

Vastu Creations July-August '05 Newsletter

ARE YOU STRESSED OUT?

Stress in the environment is the very thing that can be holding you back from experiencing vibrant health, success, and happiness. Recent research suggests that much of poor performance can be attributed to workplace and home stress. The American Mental Health Association reports that work-related pressure is contributing to higher levels of depression, anxiety, and burnout. It's estimated that workplace depression cost U.S. companies \$1.4 billion in lost productivity in 2003. In fact, within the next 20 years, depression is expected to be the leading source of lost workdays and illness.

When you align yourself with the forces of nature in your home or office environment you can begin to reduce the stress you feel. Here are three keys for reducing stress that you can do yourself:

- Sleep with your head to the south for maximum stress-reducing sleep.
- Work facing north or east at your desk to increase success and productivity.
- Remove clutter in your bedroom and office to experience clarity and reduce stress. Clutter causes disruption in the mind, making it difficult to be relaxed and clear-headed.

Simple adjustments such as these can make a world of difference in your life and are not that difficult to do. You will notice changes in your health and your ability to focus and concentrate in a very short time after these changes are made. Try them today!

NEW PRODUCT: Vastu Creations offers a new cutting-edge tool that protects you from electromagnetic stress caused by computers, wires, and lighting. Created in Bulgaria by Health Aura, the *Biostem* is proven in scientific studies to aid in hypertension, diabetes, and neurosis. Order by July 31, 2005 for free shipping on this product (within the continental US only).

NEW BOOK: Robin and Michael Mastro's first book, *Altars of Power and Grace ~ Create the Life You Desire*, was a finalist for NINE national literary awards including winning Spirituality Book of the Year and Self-Help Book of the Year. They now bring you their second book, *The Way of Vastu ~ Creating Prosperity Through the Power of the Vedas*. Pre-order this book NOW and receive free shipping on all book orders placed by July 31, 2005 (within the continental US only). Books will be shipped out mid-August.

VASTU CREATIONS MISSION STATEMENT: The purpose of Vastu Creations, LLC is to reestablish the powerful connection and intrinsic harmony between man and nature by designing stress-free environments, using effective, time-proven tools that promote health, abundance, success, positive relationships, and happiness without costly structural changes. The Seattle-based company brings the tangible benefits of Vastu Shastra to people around the world through appropriate architectural design, seminars, and a variety of specialized products, books, and personalized consultation services.

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