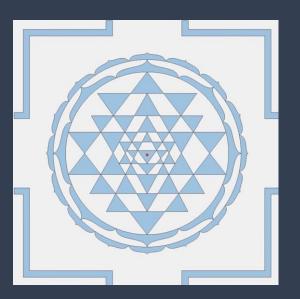
National Youth Conference on Indian Knowledge Systems (NYCIKS) – 2023 at IIT Roorkee



BIOENERGETIC ARCHITECTURE Integrating Vaastu and contemporary science for 'Holistic Wellbeing'



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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.

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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

etc.)

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.

BIO-FIELD (AURIC FIELD)

HYPOTHESIS

Bioenergetic Architecture is a multi-disciplinary approach to create spaces that can facilitate

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

METHODOLOGY (PART-1)

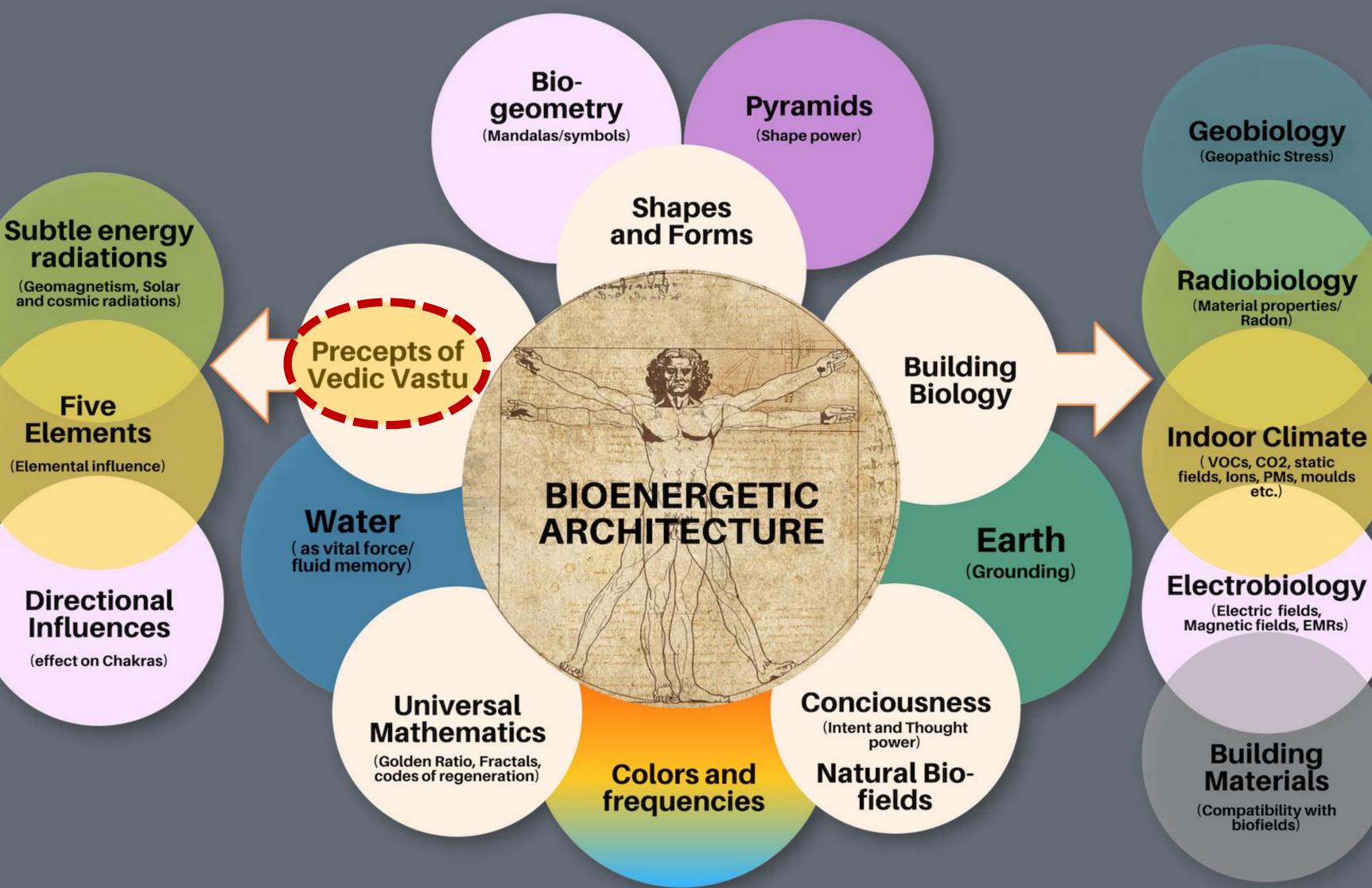
Experimental studies:

(For greenfield projects)

These studies involve **designing greenfield** projects according to 9 Precepts of Bio-Architecture (which energetic 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)

'health, happiness and harmony' in the lives of those who inhabit such 'conscious spaces'



UNDERSTANDING BIOFIELD (OR 'PRANA' OR LIFE ENERGY,

HOW DO VIBRATIONS IMPACT HUMAN BEINGS?

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

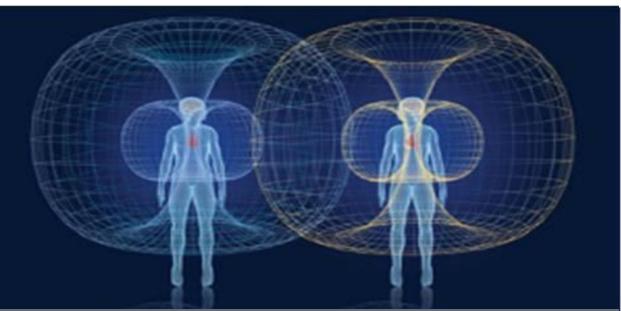
We need to understand that we are essentially ' electrical beings'

The Bio-field is essential to health. Dr. Beverly Rubik, PhD, Bio-Physicist and

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 'Lifeforce' 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 wellbeing. 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**



Five

Elements

TO KNOW MORE ABOUT THE SUBJECT Diverse domains affecting well being are seamlessly integrated in a framework of 9 Precepts of Bioenergetic Architecture WELL BEING 🕨 🞯 in **ORDER BOOK BOOK VIDEO WEBSITE** Vitalized water: The molecular structure of water (BLE) MET 'information-carrier' through its GOING THERE IS A SIGNIFICANT structure. BEYOND COPE FOR FUTURE energetic Architecture integrates DESIGN UBUNTU STUDIES OF THESE 3 PRECEPTS WITH MORE besides chemically and physically pure. ACCURATE & OBJECTIVE SUBTL METHODS RULES & TOOLS LIKE GDV Shape science: Ο OF AAYADI CAMERAS ETC. SHAPE Subject of Bio-geometry (by Dr DESIGN SCIENCE VAASTU Karim) , Pyramids and temple forms exemplify that shapes universal proportions channelize the subtle energies of environment ALIGNING IANIFEST REALM EASURABL specific ways. Bio-energetic THE VITALIZED NDOOR LUMINOSITY FIELD Architecture integrates shape CLIMATE ELEMENTS FREE TELLURIC science in design to enhance the SPACE FIELDS subtle quality of spaces TOOLS MATERIALS & SURFACES OF Luminosity: DESIGN Natural light is essence of life on earth. From regulating circadian clocks to producing vitamin -D **DESIGNING WITH NINE PRECEPTS OF** and more, sunlight is paramount wellbeing. Bio-energetic **BIOENERGETIC ARCHITECTURE** Architecture seeks to integrate

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.

Case 18/5

Alignment done on - 1 Nov 2018

getting over with medicine

eedback received on 15 March 20:

Changes experienced after energy alignme

nk more clearly and creatively than befor

ve felt relief in chronic physical prot

eling happier and and smiling more than before eling more alert , aware and energetic than before

not get as stressed , impatient and anrgy as befo perience a positive change in family members

METHODOLOGY (PART-2)

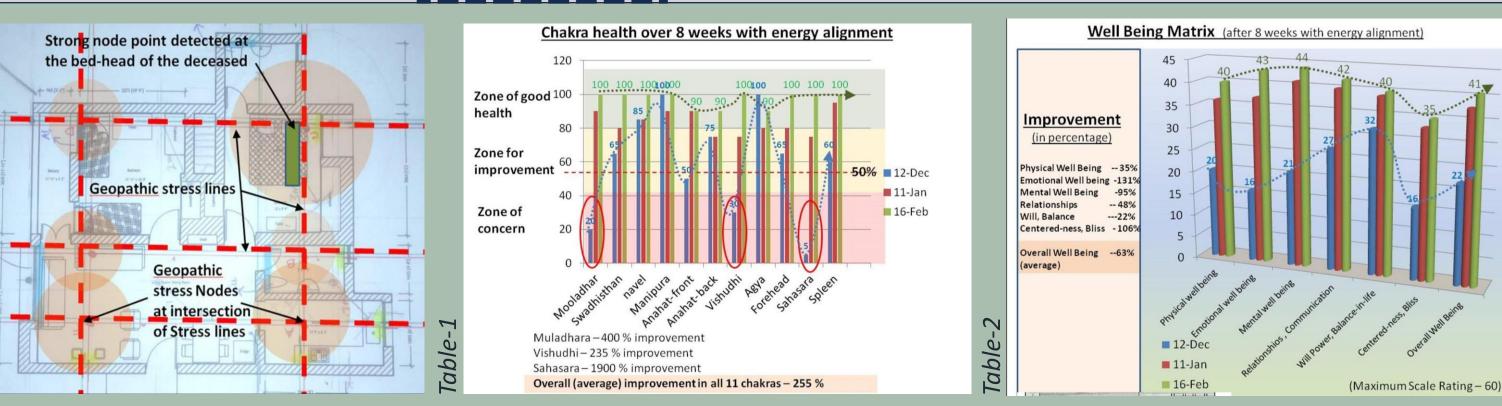
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Observational studies: For existing buildings

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

CONCLUSION



WAY FORWARD

OR you are attracting new interesting people/ REFERENCES

erienced 80% improvement in OVERALL WELL BEING !

Observational studies indicate an Preliminary results validate the hypothesis. Bioenergetic 6 out of 9 Precepts of Bioenergetic Architecture fall in the gross 1. Book-The Astronomical Code of Rgveda, Subhash The results of improvement of more than 200% in the health of Architecture can offer a holistic design framework that complements (measurable) realm and significant research supports their impact on 'Chakras' (Energetic harmony – Table 1). The Wellbeing ancient science of Vaastushastra and addresses gaps pertaining to human well being. Remaining 3 Precepts viz. Aayadi Vaastu; Shape Matrix (Table-2) indicates an overall improvement of changing context. This domain offers pragmatic 'application- science and Ubuntu belong to the subtle realm of our existence. While 63% on an average of 6 parameters of wellbeing : oriented strategies' of space design, for both sensory Physical (35%), Emotional (131%), Mental (95%), Relationship (48%), Centeredness (106%) and Positive evolving architectural and spatial needs, 9- Precepts framework can antennae, Universal Aura Scanner etc.). Investigations with accurate mindset (38%). User's experience indicators (Table-3) prove to be an effective tool of design that brings 'holistic wellbeing' and objective instrumentation is needed to develop deeper insights to the center of architectural design narratives. also indicate a significant positive improvement.

(gross) their impact has been amply experienced through the ages, the methods as well as subtle (energetic) aspects of human well-being. For to accurately quantify their effect are largely radiesthesia based (Lecher into the dynamics of 'these 3 subtle' Precepts.

molecular

'life-force'

natural light smartly in buildings without undue heat gains or UV

exposure

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, Adhyyan books,2021

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embodied energy