

**THE SCIENCE OF
ENERGY FIELD BALANCING**
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FOREWORD

We all have the desire to gain from awareness of existence of systems which alters subtle energies to improve the quality of life, health, wealth and happiness at home and at work in today's stressful, highly difficult, competitive, fast changing and challenging world.

This desire has compelled people to look for solutions to improve their performances through improvement of their "Built Environment" at a collective level by using environment enhancing practices like Vastu, Fengshui, Geomancy, Pyramid energies, Yantras, at individual levels by several types of meditation techniques like Dhyanyoga, Yoganindra, Sahaj yoga, Rajyoga, Yogasnas and prayers as practiced in different religions, nations and cultures over the centuries and at organizational levels through practice of management principles and analysis as derived from such philosophical literature aimed at HRD.

Judiciously using all three together in required dosage can yield the result as all three are supplementary and complimentary for collective purpose. Any one factor being deficient or efficient can not claim credit for the success or be blamed for failure as they all contribute their might together for overall performance.

Inadequate information, knowledge and commercial propaganda creating "Fear Psychosis" or giving "Super Success Promises" as sale gimmicks create a distorted picture of such practices in the mind of rational people who want to understand these "practices" with an open scientific mind for adoption as "applicable practice" with some logic and science.

This article is my humble attempt as an Architect, Designer and Planner and as an active member of building-Construction Industry to understand the facts of Vedic wisdom of Architecture i.e. Vastu and Energy Field which are closely related to our Built Environment, which we utilise with current context of time, technology and systems and how these practices can be used / adopted beneficially / practically with Technical, Scientific and Statutory angles without breakage, changes, demolitions and undue wastage of time, money and energy resources. Let us try and understand them in clear focus for benefit of society in general and show the path of achieving benefit from them.

By

As an attempt to create awareness let us first understand what is 'Vastu'?

a) Vastu was a system evolved by our ancestors to deal with balancing / harmonizing Geomagnetic Energy Field of the land and structure, because they perceived that Geomagnetic Energy flows from North to South and East to West.

b) With this fact in mind they realised that Size, Shape, Physical and Chemical properties of the soil of the plot greatly affect the flow of the energy and when a structure is erected in a plot, the physical and chemical properties of structure by itself and in combination with land would create an energy field which will also affect Thermo Electromagnetic energy flow.

c) **Effects of thermic and electromagnetic energies**

To prevent full or part blockage of the flow of the energy which would create uneven levels of energy interaction with the occupant's Biorhythm and Nervous system, the Vastu system of locating buildings on proper size and shape of plots with proper orientation of the building and site either parallel or perpendicular to the North-South axis or East-West axis was considered as one solution of creating easy flow of energy. This was further developed by arithmetic of size proportions, arithmetic calculations and analysis of two-dimensional and three dimensional shapes. This enable them to decide about;

* Effects of land / site proportions, its with respect to area and volume of structure to be built and there after the location, sizes, shapes and proportions of openings (mostly symmetrical) as they were considered to be helpful in deciding symmetrical and even flow of energy paths through the structure and site.

* In those day since structures were made of mud, earth, wood, stones, bricks, vegetative fibers, and bonded with natural lime, fiber binders; entrapment or retention of Geomagnetic, Thermic and Electromagnetic energy by components of structure was minimal. Therefore, steel, being a conductor of magnetism was not used as construction material, but it was used for making weapons, hardware/fittings, fixtures etc. This is why the use of steel was not allowed in prayer houses, temples and structures of religious /

spiritual importance to achieve "a radiation free" place of interaction between the nature and the soul, in a good environment which is not an "energy parasite". One could use his/her own physical and mental capacity to the maximum and discharge assigned functions more efficiently and interact with people at a better level of understanding and tolerance. In such an environment, occupants don't have to waste / drain part of their physical and mental energies to overcome stress normally caused by unbalanced energy field in a given structure / environment. In a well balanced energy field area, people can use their energy with full capacity to achieve better results of their activities with better mental / physical co-ordination, perception and interaction with others and ones own self.

This was how the Vastu system was practiced by planning, controlling and orienting plot and structures to achieve balancing geomagnetic energy flow.

If this is understood clearly, we realize.

- How meaningless it would be to adopt this practice as it is without taking into consideration the effects of size, area physiology, chemistry of soil and orientation of the plot and structure in today's context. Today we have no control or choice on these issues as we are occupying a part of the structure, which is made on a plot without following rules of Vastu system.

- It would be futile and meaningless approach since we know that we use mild steel and different grades of steel sections as basic integral construction material in form of steel sections reinforcement bars, roofing sheets etc. because steel is good conductor of magnetism and all these steel members and reinforcements pick up Geomagnetic currents and change the flow path of Geomagnetic Energy and create an "Electromagnetic Cage" (Faraday's Cage) in "Built Environment" of modern structures of RCC. This effect is further compounded by radiation of electrical energy used in a building, which is passing in conduits which are laid in or around RCC columns, beams and slabs which contain MS (mild steel) reinforcement bars.

The electrical cables, computer signal cables, telephone / video cables and airborne waves of Television, Telecommunication, Radar and the Radio waves also combine together to create a complex imbalanced Electromagnetic Energy field which cannot be addressed with the old system of Vastu dealing with only Geomagnetic Energy since the other complex forms of Energies were not existing in those days.

- It is the balancing of this Total Electromagnetic field which is of prime importance and has to be achieved with the help of

desired alterations of energy flow paths by balancing and rearranging flow of these radiations and strength of fields so as to achieve balanced Electromagnetic field and thereby achieving a "Built Environment" which does not cause interference on the Bio-rhythm of the occupants i.e. without disturbing Electromagnetic field of the body of a normal healthy person.

- In today's complex structures one cannot achieve much by breaking, demolishing internal and external physical forms and altering portion and relocations of rooms, furniture which involves unnecessary expenses, inconvenience and wastage of resources, creating technical and engineering complications and injuring the health and safety of the structure and yet cannot achieve desired results because of the limitations of the thousand year old system of Vastu of today's modern structures in urban semi-urban or rural area.

A client has to be explained that :

a) Built environment and its interactions on the human mind and body is controlled by the various physical and non-physical designs and technical elements. The old Vastu system aimed at achieving correct geomagnetic force balance of non-physical parameter with mental and physical harmony achieved by physically orienting or correcting structures with help of realignment, relocating activities in preferred zones.

The modern diagnostic procedures like E.E.G., E.C.G., CAT scan, MRI take support of body's bipolar magnetic cellular realignments while scanning to assess health of soft tissues in body and by measuring the flow of current in nerves at various points for detecting health of brain and heart tissues.

b) Vastu was also related to the Dimension of time and it considered the effects of other Cosmic elements and their Electromagnetic impact on the human body at the time of Birth, effects on genetics and the Cosmic Field at the time of the interaction with other people in "Built Environment" of a structure on that land.

c) Vastu sought to study and rectify combined effects of land and structure creating an environment and its interactions with the owner and occupant at different times. It had to take cognizance of not only birth-time cosmic influence but also their effect on training and ability of the person to deal with and interact with people in situations around him in the right way at the time of reference.

d) It must be clearly understood that we have no choice on selecting time and parents to whom we are born. The society, the Environment and the Forces of Cosmic and other unknown / invisible forms and sources of Energies affecting us from the time of birth onwards, but still we have a choice to understand them and make

efforts in right direction to become successful in life, in the process, alter destiny. The knowledge of such subjects guides a person to avoid the traps and therefore if one knows how to use this knowledge, the limitations of the cosmic influences must be understood.

One may not become dependent on them but use them as guide lines to progress with effective steps to neutralize or minimise adverse effects.

e) To bring Energy radiation in harmony with existing apartments / structure; if these Geomagnetic, Bio-electric, Electronic and Cosmic energy fields are properly studied, their effects understood and balancing of the Energy field is achieved; one can remain more balanced and well equipped to pursue one's goal in all situations.

f) The planning and achieving of desired energy levels and harmonizing them involves the analysis of plans, sections and specifications of structure and all components related to interior and exterior environment of the plot, around the plot, in the building and outside the building including data of structures, Electromagnetic load besides data of Cosmic Energy field of the occupants.

The total Electromagnetic Energy field thus worked out will also have to take into consideration the current and the future Energy needs, their distribution and methods of utilization and evolve a system of balancing of uneven forces and bringing them down to such levels of strength so that Electromagnetic energy field is not higher than that of the normal and healthy body of the occupants and therefore not affecting Electromagnetic field and Bio-rhythm of the person facing any direction in any corner of the structure where area is balanced, designed and treated.

We take care of our computers by providing power stabilizers but don't bother about our Body's supercomputer, which is more sensitive, complicated and deserves full attention and care.

g) As a system this balancing is often useful even in hospitals, offices with computer units and electronic communications systems, television centers, software units, engineering industries, chemical units which require maximum and sustained high use of mental concentration levels of the users are most important and directly related to increased productivity and safety.

h) In this balancing system of Electromagnetic field, one does not have to get into the problems of breaking and demolishing of existing structure or revise machine layouts resulting into inconvenience and disruption of production and other activities. In case of new structures, right from the beginning well planned strategy can be adopted to achieve maximum benefits of the plot, of the structure and of the inputs of material resources and manpower.

NOTE FOR BUILDERS / DEVELOPERS / INDUSTRIALISTS :

Since Urban environment and areas of proposed development normally follow current norms of Planning, Develop Control Rules, and Building. By-laws and Building Technology based on energy resources, it would be difficult to say that an ideal plot exists because even if an ideal plot exists without ideally balanced structure it cannot give result and without the help of modern science and technology, an idea; structure as per old norms would be like turning the clock backward.

The best way to select the plot is to see that adverse environmental impact of air-borne and water-borne pollutions are kept to minimum and structures are well planned and constructed properly to achieve the purpose for which they are designed at physical and non-physical or mental levels so that occupants in such environment can utilize their best mental and physical capacities to achieve their goals.

It is thi capacity generation that creates difference in the levels of success and not any magic or mystique power that seems to be shrouding practice like Vastu and Fengshui.

The correct Perception, Anticipation, Interaction and Management of the given situation with proper knowledge and resource applications are basfcally responsible for the rewards of the input in the balanced environment where such facilities are created to help one achieve the goal with minimal efforts without wastage of energy in the best of environment and where capacity is coupled with determination and skills create best results that are interdependent.

The "Best Environment" or Vastu alone cannot achieve everything or be responsible for non-achievement.

One should avoid adverse natural forces or artificial electromagnetic forces likely to create very high differences in the Energy levels of selected plot and surrounding area viz. Major Water Courses, High Tension / Low Tension electrical transmission lines, locations surrounded by powerful Towers / Antennas and Receivers of radio / television / telephone radar networks, Proximity to Effluent dumping grounds and sewage treatment plants, cremation grounds and graveyards or toxic airborne / water-borne pollution areas or areas of high atomic / Electromagnetic field activities.

The plot to be selected should have or should be created with proper environment of built spaces and open plots with selective plants, Trees, landscaping and preferably low / medium population

density so as to cause minimal stress on existing resources and infrastructure.

HOW OF VASTU - FENGSHUI :

Hindu philosophy, knowledge, wisdom and practice of Vastu traveled along with Buddhists monks who traveled from India to far east countries, were then locally changed and adopted to suit Economical, Social, climatic conditions, resources of Construction Materials and Technology and physiology of the land. Scholars visiting from these countries took further hints from India and enriched their system with derivatives adopted to suit their systems.

The comparison of system of Conventional Vastu and Fengshui applications to local requirements can be a big subject itself. But one needs to understand that Vastu and Fengshui were systems devised for time and technology context practiced before thousand years and needs cautions approach while adopting them for other regions.

Fengshui like Vastu also takes help of cosmic influences, symbols numerology etc. and fine tuning of the user's energy field within the land and structure, which are specifically built for single user.

Both use systems that influence jonic energy flow of the atmosphere which keeps changing due to various influences. If Vastu can boast of dealing with geomagnetic energy field and 5 basic elements of nature space, earth, water, air and fire, Fengshui claims 7 (metal and mud added) as additional attributes to help analyze effects of complicated environmental systems for specific location and structure.

In essence, both systems aim at harmonizing "Built Environments" with the User. To what extent and how it is achieved depends on the adoption of these systems with context to Time, Technology and location one deals with.

The Effects of Energy field balancing :

The improvement of one's physical and mental capacities can be cited as a result of contributory effect of harmonizing of the environment. Improved quality and optimum quantity of sleep helps improve mental and physical concentration level, body's Biorhythm and improves interaction amongst the people whether in the residence, office or in the factory. Improved productivity and congenial atmosphere are effects that one has to look for and how they can be achieved.

It should be clear that Vastu or Electromagnetic field balancing as I understand are contributory effects in improving and harmonizing the environment of the site and structure but they cannot replace required efforts on management, finance and manpower one has to put in to achieve the goal.

At best one can say that so far Architects and Interior Designers, Planners and Technocrats have considered factors affecting "Built Environment" are more easily perceivable viz the size, shape and volume of spaces, relationship between interior and exterior spaces, climate, temperature, ventilation aumidity, lightning levels, colours, acoustic sound systems, aesthetics technology etc. with the help of Electrical, Mechanical and Civil Engineering disciplines including Air-condition, Lighting Engineering, Public health systems etc.

But now we need to pay necessary attention to consciously harmonize the effects of these energies and their assimilation to create environment and their interaction with occupants at much more subtle levels then what was ever thought before. The responsibility of professionals incrases with the knowledge existence of Subtle Electromagnetic Energy flows in the structure for better performance and harmonizing between structure and its users in a friendly ecosystem at micro and macro, physical and mental levels.

SAMVEDNA

Programme for 22-12-02

1. Prayer : By Mahavir International Members
2. Wel come Speech : By Shri Kamlesh Udani

3. Welcom by Flowers :
4. Purpose of the Day : By Kamal Shah
5. Launch of Project Samvedna : Lighting of Lamp by Smt. Anju Sharma I.A.S.
6. Address to Staff of Civil Hospital : By Dr. Hema Malini
7. Dedicaiion of TV / VCR :
8. Blessings : By Smt. Anju Sharma I.A.S.
9. Vote of Thanks : Mangilal Shah

પ્રેસ નોટ

વાસ્તુશાસ્ત્ર ઉપર વ્યાખ્યાન

માનવીના મનમાં ઘરની અને તેના અલગ અલગ વિભાગોની રચનાને વિષયે અનેક પ્રાચીન / રૂઢીગત સલાહો લેગી થતી હોય છે. જેમાં તાર્કીકતાનું પ્રમાણ વધારે હોય છે. આ બધીજ સલાહોને વૈજ્ઞાનિક રીતે સુસંગત કરીને તેનું યોગ્ય અમલીકરણ કરવામાં આ વાસ્તુશાસ્ત્ર ધનિષ્ઠ રીતે ઉપયોગી થઈ શકે છે. બારી-બારણા-રૂમ કે રસોડું આડેઘડ ફેરવી દેવાથી નશીબ ફરી જતું નથી. અલબત્ત! આ ફેરફારો વૈજ્ઞાનિક વિચારધારા ઉપર આધારીત હોય તો હકારાત્મક પરિણામોની આશા રાખી શકાય.

ભુમિયુંબકીય અને વિદ્યુત ચુંબકીય શક્તિ ઉપર આધારીત અર્વાચીન સિધ્ધાંતો ઉપર રચાયેલા વાસ્તુશાસ્ત્ર ઉપર વિસ્તૃત વ્યાખ્યાનનું આયોજન બિલ્ડર્સ એસોશીએશન ઓફ ઈન્ડીયા, ભરૂચ સીવીલ એન્જનીયર્સ ફોરમ, તથા ભરૂચ રીયલ એસ્ટેટ ડેવલપર્સ એસોસીએશન દ્વારા સંયુક્ત રીતે તા. ૨૨/૧૨/૨૦૦૨ ના રવિવારે સવારે ૧૦ થી ૧ દરમિયાન “સેમીનાર હોલ, એસ.વી.એમ. એન્જનીયરીંગ કોલેજ’ માં કરવામાં આવ્યું છે. આ વ્યાખ્યાન રોજિંદા જીવનમાં ખુબ ઉપયોગી થઈ શકે એમ છે.