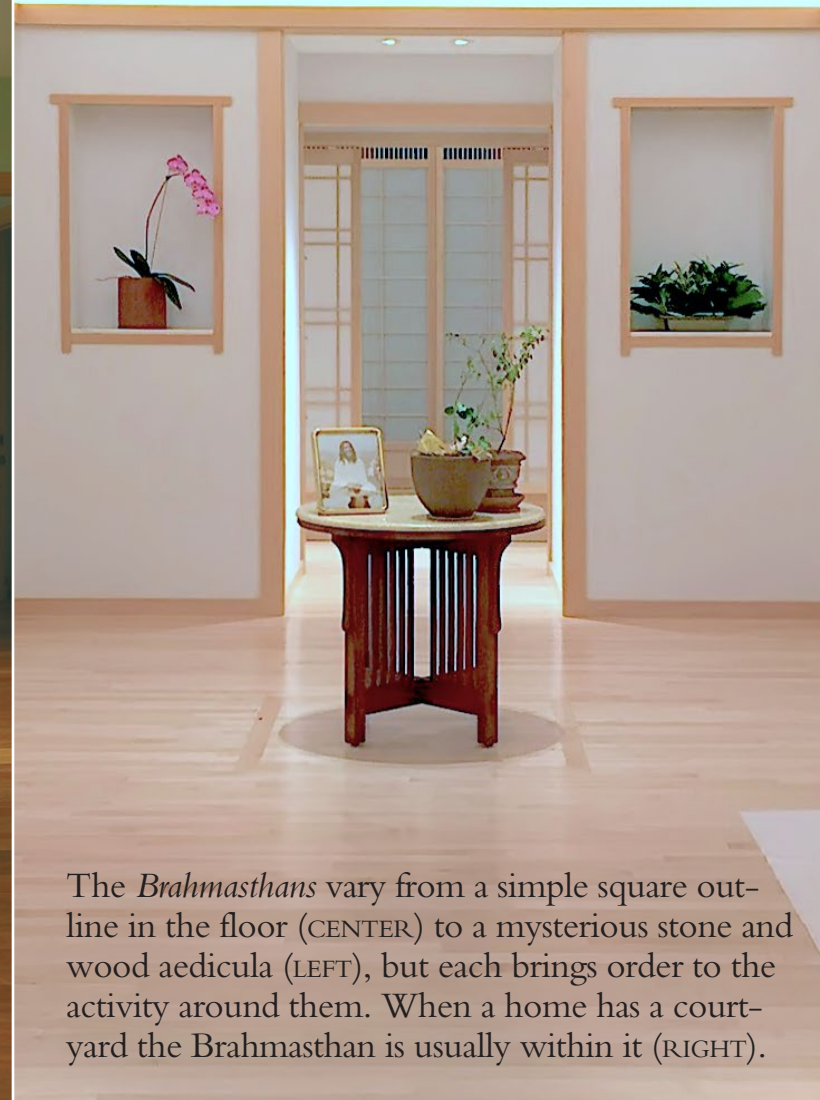




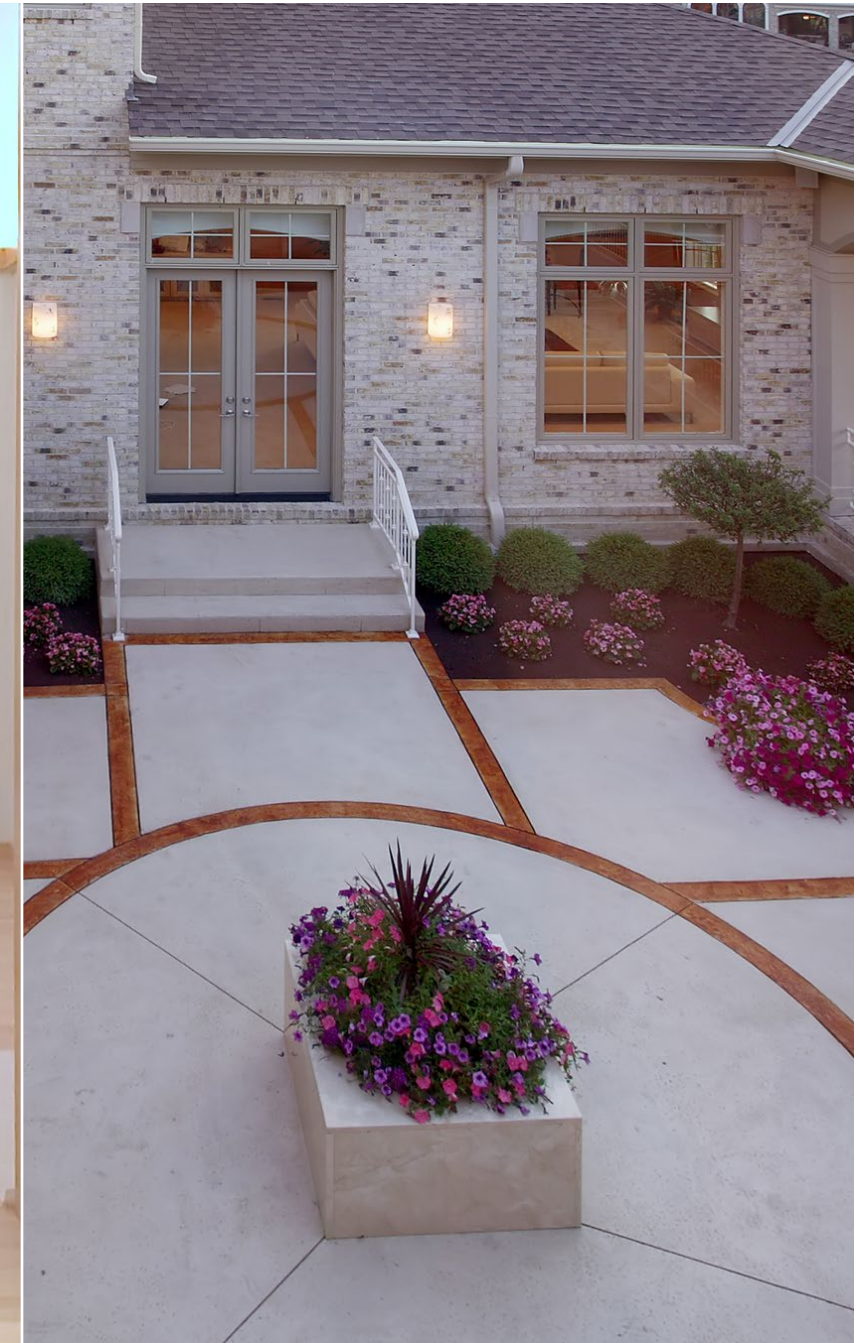
THE SILENT CENTER



MVA homes typically have a silent center which gives coherence and order to all of the active spaces arranged around it. In the Vedic texts this spot is known as the *Brahmasthan*, or “place where wholeness is established.”



The *Brahmasthans* vary from a simple square outline in the floor (CENTER) to a mysterious stone and wood aedicula (LEFT), but each brings order to the activity around them. When a home has a courtyard the Brahmasthan is usually within it (RIGHT).







THE LIVING SPACES



The living spaces in MVA homes are warm, bathed in sunlight, and beautiful. But more importantly, they use the ancient science of right placement so that the function of each room corresponds appropriately to the differing energies of the sun—bringing the support of natural law to the activities in each room.



Photo by Prana World Developments & Design © 2013



THE KITCHEN



The preparation of fresh, nutritious food is paramount in promoting good health. So while colors and styles may vary in kitchens in Maharishi Vastu homes, each kitchen is oriented to receive the early morning light of the rising sun and designed to ensure that the food that is prepared in it will be the healthiest and most nourishing and digestible for the whole family.







THE DINING ROOM



Photo by Juliet Jarmosco © 2021

Maharishi Vastu dining areas vary from classical to Prairie to modern/casual, and may be within the kitchen, in its own room, or may be a part of an open plan.





THE BEDROOM



From Maharishi Vastu architecture we learn the effects of sleeping in different directions. The headboards of these four beds are either at the east or south end of the bed—orientations that assure a nourishing effect. At least six published medical studies have confirmed the health benefits of these ancient guidelines.



THE KNOWLEDGE

FOUR PRINCIPLES OF VASTU ARCHITECTURE

In Maharishi Vastu architecture (MVA), natural law-based architectural principles create a profound integration of the built environment and nature. This synergy enhances our physical and mental health, our family relations, our work and our spiritual growth.

The ancient science is key to creating a wellness home by integrating the most life-supporting laws of nature into the design of a home.

The Maharishi Vastu system may be incorporated into almost any style, from classical to contemporary. Its key elements are based on the precise impact of the sun and other celestial bodies, as well as on our relationship to the North and South Poles and equator. Using the intelligence of the cosmos and nature we balance our individual structure with the structure of the cosmos.

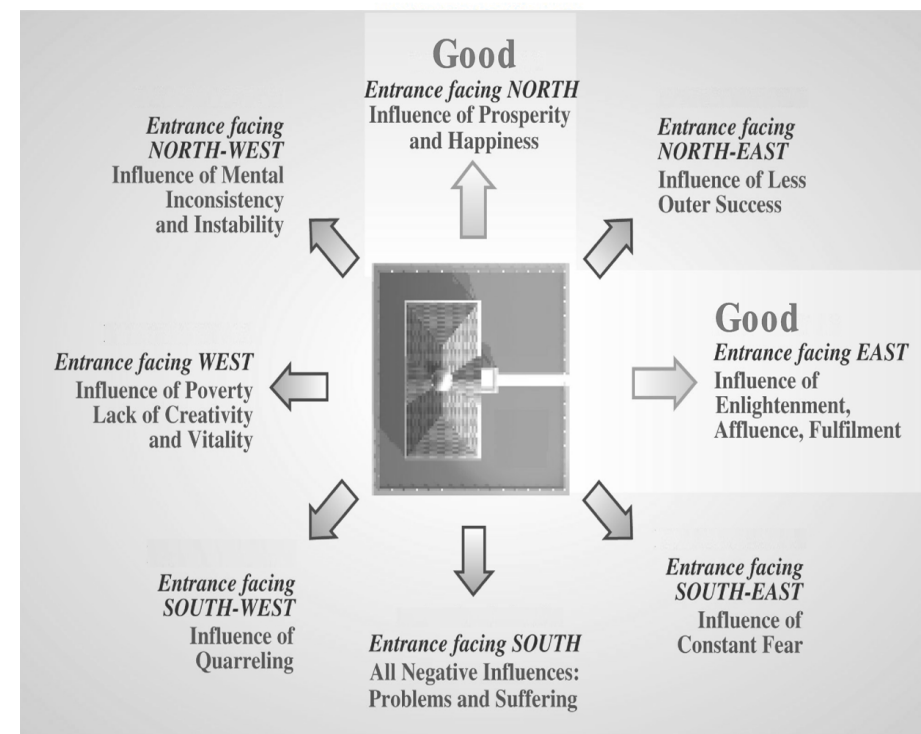
Maharishi Mahesh Yogi revived the practice to also

incorporate contemporary elements that contribute to well-being: natural and non-toxic construction materials, an abundance of fresh air and natural light, views of nature, and greatly reduced electromagnetic radiation. Here are some central elements of Maharishi Vastu design:

1. Right Direction: The orientation of a building has a dramatic, documented association with the quality of life of its occupants. The sun's energy is most nourishing when it is rising. East-facing buildings bring the greatest benefit to the health and success of their occupants. The human brain is sensitive to orientation, and responds positively to the influence of the rising sun. When one faces east, the brain physiology functions differently than when one is facing north, south, or west.

From eight possible directions (the four cardinal and four diagonal directions), only two

Positive and Negative Influences Due to the Orientation of Buildings



From eight possible directions, only two directions—east and north—produce beneficial influences. This means that roughly 75% of all buildings have a negative orientation. A beneficial orientation promotes positive, evolutionary influences; buildings without a beneficial orientation produce negative effects.

directions – east and north – produce wholly beneficial influences.

2. Right Placement of Rooms: The strongest influence of natural law on earth comes from the sun, and it has differing qualities of energy as it moves across the sky. MVA buildings are designed so that the differing activities that we perform within the various rooms of a home are aligned with the appropriate qualities of the sun. When these laws of nature resonate, when one enters the study one will feel more alert, in the living room one will feel naturally sociable, and when one enters the meditation room one's mind will naturally settle inward to enjoy the benefits of meditation.

3. Symmetry & Right Proportion: Proportion is a key to successful design in nature. Right proportion and measurement in buildings further strengthen the

connection of our individual intelligence to the intelligence that structures and maintains the cosmos.

When an MVA home is designed its dimensions are calculated using the ancient mathematical formulas of Vastu architecture.

4. Natural and Nontoxic Materials and Solar Energy: An important component of Maharishi Vastu architecture is building sustainably with natural and non-toxic materials suitable to the budget, locale and climatic conditions. This includes materials such as wood, brick, tile, stone, and rammed earth, as well as natural finishes such as gypsum plaster, clay, marble, stone tile, natural fibers in curtains and furniture, and healthful, natural, zero-VOC paints.



THE DESIGN SERVICE

MAHARISHI VASTU® HOMES

A home can be so much more — it can be a special space that creates an influence of good health, happiness, family harmony and enlightened living. Maharishi Vastu reliably gives our homes these influences by utilizing laws of nature that connect our individual intelligence with the intelligence of the cosmos. We can help you to have these nourishing influences in your life.

Our services include:

1. Consultation services to ensure that your architect or designer's custom design for you will have fully nourishing influence.
2. Site evaluation to help you find an ideal site.
3. Pre-designed plans for homes and small apartment buildings.
4. Custom design of homes by our affiliated architects.
5. Consulting with developers on city and subdivision master plans.

Maharishi Vastu architecture is the technology for the design/construction of buildings derived from the science of Sthapatya Veda, one of the branches of the ancient Vedic literature. The Sanskrit word *sthapan* means to establish; the word *Veda* means knowledge of natural law, therefore this is the aspect of the ancient texts that describes how to build and design in alignment with nature. This eternal system of architecture and planning was restored to its completion by the respected sage Maharishi Mahesh Yogi, known the world over for introducing the Transcendental Meditation® program.

FOR MORE INFORMATION:

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