



# VASTU SHASTRA

## Yoga for Your Home

### Space

Space, being the original element, that from which all other matter arose, has a very noble place in this way of seeing things. In Sanskrit, the center area of a home or office is called the Brahmasthan, which means center of awareness.

This central area is home of the space element and in a Vastu home is left open and always clear of any clutter. Obstructions in this area will affect all parts of our lives including our opportunities and success. Walls, columns, toilets and doors in the central area are corrected with energy correction devices.

When I was very young I remember my father building pyramids and hanging them over things like washers and dryers, presumably to make them work better. I never asked. This man was a Mechanical Engineer, feet firmly planted on the ground with a streak of visionary that kept him in a league of his own. I idolized him and still do. Now I find myself putting crystal pyramids over yantras to amplify their energy and influence and it feels so right.

What is a Yantra? In Yoga, Ayurveda and Vastu Shastra, Yantras are used in many ways. These ancient symbols from the Vedic culture are geometric patterns that are the physical representation of mantras, or sacred sounds. These powerful symbols have the ability to transmit vibrations

“Visual symbols that support, balance and enliven the five elements are called yantras. These geometric patterns act as energetic tools. Yantras are actually the physical representation of mantras, or sounds.”

*from The Way of Vastu  
by Robin and Michael Mastro  
The American Institute of Vastu Shastra*

throughout the environment that are able to both attract positive influences and protect you from negative influences. They are able to balance the five elements when placed in key spots called marma points.

An environment has marma and chakra points and a spine just like a body. Ayurveda, Vastu Shastra and Yoga implement many of the same tools to balance the elements and maximize the flow of energy to create health in the system, whether it is a human body or the ‘bigger body’ of the house which the human body lives in. In all these systems the space element holds a unique and essential

role. When we talk about space there can be a preconception that we are referring to ‘emptiness’, a void, space filled with nothing. . .but from the Vedic perspective it is understood that this space is filled with energy and the energy it is filled with has intelligence. We leave

space for the “Divine’ qualities that, in fact, open us to the highest possibilities. In this way ‘clearing clutter’ takes on a responsibility of allowing our highest potential to have room to grow and be.

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