



Vastu Creations
THE ART OF SACRED LIVING

Newsletter from Vastu Creations

September-October 04

Seven Keys To Perfect Health

As we move from the warmer to cooler weather or visa versa, people appear to be more susceptible to colds, flu, and other health challenges. Here are some simple ways to create balance and harmony in your life and reduce the added stress that can come with the change of the seasons. By making some very simple changes in your home or office, you can support your health during times of transition.

1. Scientific studies have shown that when the head of your bed is to the south, your sleep will be more restful and your health will improve. This is due to the influence of the magnetic poles. The magnetic energy coming from the north pole is positive and your head is positive. If you sleep with your head to the north, these two positives will repel each other creating disharmony in the body.
2. Clear clutter from your office, home, and especially from under your bed! Clutter creates stress in the environment. It blocks energy and creates stagnation. When you have clutter under your bed, it drains the energy needed to heal and rejuvenate your body. When the clutter is throughout your home or office, its tendency is to create disruption in the environment similar to when you have unresolved issues that create disruption in the mind. These disruptions can eventually cause stress in your body.
3. Chanting is a form of prayer. Chanting in Sanskrit, the oldest known language, affects your body, mind and spirit. One of the most powerful mantras known to man is the Mrtyunjaya Mantra. Its effect is positive and long lasting. It is recommended to chant this mantra out loud at least five times daily. It creates a healing vibration in the body and the environment. To learn this mantra, please go to our website at www.vastucreations.com/yantras for pronunciation.
4. Yantras are a visual representation of a sound or mantra that attract specific qualities to you. A Health Yantra placed in the east area of your home or office will promote healing for you and your family. Yantras are a wonderful way to bring the sacred into everyday life.
5. Ayurveda is the Indian system of medicine that balances the five elements in your body for perfect health. Vastu takes this principle a step further, balancing the five elements in your environment. Vastu removes the stress from your home or office that creates obstacles to good health. The impact on your health, relationships, productivity and success are amazing! We suggest having the five elements balanced in your home or office with a Vastu consultation today. It's easy! By contacting us by phone at 1-206-328-0122 or email at info@vastucreations.com, we can begin to assess what is blocking the way to the life you desire to have. Clients all over the world have enjoyed the results gained from learning how to create balance and harmony in their living and working environments!
6. Altars are a powerful tool that can assist you in improving your health. By creating a Health Altar, you create a compelling connection to the divine energies that promote good healing. Easy-to-follow instructions for enhancing your health through the use of altars are available in our new book - *Altars of Power and Grace: Create the Life You Desire*. *PRE-PUB DATE SPECIAL for the month of September only: Receive an autographed copy, 10% off the price of the book and free shipping within the continental U.S.
7. To enhance your health we suggest you purchase one of our beautiful Health Necklaces from our AltarWear™ collection. These are transformational pieces that contain powerful sacred yantras and gems that emit a healing frequency to attract perfect health to the wearer. For more information on our new line of jewelry, visit us on the web at www.vastucreations.com/products and click on AltarWear™ Jewelry.





FEATURED PRODUCT



Product Special The **Altar Kits** make creating altars easy to do! Each kit is a wonderful gift that will empower people to manifest their hearts desires. An exquisitely designed instruction booklet takes you step-by-step how to create and enliven your altar. Eight different kits are available. \$60.00/kit

The items below are contained in a beautiful wooden box:

4 Offering Bowls, 1 Offering Tray, 1 Tea Candle, 3 pieces of Cone Incense, 1 Statue (specific for each altar), 1 Planetary Yantra (specific for each altar), Altar Cloth (in colors associated with the altar), 1 instruction booklet.

Choose From the Following Kits

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| 1. Altar to invite Abundance and Prosperity | 5. Altar to Heighten Spirituality |
| 2. Altar to support or draw Relationships | 6. Altar to assist Life Changes and Transformation |
| 3. Altar for enhancing Career and Recognition | 7. Altar to increase Creativity and Knowledge |
| 4. Altar to improve Health and Wellbeing | 8. Altar to attract Helpful People and Universal Support |

To order products or our new book Altars of power and Grace, call Vastu Creations in Seattle at 206-328-0122, e-mail us at orders@vastucreations.com or go to our website at: www.vastucreations.com

Additional Special Offer!

We are continuing our special on jewelry from our July-August newsletter. Through the month of September you can still purchase any of our beautiful, transformation jewelry pieces from our AltarWear™ line for 10% off the retail price or 20% off any two necklaces. Available while supplies last.

OUR MISSION STATEMENT

Seattle based Vastu creations utilizes time proven tools to reestablish the connection between man and nature without imposing structural changes (such as moving walls, windows, and doors). Vastu Creations has developed quality environments for clients worldwide using subtle, yet highly effective techniques that reduce stress and improve careers. Products, online and on-site services are available.



To order products or our new book, Altars of Power and Grace, call Vastu Creations in Seattle at 206-328-0122, or go to our website at www.vastucreations.com

