

BIOENERGETIC ARCHITECTURE

Integrating Vaastu and contemporary science for 'Holistic Wellbeing'



Raman Vig

Architect . Building Biologist . Aayadi Vaastukar . Visiting Professor : School of Planning and Architecture, Delhi

Email id: ramanvig@hotmail.com

INTRODUCTION

A unique feature of Indic knowledge systems, like Vaastu shastra, is that they are multi-layered in their meaning and they lend themselves to multiple interpretations and contextualisation. Different sages, scholars and kings contextualised this science as per the cultural and climatic conditions of each region and wrote new scriptures on vaastu, since the earliest version of this knowledge in Vedas. The common denominator has been to ensure well being of society. In our culture, there has always been room for change with time and place while respecting the underlying principles and values.

Present day socio-spatial and techno-cultural context has changed drastically from the time last scriptures on vaastu were written. To cite a few such changes:

- Attached toilets within the residential unit have become a norm
- Curvilinear parametric forms in buildings are now being designed
- Nocturnal lifestyles have become common affecting circadian rhythms
- New age artificial building materials envelop us instead of natural materials
- Most plots and buildings are not oriented in cardinal directions
- Most significantly, we have surrounded ourselves with an ocean of artificial electromagnetic environment that is a trillion-fold more than natural levels

None of the above conditions existed in times when vaastu scriptures were written hence they offer no postulates to address these situations

OBJECTIVES

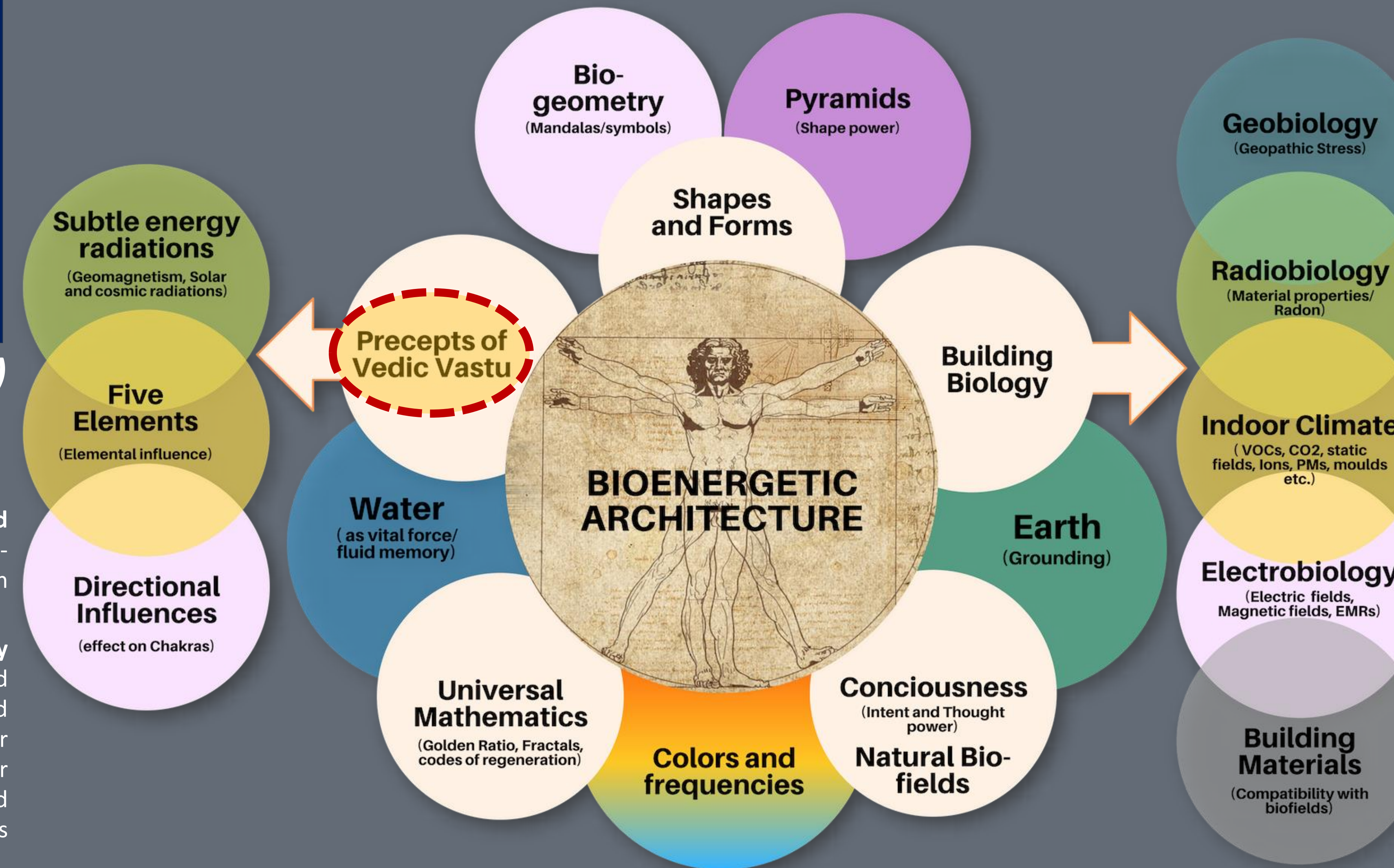
The socio-spatial fabric we inhabit seeks from us a suitable framework to apply the scientific principles of vaastu in evolving contextual solutions to achieve holistic well being. This poses both a challenge and an opportunity to our generation. The objective is:

- To integrate ancient and modern science to offer solutions for those real-life situations on which traditional vaastu is silent.
- To facilitate 'health, happiness and harmony' by formulating a design framework for holistic application of vedic vaastu principles in architectural design process through a multi-disciplinary approach.
- To understand the underlying mechanism through which buildings impact human well being.

HYPOTHESIS

Bioenergetic Architecture and its 9 Precepts complement the postulates of Vaastu by harmonizing 'Panch-Mahabhuta' (Five fundamental elements of creation) and facilitates to 'enhance, expand and reinforce' the 'bio-field' (Prana-shakti) of inhabitants, thereby affecting their holistic wellbeing positively

Bioenergetic Architecture is a multi-disciplinary approach to create spaces that can facilitate 'health, happiness and harmony' in the lives of those who inhabit such 'conscious spaces'



METHODOLOGY (PART-1)

Experimental studies:

(For greenfield projects)

These studies involve designing greenfield projects according to 9 Precepts of Bio-energetic Architecture (which incorporates Aayadi Vaastu as well).

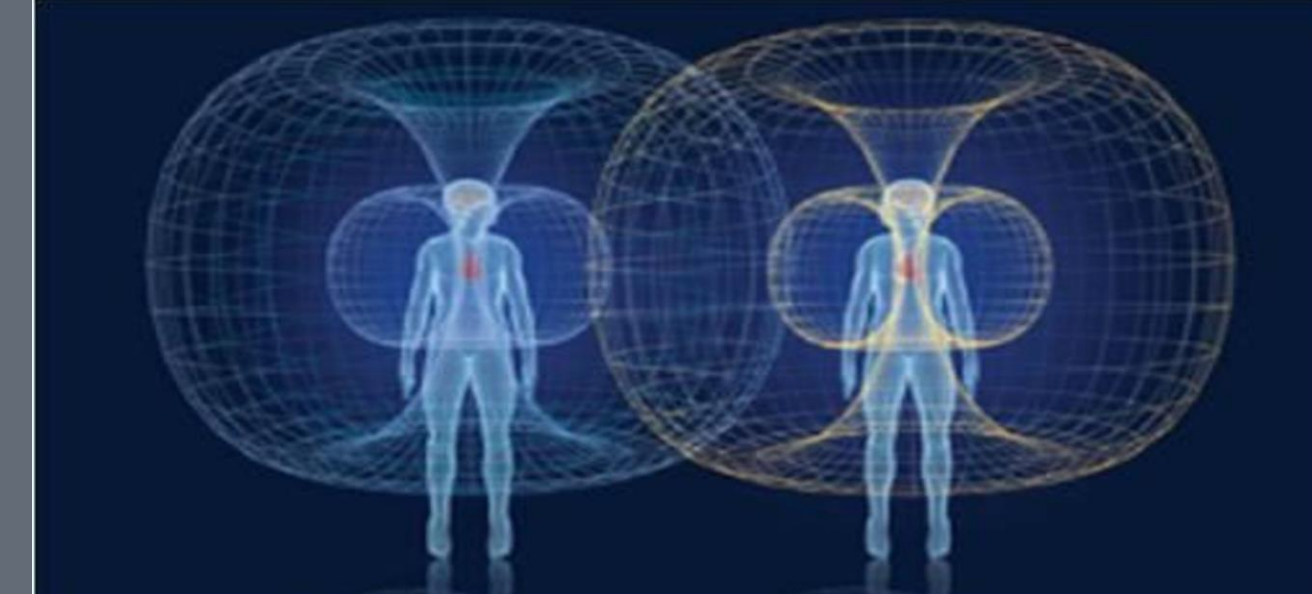
Followed by undertaking post-occupancy surveys of people about their health and well-being along with measure of bio-field and chakra health, as well as their feedback about the spaces they live or work in. These inputs are collected periodically at 6 , 12 and 18 months (Ongoing)

BIO-FIELD (AURIC FIELD)

HOW DO VIBRATIONS IMPACT HUMAN BEINGS ?

UNDERSTANDING BIOFIELD (OR 'PRANA' OR LIFE ENERGY)
The Biofield is a matrix of natural electromagnetic fields that connect cells, tissues and organs and serve as the main communication network and regulator of life processes
We need to understand that we are essentially ' electrical beings'

- Energy imbalances and blockages can occur in the Biofield
- due to trauma, stress, abuse, deficiencies, Computers, TVs, cellphones and other electronic devices
- When cells are not able to communicate properly **DISEASE HAPPENS!**

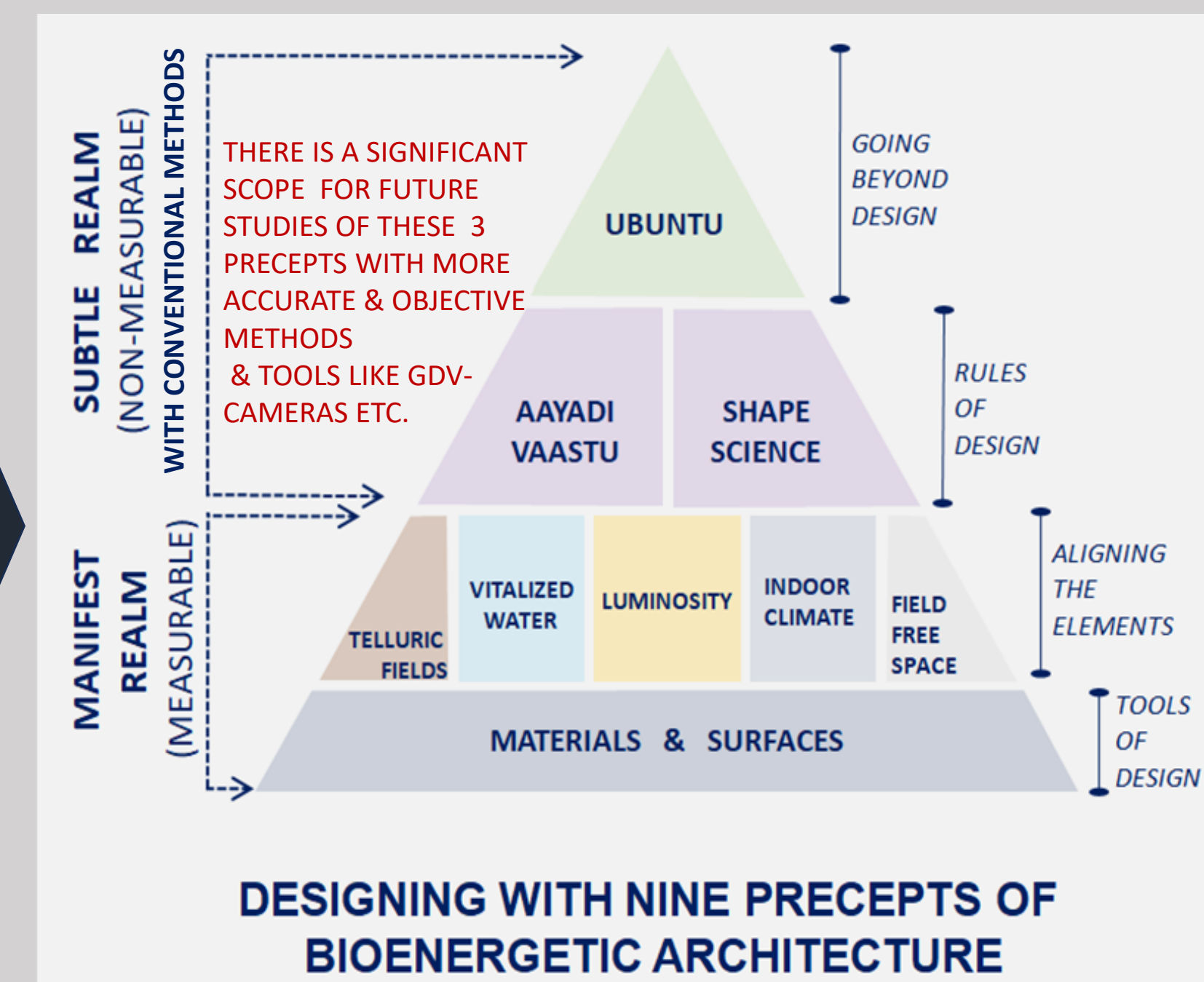


- The Bio-field (auric Field) is the field of 'Life-force' around living beings which is continuously and spontaneously influenced by 'Vibrations and energy fields' of built environment, the earth and radiations received from cosmos.
- A strong and balanced 'Bio-field' (Prana-shakti) is the basis of physical, mental and spiritual well-being. Happiness and harmony are spontaneous outcomes of holistic health.
- Irregularity in the Bio-field is believed to appear 4-8 weeks before a disease manifests on physical level. Bio-field can be measured with the help of GDV Camera and Radiesthesia based tools like Lecher Antennae and Universal Aura Scanner.

A PROJECT DESIGNED AS PER AAYADI VAASTU ALONG WITH OTHER PRECEPTS OF BIOENERGETIC ARCHITECTURE

Diverse domains affecting well being are seamlessly integrated in a framework of 9 Precepts of Bioenergetic Architecture

TO KNOW MORE ABOUT THE SUBJECT



DESIGNING WITH NINE PRECEPTS OF BIOENERGETIC ARCHITECTURE
Above framework merges 'panch-mahabhuta': the subtle energetic qualities of 'Vaastupurush mandala' and the proportions of aayadi vaastu along with contemporary domains of design. These 9 precepts inform both design as well as lifestyle choices to facilitate wellbeing.

METHODOLOGY (PART-2)

Observational studies:

For existing buildings These studies involve assessing the holistic well-being of people who live in existing buildings that have been 'harmonised' according to the principles of Bio-energetic Architecture. This is done using customised questionnaires designed to assess 6 key aspects of wellbeing and measurement of Bio-field & chakras using Universal Thermal Scanner, over a period of 18-24 weeks.

RESULTS

The results of Observational studies indicate an improvement of more than 200% in the health of 'Chakras' (Energetic harmony –Table 1). The Wellbeing Matrix (Table-2) indicates an overall improvement of 63% on an average of 6 parameters of wellbeing : Physical (35%), Emotional (131%), Mental (95%), Relationship (48%), Centeredness (106%) and Positive mindset (38%). User's experience indicators (Table-3) also indicate a significant positive improvement.

CONCLUSION

Preliminary results validate the hypothesis. Bioenergetic Architecture can offer a holistic design framework that complements ancient science of Vaastushastra and addresses gaps pertaining to changing context. This domain offers pragmatic 'application-oriented strategies' of space design, for both sensory (gross) as well as subtle (energetic) aspects of human well-being. For evolving architectural and spatial needs, 9- Precepts framework can prove to be an effective tool of design that brings 'holistic wellbeing' to the center of architectural design narratives.

WAY FORWARD

6 out of 9 Precepts of Bioenergetic Architecture fall in the gross (measurable) realm and significant research supports their impact on human well being. Remaining 3 Precepts viz. Aayadi Vaastu; Shape science and Ubuntu belong to the subtle realm of our existence. While their impact has been amply experienced through the ages, the methods to accurately quantify their effect are largely radiesthesia based (Lecher antennae , Universal Aura Scanner etc.). Investigations with accurate and objective instrumentation is needed to develop deeper insights into the dynamics of ' these 3 subtle' Precepts.

REFERENCES

1. Book-The Astronomical Code of Rgveda, Subhash Kak, Aditya Prakashan,1994
2. Paper-The Biofield Hypothesis: Its Biophysical Basis and Role in Medicine, Rubik, Beverly, The Journal of Alternative and Complementary Medicine, Volume 8, Number 6, pp. 703-717.2002.
3. Paper-Vastushastra system-measurements and proportions, S.K. Gupta, International Journal for research in applied science & engineering technology (IJRASET), Volume5 IssueX1, November 2017
4. Book: Architecture for Well being. Raman Vig, Adhyayan books,2021

