

MARCH – APRIL 2005 NEWSLETTER

SPRING CLEANING WITH VASTU

Are you ready for spring? Spring is a wonderful time to clear out stale energies from the winter and attract new, vibrant energy. It is a time for renewal and it's a perfect opportunity to de-clutter your home and office. The places where we live and work are filled with energy; in some environments this energy is very positive and enlivens you, while in others, you may feel drained or tired. Elevations or drops in energy are responses to subtle, yet powerful messages that impact your life. Clearing clutter is the key to boosting the positive energy in your space. It is an ancient practice that is a part of every culture and tradition.

When you clear the clutter from your physical environment, you are energetically letting go of what is outdated in your life and making room for new opportunities to enter. When you save things for the future you are not trusting that the universe will provide for you. Cluttered living and working spaces create disorganized thinking, lack of productivity, and ultimately poor decision-making.

Clutter in different directions will impact the balance of the five elements in your home or office and can adversely impact different aspects of your life.

- When you have clutter in the northeast, it will reduce the **water element** and play havoc with your finances.
- If your clutter is in the southeast, it will reduce the **fire element** and adversely affect your health.
- Clutter located in the southwest will reduce the **earth element** and influence the support you need for career success.
- By having clutter in the northwest, you will reduce the beneficial influence of the **air element**, which will impact your relationships.
- Any clutter in the center of your living or workspace will reduce the **space element** and limit your success in life.

Here are a few things you might want to ask yourself:

- Do you have stacks of old magazines or newspapers in your home or office?
- Are papers and documents filed in an orderly manner?
- Is there stale or old food in cupboards or the refrigerator?
- Are your closets filled with old clothes you seldom, if ever wear?
- Is it difficult to open drawers or cabinets because they are filled with items you are saving for when you might need them?
- Is your exercise equipment just another storage place?

If you've answered yes to any of the above, consider this point: unnecessary or unused items are as harmful to your living environment as plaque is to your arteries.

The task of getting organized can seem daunting when you are looking at an entire

home or office. We suggest you begin with organizing a single drawer a day or only spending fifteen to thirty minutes a day until you are more comfortable with the process. You will find yourself less over-whelmed if you take on small projects at first. If you are in need of help, have a friend or family member keep you company.

Clear stagnant energy by getting rid of anything that is not meaningful to you or does not bring you a feeling of joy or satisfaction. Once you are finished de-cluttering, we suggest you do a simple process weekly to purify your space; Take a lit stick of sandalwood incense or sage and walk clock-wise around the perimeter of each room, or diffuse lemon aromatherapy oil into the atmosphere to cleanse and refresh the environment.

You will find that by giving unwanted items and unnecessary things to charity or throwing out unusable items and recycling them, you will bring more positive, life-affirming energy into your environment.

Here are some Vastu recommendations from *Vastu Creations*:

1. Clear your **space** element energetically by playing our **Vastu CD**.
2. Revitalize your environment with fresh air daily, allowing it to circulate for at least fifteen minutes each morning. Stimulate your **air** element with any of our beautiful **chimes** placing them in the northwest area of your home or office.
3. Warm up your **fire** element by burning a **candle** in the southeast area of your home or office (never leave a candle unattended).
4. Refresh your **water** element by placing freshly cut flowers in water in the northeast area of your environment
5. Strengthen your **earth** element with healthy plants or one of our exquisite **statues** in the southwest

After you have eliminated clutter from your home or office, now would be the perfect time to transform your life even more and order a **Vastu Consultation**. You can also order any of our beautiful **Altar Kits** from Vastu Creations to enhance your environment. Visit our website at www.vastucreations.com and see how you can improve your life and support your dreams for a prosperous and joyous spring.

** Our new book, *The Way of Vastu ~ Creating Prosperity Through the Power of the Vedas*, will be available from Vastu Creations this spring and in bookstores this fall.

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, or doors). Vastu Creations has developed quality environments worldwide using subtle yet highly effective techniques that reduce stress and improve the quality of life. Products, online, and on-site services are available.

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