INTRODUCTION

The knowledge of Vastu, Vedic architecture is considered to be an ancient and complete system of practical knowledge – but is it relevant to modern life? Are there ways it can be used in the present day on a large scale to transform the places where we live and work, so they will support the happiness, harmony, mental and physical well-being of the occupants? Can it be used alongside the latest technologies to combat climate change, strengthen communities and improve the quality of life of everyone on the planet?

The good news is that, yes, this is now starting to become a possibility. This knowledge and its technology was unfortunately underused and almost forgotten for a long time, but in our time and under the inspiration of His Holiness Maharishi Mahesh Yogi®, the great Vedic sage of India and founder of Transcendental Meditation® and the TM-Sidhi Programme®, it is once again available to all. A comprehensive revival of this system of architecture in accord with Natural Law is starting to be seen around the World.

After extensive consultations with experts in this field, Maharishi expressed the supreme value of Vedic Architecture:— ‘The ideal of architecture is to create buildings that are in accord with Total Natural Law, where the individual structure is in full alignment with the eternal stability of the cosmic structures; and the flow of wholeness is not obstructed by space-time boundaries. The construction of buildings, and the re-construction of cities and nations, according to Natural Law will promote health, wealth, wisdom and good fortune for everyone. Ideal architecture is capable of structuring Heaven on Earth so that the dignity of the whole belongs to every part.’

Maharishi Vedic architecture has arisen from this inspiration, ‘giving dimensions, formulas and orientations to the buildings that will provide cosmic harmony and support to the individual for his peace, prosperity and good health – daily life in accord with natural law, daily life in the evolutionary direction.’

PRINCIPLES OF MAHARISHI VASTU®

Perhaps the most powerful principle of Vastu is that the walls of a building should be properly aligned to the cardinal directions, which reflect the structure of the planet; the North and South poles and the equator.
As the sun crosses the sky from East to West each day it generates different qualities of energy. The energy from the sun is at its most vital when it is rising so an East entrance brings the greatest benefits to the health and vitality of the owners. North is also a good place for an entrance but other directions each have their particular inauspicious influences.

Recent research has found the human physiology is sensitive to orientation. In terms of the way the brain functions we are much more influenced by magnetic field lines than was previously thought. We also know from science that the physiology is photo-sensitive to the different qualities of natural light that are measurable inside a building at particular periods during the day, again depending on its orientation.

In Maharishi Vastu architecture, buildings are designed so that the energies associated with orientation and light correspond to the specific activities that take place in the various rooms of a home or building. This means that there will be a best place for the entrance, the kitchen, the dining room, the living room. The designer needs to get the placement correct otherwise people will feel sleepy in the dining room or get very hungry in the study!

Similar principles apply to the proportions of a building; in any natural structure every element is properly proportioned according to its function. In the human body any deviation from normal range of proportions can ultimately result in imbalances and health problems. Similarly with architecture in accord with Natural Law there are certain good proportions for buildings as a whole and for the individual spaces within them. These rules apply in plan as well as in elevation; the result is that the building appears balanced and satisfactory from any viewpoint.
Vastu buildings can incorporate beautiful ornamental details designed to uplift the consciousness of the observer. By making the most use of colour and light, these features serve to enliven profound connections with the natural world. Vastu principles can be applied to any local vernacular style which has evolved out of locally-sourced materials and craftsmanship.

Natural and non-toxic materials, anti-radiation measures and alternative energy sources are also used in the design and construction to protect health of the occupants and the environment.

Finally it is well known that symmetry is aesthetically pleasing, conveying a sense of harmony and balance that we associate with perfection. The symmetry, proportions and measurements of a building are all chosen to align its occupants with the order and intelligence of Natural Law.

A recent global study of 143 participants living and or working in these Maharishi vastu buildings showed that 85% participants reported experiencing less stress in their lives and 80% an improvement in mental health. 88% noticed improvements in their children – that they were happier, healthier and better at school and 89% reported an overall improvement in their quality of life. Survey was conducted by Professor Sanford Nidich, Maharishi University of Management, in August 2017.

SUBJECTIVE VERIFICATION

The worldwide revival of interest in this knowledge has generated pilot projects in many countries - where people have experienced for themselves the effects of living in buildings designed and constructed according to the principles of Maharishi Vastu. Perhaps the most striking of these communities is on our door step at Rendlesham in Suffolk which now has the largest number of Maharishi Vastu houses and apartments of anywhere in Europe. People living in these houses report a wide range of benefits including clearer thinking, increased creativity, harmonious relationships better health and more peace of mind.

A typical comment from a Rendlesham resident after moving into his new house in 2103 says it all. ‘Since taking up residence, one of the most noticeable effects of living in Vastu is the quality of silence and happiness that seems to pervade the building – once guests sit down and relax in our lounge, nobody wants to get up again. Each room seems ideally suited for its designated function…. And, the fortune-creating effect of Vastu seemed to start even before we moved in – I had been given a promotion at work one week earlier!’
OBJECTIVE VERIFICATION

How do we know that Maharishi Vastu has got it right? This knowledge is a time-tested science based on the Vedic tradition of knowledge which has existed for thousands of years. While modern science can confirm that there are physiological effects, potentially large ones, from physical influences in our environment – from sunlight to electromagnetic fields – it would take years of scientific research to determine the detail of what these effects are; which are good, which are healthy and unhealthy, and how to make best use of them. Maharishi Vastu has already performed this enormous research and has systematically classified the effects for different structures.

Nevertheless there is an increasing body of scientific evidence to support what can be seen as the specific predictions found in Maharishi Vastu. More detail is available on the following findings:-

Mental Health studies conducted by a general practitioner in Iowa showed a strong co-relation between house orientation and mental health. Patients who had homes with south entrances had significantly lower scores than those with East or North entrances to their homes.

Cardiovascular health from a practising cardiologist in California found that 50% of his patients lived in South-facing homes – this disproportionately high percentage correlates to the Maharishi Vastu prediction that residents of South-facing buildings come under the influence of problems and suffering. (John Zamarra MD; preliminary review of 100 patients)

Hospital recovery rates have been found to be better in wards where the there was more light from the East than in those with more light from the West. In this study in all other respects the patients had similar treatments administered by the same doctors and nurses. (Beneditti F; Morning Sunlight Reduces Length of Hospitalisation in Bipolar Depression)