



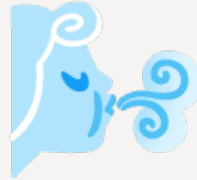
Sampoorna Vastu Guide

Ghar Ki Shanti, Samriddhi Aur Khushiyali
Ke 10 Mahatvapurna Adhyay

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1. Vastu Shastra Kya Hai?



Panchtatva Ka Vigyan

Vastu Shastra ek prachin Bharatiya vigyan hai jo ghar aur usme rehne wale logon ke beech ek sakaratmak urja (positive energy) ka santulan banata hai. Yeh panchtatva —Jal, Vayu, Agni, Prithvi aur Aakash par aadharit hai.

Kyu Zaroori Hai?

Sahi Vastu se ghar mein kalesh kam hota hai, bimariyan door rehti hain, aur dhan-dhaanya ki vridhhi hoti hai. Jab hamara ghar prakriti ke niyam ke anusaar banta hai, toh wahan swabhavik roop se shanti aur sukoon ka vaas hota hai.



2. Mukhya Dwar (Main Entrance)



Aapka main gate ghar ka mukh (face) hota hai. Yahin se ghar mein saari urja aur Maa Lakshmi ka pravesch hota hai.

Sahi Disha:

Main gate ke liye **East (Purv) ya North (Uttar)** disha sabse uttam mani jati hai. Yeh disha suryoday aur kuber ki disha hoti hai.

Kya Karein:

Gate ke bahar hamesha achhi roshni rakhein. Tyoharon par aam ya ashoka ke patton ka toran lagayein. Swastik ya Om ka chinch darwaze par zaroor banayein.

Kya Na Karein:

Main gate kholte samay charchrahat ki aawaz nahi aani chahiye. Gate ke theek bahar dustbin ya jhoote bartan bilkul na rakhein.



3. Pooja Ghar (Mandir) Ka

Vastu



Ghar ka sabse pavitra sthan pooja ghar hota hai. Yahan ki urja poore ghar ko charge karti hai.

Sahi Disha:

Pooja room hamesha **Northeast (Ishan Kon)** mein hona chahiye. Ise dev sthan kaha jata hai.

Murtiyon Ka Rakh-Rakhav:

Bhagwan ki murtiyan deewar se thodi door rakhni chahiye. Ek hi devta ki do murtiyan aamne-saamne na rakhein. Khundit (tooti hui) murti mandir mein na rakhein.

Pavitrata:

Pooja room ke upar, neeche ya bagal mein toilet nahi hona chahiye. Pooja ghar mein raat ke samay ek chhota sa bulb ya diya zaroor jalakar rakhein.



4. Rasoi Ghar (Kitchen)



Rasoi ghar mein Maa Annapurna ka vaas hota hai. Yahan agni (fire) aur jal (water) dono ka upyog hota hai, isliye iska Vastu bahut mahatvapurna hai.

Sahi Disha:

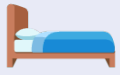
Kitchen ke liye sabse shubh disha **Southeast (Agneya Kon)** hai. Yahan agni devta ka sthan hota hai.

Agni Aur Jal Ka Santulan:

Gas stove (agni) aur sink (jal) ek hi platform par bilkul bagal mein nahi hone chahiye. Inke beech thodi doori banakar rakhein kyunki aag aur paani virodhi tatva hain.

Bhojan Pakane Ki Disha:

Khana banate samay aapka mukh (face) hamesha Purv (East) disha ki or hona chahiye. Isse swasthya achha rehta hai.



5. Master Bedroom (Sone Ka Kamra)



Din bhar ki thakan ke baad aaram aur sukoon ke liye master bedroom ka Vastu sahi hona zaroori hai.

Sahi Disha:

Master bedroom ghar ke **Southwest (Nairutya Kon)** mein hona chahiye. Yeh ghar ke mukhiya (head of family) ki disha hai.

Bed Aur Aaina (Mirror):

Bed ke theek saamne sheesha nahi hona chahiye, jismein sote samay aapka sharir dikhe. Ise ashubh aur swasthya ke liye hanikarak mana jata hai. Agar sheesha hai, toh raat ko uspe kapda daal dein.

Sone Ki Disha:

Sote samay aapka sir (head) hamesha South (Dakshin) ya East (Purv) ki taraf hona chahiye. North ki taraf sir karke kabhi na soyein.



6. Living Room (Baithak)



Living room woh jagah hai jahan mehman aate hain aur poora parivar ek saath samay bitata hai.

Sahi Disha:

Living room East, North ya Northwest disha mein ho sakta hai.

Bhari Saaman:

Sofa set aur bhari furniture hamesha South ya West ki deewar se lagakar rakhein. North aur East ka hissa halka aur khali rakhna chahiye.

TV Aur Electronics:

TV ko Southeast (Agnaya Kon) disha mein rakhna sabse achha hota hai. Living room mein khushnuma tasveerein lagayein, udasi ya yuddh (war) ki tasveerein na lagayein.



7. Bathroom Aur Toilet



Ghar mein sabse zyada negative energy bathroom se aa sakti hai agar iska Vastu sahi na ho.

Sahi Disha:

Bathroom ke liye **Northwest (Vayavya Kon)** sabse uttam disha mani jati hai.

Darwaza:

Bathroom ka darwaza hamesha band rakhna chahiye. Ise khula chhodne se ghar mein negative energy phailti hai. Lakdi ka darwaza sabse achha hota hai.

Pani Ka Bahaav (Leakage):

Ghar mein kisi bhi nal (tap) se paani nahi tapakna chahiye. Paani ka behna dhan (money) ke be-fizool kharch ko darshata hai. Ise turant theek karwayein.



8. Bacchon Ka Kamra (Study Room)



Bacchon ki padhai mein focus aur unke achhe vikas ke liye unke kamre ka Vastu sakaratmak hona chahiye.

Sahi Disha:

Bacchon ka kamra West (Pashchim), North, ya East disha mein hona chahiye.

Study Table:

Padhte samay bacche ka face hamesha East ya North ki taraf hona chahiye. Study table ko deewar se bilkul satakar na rakhein, thoda gap hona chahiye taki urja ka pravah bani rahe.

Roshni (Lighting):

Padhai ke kamre mein natural light aani chahiye. Kamre mein halke aur bright colors (jaise light green, light blue, ya yellow) ka istemal karein.



9. Aangan, Balcony Aur Paudhe



Prakriti (Nature) ko ghar mein lane se positivity dugni ho jati hai, lekin sahi paudhe chunna zaroori hai.

Tulsi Ka Paudha:

Ghar mein Tulsi ji ka hona bahut shubh hai. Ise hamesha **East, North ya Northeast** mein rakhein. Yahan subah jal chadhayein aur shaam ko diya jalayein.

Shubh Paudhe:

Money plant, Aloe Vera, aur halke phoolon wale paudhe (jaise Genda, Gulab) ghar mein sakaratmakta laate hain.

Kya Na Lagayein:

Ghar ke andar ya main gate par kaante-daar paudhe (Cactus) ya jin paudhon se doodh nikalta ho, unhe kabhi nahi lagana chahiye. Yeh ghar mein tanav paida karte hain.



10. Sakaratmak Urja Badhane Ke Khas Upay



Kuch chhote aur asaan upay jo aapke ghar ko khushiyon se bhar sakte hain.

Samudri Namak (Sea Salt):

Hafte mein kam se kam ek baar ghar mein pocha lagate samay paani mein thoda sa samudri namak zaroor daalein. Yeh saari negative energy ko sokh leta hai.

Kabad (Clutter) Hatayein:

Ghar mein tooti hui ghadi, kharab purane electronics, fate hue kapde, aur toota hua kanch (glass) turant bahar nikal dein. Band ghadi ruki hui pragati (progress) ki nishani hai.

Khushbu Aur Dhwani:

Subah-shaam ghar mein kapoor (camphor) jalayein. Iski khushbu aur dhuen se vatavaran shuddh hota hai. Halke bhajan ya mantra subah ke samay chalane se ghar ka mahol shant hota hai.

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Bhakti aur Shraddha se ise apne jeevan mein utaarein.