



Heal your home with Vaastu

Following are some tips to protect your homes from evil spirits. It will also help you find peace and happiness at home. All these methods are meant to protect the individuals / home and business places from evil spirits, evil eyes, black magic, psychic attacks or any other type of negative forces.

Before following and applying these tips, you also need to understand the concept of Energy Field of your Homes. It is an cosmo-magnetic energy field around your home which is not visible to most people, but it can be instinctively sensed or experienced by experts.

1. Guggal Dhoop:

You should offer Guggal Dhoop to each and every part of your home. The entire team of Vaastu Purusha, consisting of Dwar Pal (Protector of Doors), Kshetra Pal (Protector of Regions), Dik Pal (Protector of Directions), regains energy by this Dhoop, says Ganesha.

Key Benefits: It removes environmental stress.

2. Spray Salty Water:

Ganesha suggests that you should spray salty water in each and every area of your home, on a regular basis. The salt absorbs all negative vibrations from air. This remedy can be performed twice a week.

However, you must wash your hands after using this Salty Spray.

Key Benefits: It performs a thorough cleansing process, and purifies your home environment.

3. Worship Lord Rudra:

According to me, the best and the most powerful technique of defense is mentioned in Atharva Veda, Hymn 27, Book II.

God Rudra is called "the Lord of Healing" and "Protector"; In Atharva Veda, Hymn 90, Book VI., he is asked to cure evil and poisonous forces and in Hymn 57, Book VI., to cure a wound (physical, emotional and psychic).

Hence, worshiping Lord Rudra, the ultimate benefactor, can surely help you get protection against all evil forces.

Key Benefits: It helps open Karmic Doors and removes Karmic Obstacles.

4. Healing with Mantras:

A mantra is a tremendous force of positive energy. According to the science of Mantra, the armors (kavach) of different deities are...Lakshmi Kavach, Durga kavach, Shiva Kavach, Ram Kavach, Hanumat kavach etc....which should be recited by each and every family member of a family at the designated Pooja Room in the home.

Key Benefits: It empowers and regenerates powerful and positive forces.

5. Healing through Visualization: Generally, the following techniques should be visualized between your eye brows (Third Eye Chakra).

- Brahman Sthan (Center Point) and North – East areas of your homes are considered as the energy generators. Sit quietly in a comfortable position, allowing your breathing to settle into a deep, slow rhythm.
 - Imagine your home's outer surface is surrounded by a blue circle.
 - Think about your Guru, Spiritual Angels or God.
 - Let yourself visualize each and every area of your home.
 - Imagine your family members sitting, standing or perhaps performing their tasks.
 - The words you speak or visualize will spread in the environment of your home.
- Hence, Ganesha suggests that you always speak positives words and think positive thoughts when you are at home.

You can use following affirmations while visualizing the protection technique -

- My home is divinely safe and we feel protected.
- We are always guided, guarded, and protected by positive, sage and benign forces.
- My home is divinely protected against evil forces.
- My family members are blessed and highly favored by our God.
- I am divinely protected, guided, and strengthened.

Nowadays, implementations of Vaastu principles are not so easy, due to the limitations of ready-made constructions of homes and offices. It is very complicated to adjust number of flats / offices in one complex, location of lifts, its common walls for adjacent flats, and angular distance of relevant main doors. But, if one follows meticulously the principles of Vaastu while selecting the plot/ house and construction of building, then satisfactory results can be obtained in majority of cases. However, if that's not possible, follow the aforementioned remedies to get good results.