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**A HOME IS TRULY MORE THAN YOUR CASTLE:  
Seattle Builders Honored at Conscious Living Award, Honoring  
World's Leading Self-Help Experts**

**Seattle, WA, July 6, 2006--** Do you eat right, exercise regularly, yet don't feel as healthy, happy, and energetic as you would like? Seattle-based international developers and Vastu experts Michael and Robin Mastro, honored this year as finalists at the prestigious Conscious Living Award ceremony, invite you to rediscover the ancient knowledge of Vastu Shastra, a more than 5,000 year-old science of architecture and design, which is the great-grandmother of Feng Shui. Vastu teaches how to build and maintain environments to help one live stress-free and in harmony with nature and the universe.

Before you dismiss this as silly New Age talk, just see the company the Mastro's are keeping.

The top three books honored this year in Denver for the Conscious Living Award at the International New Age Trade Show were written by Tibetan Monk Sakyong Mipham, the Dali Lama, and Seattle's own Michael and Robin Mastro, the foremost scholars and practitioners of India's ancient science, Vastu Shastra.

Michael, one of the leading developers in the Northwest and his wife, Robin, an environmental designer, have created a concise system of eliminating stress at home and work using the principles of Vastu. Their corporate clients include The World Bank, Intel, Microsoft, NASA, Cingular, Boeing and private and institutional clients from around the world. Those who have worked with the Mastro's can attest to the power of this science by citing better health, improved workplace productivity, enhanced relationships and lower stress.

In their new award-winning book, **THE WAY OF VASTU**, Michael and Robin explain that "we are gigantic electromagnetic tuning forks. If your environment is out of balance, you will feel it." The Mastro's go on to say that Vastu is like getting a chiropractic adjustment for your home or workspace. Lucky for us, the solution to disharmony in your home or office is typically simple to solve. The book offers tips on how to eliminate clutter, encourage financial success, stimulate prosperity, achieve a good night's rest, and how to ultimately feel calmer, healthier, and happier.

The Mastro's are currently available for interview. To schedule an interview, please contact Kaveri@vastucreations.com.