



# IN ACCORD WITH NATURE

Based on scientific principles, Vedic Architecture offers order and harmony in a chaotic world. Niranjan Mudholkar explores this beautiful system of building

**V**edic Architecture, an original Indian invention, is breaking new grounds in the field of architecture across the western world. Particularly in the US, it is attracting a great deal of research. And it seems more than a mere fad or a passing trend. Recently, a follower of Vedic architecture advised the US President to close the South gate of the White House and use the North gate in order to make better decisions. Interestingly, this adviser is neither a Vaastu consultant nor an architect; he is Dr John Hagelin, a world-renowned quantum physicist, educator, author and public policy expert!

Scientific research is now acknowledging the positive influences of proper eastern orientation on human beings, which forms the basis of Vedic Architecture. As Architect Chris Adamson says, "Modern science is now validating the understandings of the ancient rishis (seers) of the Vedic tradition in the discipline of Vaastu - Vedic Architecture. For example, entry into the home from cardinal east and north directions greatly enhances the happiness of the occupants compared to entrances from the west and especially south. The tradition of facing east for more productive work is now supported by research in the neurosciences."

## Cosmic connection

Rediscovered to a large extent by His Holiness Maharishi Mahesh Yogi, Vedic Architecture is the knowledge of construction according to Natural Law. Vedic Architecture is chiefly based on *Sthapatya Veda*, world's most ancient and comprehensive system of architecture and

planning. It takes into consideration the effects of celestial bodies like sun, moon, stars and planets with reference to the poles and the equator. The proponents of Vedic Architecture firmly believe that residences, offices and townships designed and constructed according to *Sthapatya Veda* therefore connect the individual with the Cosmic. This results in positive influences on the individual to the maximum.

Maharishi Mahesh Yogi has opened up the vistas of *Sthapatya Veda* for modern architects with *Maharishi Sthapatya Veda*. The Maharishi says, "Because the individual is cosmic, everything about individual life should be in full harmony with Cosmic Life. *Maharishi Sthapatya Veda* gives 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."



Tower II, created using Vedic Architecture in Washington, DC

“Vedic Architecture can create a sense of security by fostering order amidst chaos. It employs design elements that remind individuals they are not alone, but connected to the eternal forces of creation, dissolution and renewal sustaining the world. A sense of security is encouraged when Vedic Architecture provides a stable framework through which to gaze at the unfathomable mysteries of Being and Becoming.”

Architect Anthony Lawlor  
Foundation for Consciousness in Architecture, US

“Vedic Architecture (Vaastu) is the science of designing the built environment to resonate with the full evolutionary and balancing intelligence of nature. Therein, human consciousness becomes vibrantly awakened to think and act spontaneously in harmony with the laws of nature. The result is greater fortune - health, happiness, and success. The “rebirth” of Vaastu and other scientifically validated Vedic technologies, such as Yoga and Ayurveda, offer the promise of rebuilding a better world.”

Architects Chris Adamson and Sarah Reid Adamson  
Raam Consultants, Inc., US  
(Reid Adamson Architectural Management)

Buildings created using Vedic Architecture face east to receive the early morning sun for maximum benefits to the well being of the occupants. The sun radiates different types of energies at various positions as it moves across the sky. The rooms in a Vedic structure are built according to the sun’s movement so as to get the maximum benefits from these energies corresponding to the specific activities performed in these rooms.

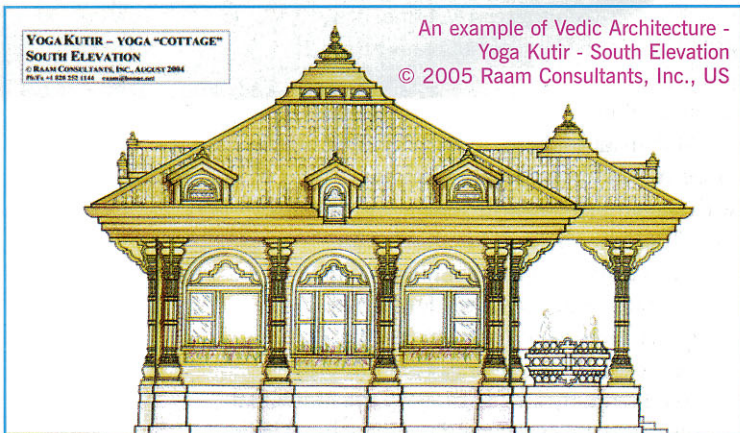
Vedic Architecture defines specific placements for the entrance and the various rooms in the house/building. This is based on *Vaastu Vidya*, which determines the appropriate position for storing and generating various natural elements like fire and water. When each room is positioned as per the specification, the result is ‘truly healthy living’ for the occupants of

the house/building. This means that every room becomes perfectly conducive for the activity it is assigned to. For example, the atmosphere in the living room makes one feel fresh and active, while the dining room stimulates good appetite and digestion. Upon entering into the study, the mind acquires the essential calmness and peace required for concentration and the bedroom ambience becomes extremely suitable for a good sleep and moments of relaxation. Thus, Vedic Architecture ensures that each and every moment spent in the house/building is in perfect harmony with Natural Law.

The fundamentals of *Maharishi Shapathy Veda* or Vedic Architecture are applicable to town and city planning as well. Towns and cities built according to Vedic Architecture offer healthy and positively charged living spaces. They are built to receive the maximum nourishment from Natural Law ensuring peace, progress and prosperity for its inhabitants. Moreover, this ensures a positive resonance within the community.

## The core

The most important aspect of Vedic Architecture is connecting the individual life with the cosmic. So in every structure created, it is essential to have a special place where the totality of Natural law is established in order to



## Fundamentals

The guiding principle of Vedic Architecture is right direction and the right orientation resulting out of it. The direction of a building’s main entrance determines its overall orientation. The building’s orientation has a great influence on the life quality of its occupants. As the Maharishi explains, “People do not generally know that the orientation of residential and office buildings contributes a great deal to success and progress in professional life; and health, happiness and fortune on the individual level.” The sun exerts a great influence on planet earth. Orientation towards the rising sun is therefore considered most auspicious in Vedic Architecture.



facilitate the commune between the individual and the Cosmic. This central point, which is the core of the building, is called the *Brahmasthan*. The *Brahmasthan*, thus, is the seat of wholeness of the cosmic entity. Every town, every city and every nation should similarly have a *Brahmasthan* so that there is a connection between every citizen and the Cosmic.

## Right proportions

Every measurement and proportion in Vedic Architecture is based on the ancient mathematical formulas of *Vaastu Vidya*. The measurements and proportions are calculated with respect to the general proportions of human physiology and the symmetry of Cosmic physiology. This ascertains that the proportions are in harmony with the celestial bodies. It is this harmony between the individual structure and the Cosmic structure that ushers in good health and enriching happiness for the people staying in that building.

## Natural materials

The accent of Vedic Architecture is on purity. Accordingly, it uses building materials that are natural, non-toxic and appropriate to the local climatic conditions. These materials include naturally treated and painted wood, bricks, rammed earth and adobe, non-toxic paints, glues and wall papers, straw bale and so on. Vedic Architecture also makes use of clay stucco and marble for natural finishes. Natural fibres are utilised for carpets, curtains and furniture.

Electro-magnetic fields, high-tension lines, microwave towers and ovens on are specifically avoided in buildings constructed using Vedic Architecture. In short, all materials and appliances used should resonate with natural purity.

## Healthy orientation

There is substantial scientific evidence to prove that the

human brain is highly sensitive to direction, position and overall orientation. So it is quite possible that people living and working in buildings not made according to Vedic Architecture could suffer disorientation, confusion and frustration. On the other hand, people occupying Vedic structures would experience physiological and psychological balance and would lead healthy lives.

Studies have revealed that people staying in homes with entrances from south had considerably poorer health and economic conditions compared to people residing in homes with north or east entrances. This supports the theory of Vedic Architecture that only entrances in east and north are advantageous to health and

The Raj Health Spa, US, built with Vedic Architecture





“Some of the best examples of planning today remain superficial and fail to meet the central goal of their designers, the creation of ‘community’. “Com’-‘nity’ means “with unity”. Only by taking recourse to the ancient and eternal knowledge of the principles of Vedic Architecture can this goal truly be realised. We have personally experienced the harmonising effects of individual homes build according to these principles. Our Mandala Club “community”, the first “Peace Colony”, will take this another step forward. Americans are so busy in the professional lives that they desperately want and need more peaceful, healthy living environments. That is why Vedic architecture is growing so popular here in the US.”

**Richard Bialosky, AIA  
Architect and Developer  
Mandala Club, Vero Beach, Florida, US**

“People in the US are constantly looking for ways to improve the quality of their lives. That is one of the reasons America has a reputation as the most creative country in the world. We are quick to adopt useful new ideas. Research is now showing that the principles of ancient Vedic Architecture can greatly benefit people’s health, well being, and success. That is why Vedic architecture is growing so popular here in America. As long as people do not live in properly oriented homes, they can never experience true peace in life. But those who live in Vaastu homes-fortune-creating homes-will naturally enjoy all wealth, peace and happiness, because they will live spontaneously in accord with Natural Law.”

**Dr John Hagelin,  
Director of the Institute of Science, Technology and Public Policy at  
Maharishi University of Management, and Minister of Science and  
Technology of the Global Country of World Peace**

East-West directions ensuring proper ventilation. In fact, each and everything in a Vedic city has proper orientation, which enhances the life quality of its inhabitants in sync with Natural law.

## Reconstructing peace

Notwithstanding technological advances and scientific progress, there is widespread chaos in the world. Revival of Vedic Architecture with its aim of complete harmony in life seems quite well timed. At a time when corruption, violence and pollution are on the verge of destroying earth, this ancient system holds great promise for a better world. Architect Chris Adamson puts it succinctly when he says, “Vedic Architecture is a knowledge which has the ability to bring real peace into the heart of every home and community, and offers a vision of rebuilding the world as an integrated whole.” *Maharishi Sthapatya Veda* can be utilised

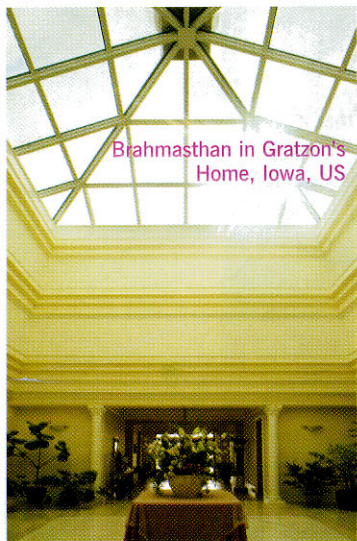
economic conditions. Vedic Architecture also advocates east or south orientation of the bed (feet towards west or north) for sound sleep and good mental and physical health.

## City planning

Vedic Architecture can be successfully employed for creating truly great cities. According to this great building system, an unplanned city will naturally lead to a chaotic point of saturation. The reason is simple. The roads, buildings and all other supporting systems are built without adhering to proper orientation. This naturally leads to disorder and violation of Natural law in individual as well as social life. In a city built as per the principles of Vedic Architecture, there is order. The roads run in North-South and

to transform any existing chaotic town or city into an ideal city in four phases. The first phase involves bringing the city expansion under control by creating a master plan with parallel roads running in North-South and East-West directions. In the second phase, ideal villages and satellite towns that are free from pollution, noise and stress would be constructed amidst landscaped gardens. Congested areas in the city centre would be demolished and replaced with beautiful gardens and fountains in the third phase. The last stage would see expansion of this idyllic city through provision of ideal living conditions and modern transportation systems.

Maharishi Mahesh Yogi has established the Global Country of World Peace that aims to reconstruct the entire world using Vedic Architecture. The Global Country of World Peace would endeavour to bring about heaven on earth by raising the quality of life of each individual through prosperity in every sense.



Information courtesy: Maharishi Global Construction, US