

Twitter Thread by Sriram ■■



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Vastu in the 21st Century!

#LongThread



Our ancient Vastu Shastra has been founded in such a way, that people can derive maximum benefits from sun-rays and the energies of the sun like heat light,

UV rays – are the only reliable source of Vitamin D (Vitamin D is absorbed by the blood directly when the bare skin is exposed to the sun), which is vital for the sustenance of life on the Earth.

Uttaraayana and dakshinaayana too are of great scientific importance since daytime will be more than the nighttime in the Uttaraayana facilitating the availability of more sunlight.

It is only some years ago that modern scientists discovered that the white solar light could be split into segments called visible rays and invisible heat spectrum.

But thousands of years ago, our ancient Indian sages, not equipped with any kind of appliances were able to discern many natural phenomena scientifically and according to the visible spectrum had distinctive names with specific functions besides colors like Jayanta,

Parjanya, Mahendra.... to Bhrsha and Aakaasha , which correspond to VIBGYOR.

Other than that, sun rays consist of 7 colors (VIBGYOR) and their effect on the human body is immense as it cures several diseases.

The modern Astra physics, during the last few decades, has divided the atmosphere into several zones like Stratosphere, Ozonosphere, etc.

but several centuries before this discovery, the atmosphere over which Varuna held its way was divided by our sages into Bhu, Bhuv, Swar, Jan, Tap, and Satyalok.

The Eastern direction assumes a great significance because the sun rays of early morning emit more light and less heat, hence the best. In the afternoon, the sun moving towards the West, grow hot emitting Infrared rays, which are detrimental to health.

Thus, due to all these reasons, it is explicitly laid down in Vastu Shastra that more open space, more windows and doors fixed, and more balconies and verandas should be provided towards the East and the North side than on the South and the West side.

The most important aspect considered while formulating the Vastu Shastra is the magnetic field of the Earth, which has a significant influence on human life. The human body itself acts as a magnet with the head, the heaviest as the North Pole.

If the head is directed towards the North while sleeping, the North Pole of the Earth and that of the human body repel each other affecting the blood circulation, causing disturbed sleep, tension, and other problems.

Thus, it is said by Vastu Shastris that ONE SHOULD NOT SLEEP FACING HIS HEAD TOWARDS NORTH. Nowadays many hi-tech instruments are available by which one can detect the Vastu defect of a house by measuring the energy level of the person residing in it.

By using the Feed Back Energy tester, one can not only detect the Vastu defect by measuring the energy of the human, but the same person can restore the energy with the help of 'Lecher Antenna'.

In the most recent survey of the Gujarat earthquake effected regions, the maximum houses destroyed were not according to Vastu and those that were intact were constructed on the principles of Vastu.

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