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# Vastu Times

Journal of Indian Traditional & Energy Architecture

# BUILDING BIOLOGY

AS HEALTH ORIENTED

**"VASTU** SHILPA SHASTRA"

GURUCHARAN TIRTH: AN ICONIC MONUMENT IN MAKING NEAR PUNE FOLLOWING SCIENCE OF SACRED GEOMETRY AND FRACTAL DIVINE PROPORTIONS

Wishes on Diwali and Prosperous New Year

### From the Editor's Desk

Season's Greetings and Wishing all of you all the Best of Health, wealth and harmony.

Diwali has just gone by ,and as you start gathering up the Diwali decorations, the lanterns and the lighting, some of us heave a sigh of relief as it marks the end of hosting numerous guests while some of us get gloomy by the thought of going back to the same Mundane routine.

However, I feel , we miss the true essence of it all - this is not just a festival, but an event to bring hope in our lives, to enlighten or to lead us towards New beginnings, so even if the diyas have been long gone, the mithai dabbas are scraped bottom empty, do not let this Festivity die within you. Capitalize on the positivity, build new bridges, let the joy continue.

Afterall the true meaning of this Festival is not just new clothes, or new cars or buying gold or jewelry but to look at life in all its glory and seize every moment and live life to its fullest.

In this issue Mayank talks about the relevance of Building Biology – which is Vastu Shilpa Shastra and it's significance in today's world, and how the age old knowledge of Vastu shastra needs to be upgraded.

Another interesting Topic covered is Bio Architecture and Sacred Geometry and why these age old concepts need to be considered while building Living Spaces. The most recent example being the Jain Meditation Centre near Ahmednagar conceptualized and designed by Mayank himself.

# Gurucharan Tirth, a Jain meditation space in Ahmednagar is designed to harness divine energies using principles of sacred geometry and geobiology.

The design of sacred spaces is one of the most challenging undertakings in the world of Architecture. To transform a blank site into a portal that invokes divine auras and in turn evokes the feeling of devotion, requires deeply intuitive processes on the designer's part.

One often wonders whether processes for creating spiritual spaces are steered by an inexplicable guiding force, or if pure scientific reason is capable of producing such an ethereal experience. In essence, the union of the two- the spirit and reason, the metaphysical and the scientific, has enormous potential to unleash the power of the sacred. This has been aptly demonstrated in the design of a sacred space in Ahmednagar, Maharashtra.

### Happy Reading and May the Festivities of Life continue

Vrushali Kute Editor



## Building Biology is Vastu Shilpa Shastra !



Lets first understand the basic Concepts of the below three and it's co-relation to each other –

*Vastu ( building ), ..... Vastu ( biology ),* and *Vaastu ( building biology)* 

The earth (biology). is the primary substance and this is known as *Vastu*.

Out of the earth many forms are created, which are the manifestations of Mother Nature .These are called *Vaastu*.

The surface of the earth ( Vaastu) is a plane upon which many objects are placed, such as buildings, sculptures, pools, towers and these are *Vastu*.

In general any substance can become a form or a space for other substances to be placed upon. For example the earth becomes a *Vaastu* when we place a building or a *Vastu* upon it.

The building in turn becomes a *Vaastu* when we place furniture (vastu) within it and so on.

In short, *Vastu* is substance or matter while *Vaastu* is the enclosing or supporting form or space.



Image – IIM Bangalore – B.V Doshi

# Understanding BUILDING BIOLOGY

"Building Biology is the evaluation and control of health hazards in the built environment. This involves assessing the home or workplaces for allergens, toxicants in air and water, electromagnetic fields and biotoxins unique to a waterdamaged building, and providing strategies to address exposure and/or source control and abatement".



**Building Biology** is a multidisciplinary and international movement of concerned individuals who have quantified the factors of the built environment that affect human health. Human health and the health of the planetary environment are, in the big picture, inseparable so the study of one implies the study of the other.

Building Biology is the holistic study of the man-made environment, human health, and ecology. It holds Nature as the gold standard against which our built environments must be measured.

Building Biology is not a narrowly specialized subject. It is an integrative approach that brings together fields of study that are otherwise only taught in isolation.

This was founded in Germany by a group of professionals from a variety of disciplines concerned about the inability of post-war housing to support health and ecology.

#### VASTUTIMES

### The Goal of Building Biology similar to Vastu Shilpa Shastra

The German term **"Bau-Biologie"** means *"building biology"* or *"building for life."* **Building Ecology** can be defined as the relationship between the building and the environment.

The phrase "Bau-Biologie and Ecology" specifically refers to the study of

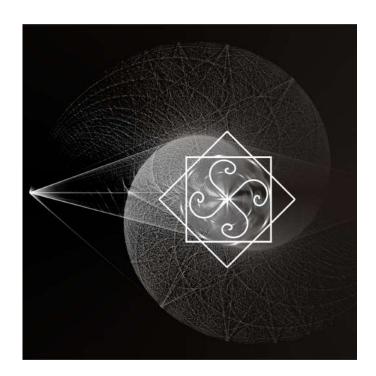
- The impact of the built environment on human health, and the application of this knowledge to the construction of natural homes and workplaces; and
- The holistic interaction of human involvement with the environment and the regenerative sustainability of the environment.

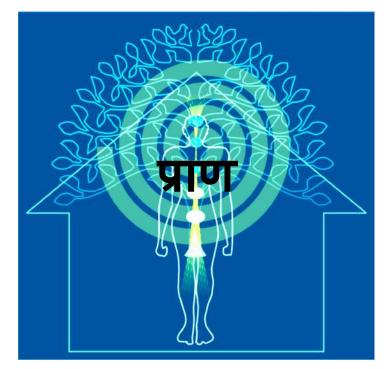
The underlying principle is one of "balance." All materials that come from the natural environment make up the "living structure" and will promote health. When these materials are returned to the natural environment they will cause no harm.

Problems occur for people and the environment when synthetic materials and manmade pollutants are introduced.

# Vastu Shilpa Shastra

Modern historians including Havell, Cunningham and Ferguson have conducted extensive studies regarding the origins of Vaastu Shastra. Observing the Harappa and Mohenjodaro civilisations historians concluded that Vastu Shastra developed between 6000 BCE and 3000 BCE as temples, houses, cities and towns had the principles of Vastu Shastra integrated in them.





### As per Vastuworld & Ar. Mayank Barjatya

Human's are vibratory beings, we radiate and absorb both physically & energetically, we are ENERGY biologically & It is seen as the vital force or life energy that moves through us, we call this PRANA प्राण

Similarly Building's also have life energies in terms of electromagnetic vibrations, which can be referred as vital life giving energies. If we can detect and follow the vibrations of buildings as per its flow than we are in tune with these energies (vastu shilpa shastra)

The study of Bio-energetics ( प्राण ( spiritutal ) and Building Electromagnetic vibrations ( प्राण energetics ) is Building Biology or Vastu Shilpa Shashta

Building Biology is study of Vedic vastu shilpa shastra as a building science more humanized (health)

# Vastu Shilpa Shastra / BUILDING BIOLOGY is living architecture

Throughout the 19th and the first half of the 20th Century, man rushed headlong into scientific and technological development. The scientific and technological paradigm has led to :

- dehumanisation of environments,
- fragmentation and disassembly of life and
- separation from nature and her rhythms.

Wholeness has become an indefinable and romantic ideal.

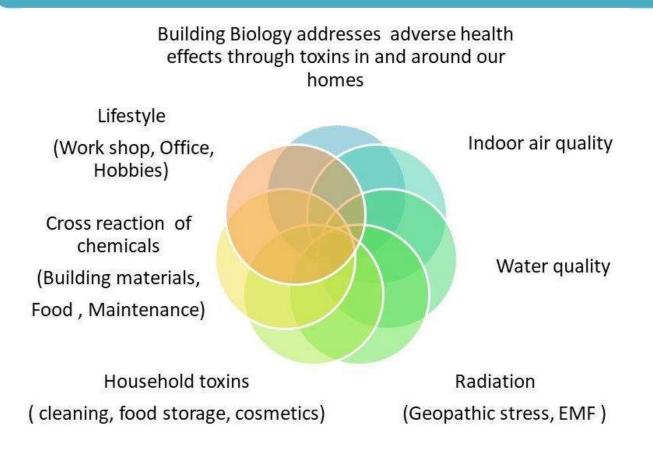
This impact is felt strongly in the field of architecture and building, This system has created buildings that fit the codes but it has reduced the quality of living environment and led to serious health risks.

We need to imagine everything we design and build as alive. We need to view the building as a living entity – PRANA with areas relating to the various parts of the human body e.g. the earth and living space represent the heart from which warmth, love, and energy flow out to all who are welcomed within the walls.

### An "alive" building will interact with its inhabitants in a positive and healthy giving way rather than the opposite effect experienced in



# **Environmental Health**



As seen above , the Science of Vastu Shilpa Shastra would address all the issues that have cropped up with the advent of Technology . Hence the need to combat New Era diseases like various cancers , genetic disorders , irreversible mutations etc , has never been more than ever before .

Also not to mention the generation of waste and pollutants in the living spaces , be it – Electromagnetic Radiation , Dirty Electricity to Bio hazardous gases and other volatile organic compounds in the Air , Water and Earth .

# As a consultant – it would give skewed results if we were to ignore these IMPORTANT FACTORS

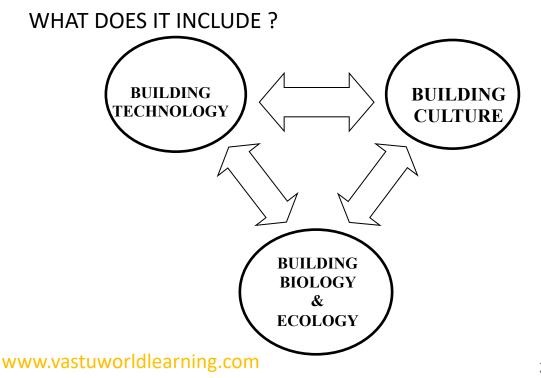
# **Study of BUILDING BIOLOGY**

**ARE WE EQUIPED TO FIGHT** THESE New Disruptors that have become the problem creators in the space we live in .

It is imperative that we arm ourselves with the knowledge of Building Biology, and start acknowledging and addressing these issues, else the time is not far when like every other technology, we are infiltrated with the same knowledge from the Western countries claiming it to be the TRUE Science, while questioning OUR ancient scientific beliefs, and our age old acquired wisdom becomes obsolete in the WAKE of so called WESTERNIZATION.

Building Biology is a must for all those involved in

building and harmonizing spaces – Architects, Builders, Interior Decorators, Vastu Consultants, Healers.



- Buidling Culture the ability of the built environment to lift a person up spiritually, mentally and morally, and to reflect all the thought and practice that a group of people has attained through the generations of association with each other;
- Building Technology the physical performance of the built environment, through the materials used and the construction methods employed;
- Building Biology and Ecology – the impact of the built environment on the health of people and the natural environment.



# Most Hazardous Building Biology Defects



# 1) TOXINS ADDED TO FINISHES MATCHINE IMPACT ON INDOOR AIR

- \* Irritation of ( membrane
- \* Headaches,
- \* Chinanahaa
- \* Skin rashes,
- \* Sore eyes, ru

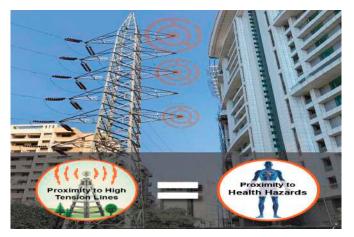
\* Sleeplessnes TOXICITY BUIL unchecked or r to liver, kidney

IN TECHNICAL COLL





### 2) Faulty Design





3) Geopathic Stress

### 4) Electro Magnetic Radiations

## WHAT DOES A BUILDING BIOLOGIST DO ? A Scientific Vastu Energy Consultant

A Building Biologist is employed to conduct

- electromagnetic field testing;
- assess the built environment for moisture and mold;
- conduct sampling for allergens, chemicals and particulates;
- provide advice on building healthy homes;
- provide recommendations on water filters;
- conduct pre-inspection audits;
- provide advice on healthy personal care and cleaning products; and identify
- and address geopathic stress.

### • & Check Prana & life energy inside the homes as per energy needs of all inhabitants



# Don't miss out on this opportunity Become a Certified Building Biologist And learn the True Vastu Shilpa Shastra Enroll for our Upcoming workshop

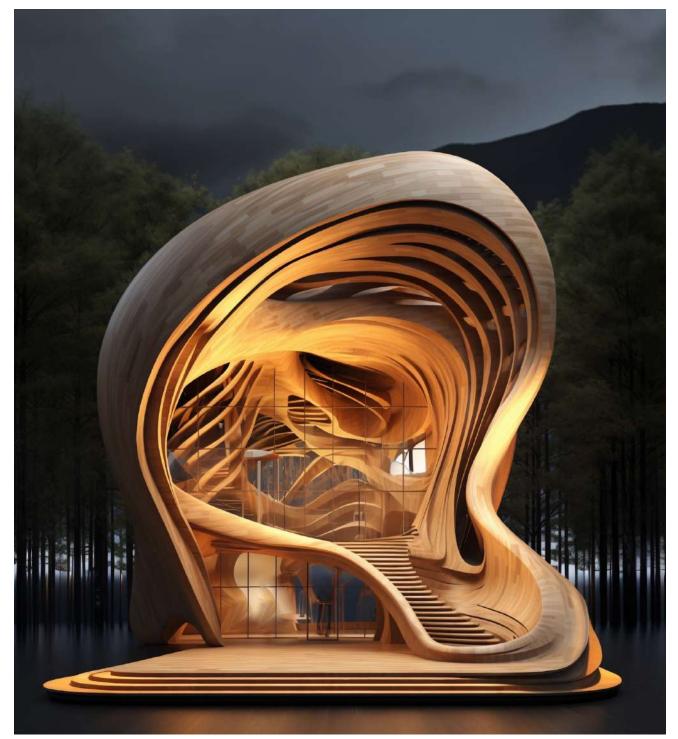
# Diploma in Building Biology -Maestro Course (19th - 21st Jan 2024)

### **Key Topics Covered**

- Advanced learning of Bio Energetics & Geopathy
- Geo Puncture Techniques to Erase Past Memories
- Protocols and Process of Energy Scanning
- Home Health Audit Concept & Importance
- Case Studies Commercial / Industrial & Institutional Projects
- On Site Practical & Energy Measurement
- Assessment & Evaluation



# SACRED GEOMETRY & BIO ARCHITECTURE



# The art of incorporating nature into modern architecture.

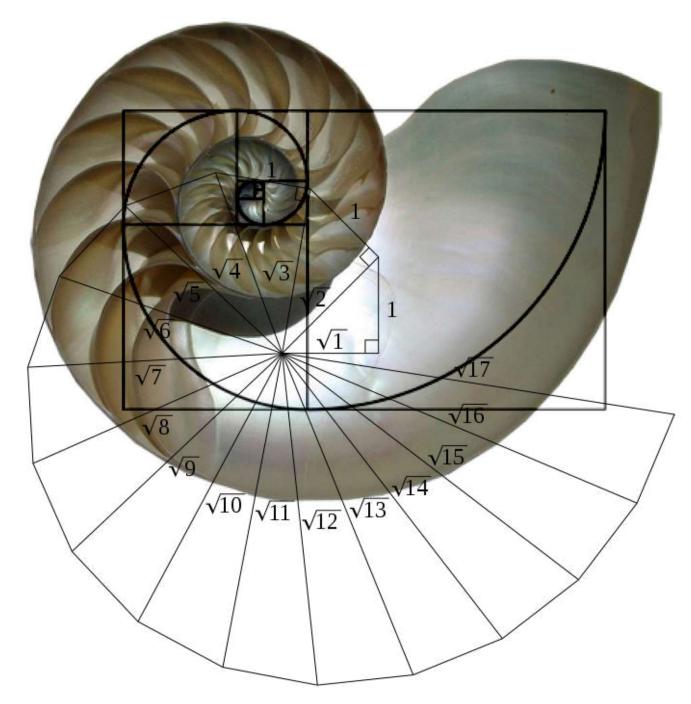
# Sacred Geometry



Geometry can be referred to in the "sacred" sense as the realm of irrational numbers which derive from nature.

More than just shapes such as rectangles, squares, circles, etc., "sacred geometry" makes explicit those fundamental mathematical laws and principles which govern nature.

Plato, following in the tradition of Pythagorus, "in his **Timaeus** explained that cosmic order and harmony are contained in certain numbers."



Probably continuing Egyptian usage, Pythagoras applied theoretical findings to natural phenomena and discovered wonderful and unexpected regularities and relationships.

*His observations led him to believe that certain ratios and proportions embodied the absolute truth about the harmonic structure of the world.* 

There exist an unseen connection between the universe, as well as those things that fall under its domain, and "sacred geometry". The possibility of this "invisible relationship" makes available the coexistence of a cosmic, universal order and harmony within nature.

### Relationship to the Universe and Nature

It has been mentioned that "sacred geometry" is found within numerous aspects of nature. E.g how the grow of a plant relates to the harmonious, rhythmic progression of the so-called Fibonacci series.

The stem of a plant rotates as it grows. As it climbs during its growth, the spiraling relates to the fraction of a complete rotation, from one leaf to the next, around the stem.

The fraction of growth is proportionate to the so-called Fibonacci series. Many other examples could be referred to here such as the spiral ratio of pine cones.

Also, the horns of some animals and certain shells relate to the golden proportion or logarithmic curve. Thus, it can be assumed that the argument of "sacred geometry" and nature's relationship is, indeed, possible.



VASTUTIMES

From these examples, the following becomes increasingly apparent.

There is an interconnection between the universe and nature with harmony and proportion.

If so, it becomes possible that harmony and proportion are the fundamental "laws" which govern the grand "cosmic order" within the universe.

This suggested theory is extended to the architectural expression via the use of "sacred geometry" which are specifically inherent in nature. De Lubicz asserts that proportion belongs to geometry and harmony.

"Proportion is the comparison of sizes; harmony is the relationship of measures; geometry is the function of numbers." (de Lubicz)

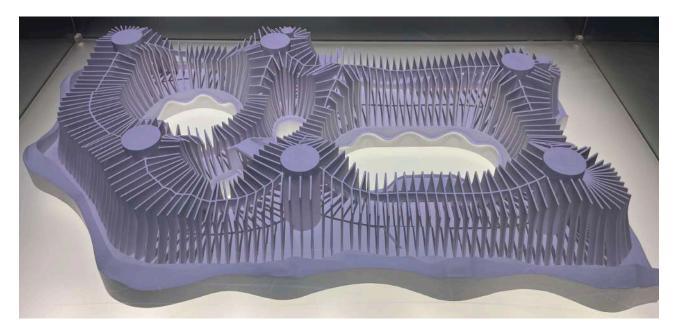


VASTUTIMES

# Relationship to Architecture

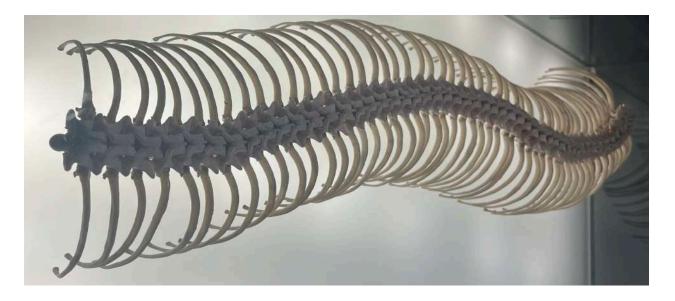


If geometry is found within so many aspects of the universe, then it is logical to conclude that its USE in architecture is just as feasible.



If used in architectural design, geometric principles will provide an extension from the harmonious, rhymic, natural order of the universe to the architectural artifact. in a similar fashion.

Just as geometry enables the universal continuum to exist, architecture serves as the edifice from which geometry can extend itself to the man-made world.



# Impact of Contemplative Spaces and Sacred Geometry on Spiritual Development

In historical architecture, spiritual interest buildings have always been related to very well-defined, précised, and complicated measurement systems.

These geometrical relationships, ratios and proportions, and perfect geometry allow the growth and flow of spiritual energy.

Architecture communicates with the physical as well as the mental status of an individual through the senses.



# Varying spatial arrangements and materials stimulate different emotional states.

Historical buildings such as Temples, Mosques, Churches, etc., have played a significant role in the development of architecture, each holding examples of the timeless architecture quality.



The geometrical conditions producing these energy qualities using geometrical shapes, numbers, proportions, colors, and sounds to replicate the quality of energy balance can be found through sacred geometry.



Similar geometric methods can be formed to magnify it, store it, spread it in a concentrated, laser-like manner, or radiate it from a central point to cover broad areas.

It can also charge the energy fields of other matters with this quality

Throughout the centuries, some places have been recognized as a sacred site of powerful transformative energies.



Such space acts as a spiritual amplifying glass, magnifying the strength of both positive and negative energies. This gives the individual a unique chance to speed up the course of their evolution and mindfulness.

## **Sacred Geometry Of Hindu Temples**

In India fractal geometry has been implemented in art and architecture for the last 1700 years.

The intricate designs of each element of the temple structure were made using fractal geometry.



# Gurucharan Tirth

Chichondi AhmedNagar

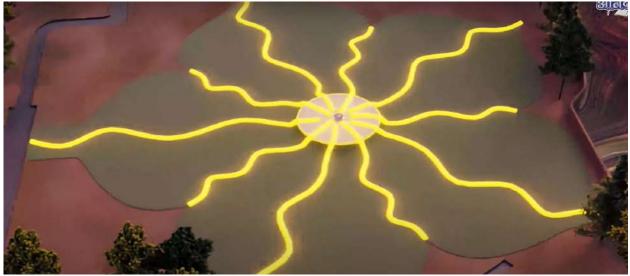
Designed by Ar. Mayank Barjatya



A Jain Meditation Centre at Anand Tirth

This center is envisioned as a seamless integration of sacred geometry and geobiology principles. The project exemplifies the profound impact architecture can have on mental, physical and spiritual well-being.

The design of the centre harnesses the latent cosmic potential of the site through derivations of <u>sacred geometry</u> and principles of <u>bioenergetics</u> (an area that probes into the energy interactions between living and non-living entities and the underlying energy fields of the earth).



*Plotting of the power-spot for harnessing Earth's telluric energies for positioning the paduka or the holy footprint* 

# The site of the meditation hall was identified with the help of geobiological processes of sacred spaces to fix on a specific energised spot or 'power' spot.

<u>Geobiology</u> helps in analysing the geological characteristics of the site and Earth's natural energies to recognise the inherent power of specific locations and optimise the energy dynamics of a space.

# The design concept is envisioned as an enclosure around the holy footprint or *paduka* of Acharya Anandrishiji Maharaj.

### The positioning of the crystal footprint on the 'power' spot helps tune its spiritual harmonics with Earth's telluric energies.

These energies are believed to emanate from the Earth's core and interact with the planet's magnetic field. Beneficial tuning of telluric energies can create positive resonance within a space. Celestial fractals emerge from the holy footprint synonymous with the divine lotus and grow organically to take the form of a stupa, establishing the centre of the meditation space.

# The thread of the lotus continues as the central theme as it blooms to craft a surreal interior and exterior experience.

**The** intend to make this a capsule of purity. One that cleanses the souls of those who choose to meditate within its womb, helping them attain spiritual enlightenment.



*The circumambulatory path traverses past petals that emerge in a progression of 24, 16, 8 and 4 as one moves inward. Image source: <u>Vastu World</u>* 

### The progression of the petals have been determined by <u>sacred geometry</u> wherein each number symbolises a deeper meaning connected with the ideologies of Jainism and <u>Jain</u>

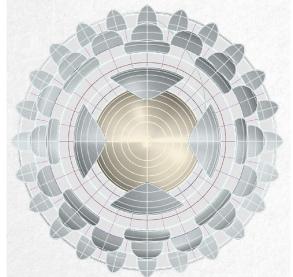
### Vastu science.

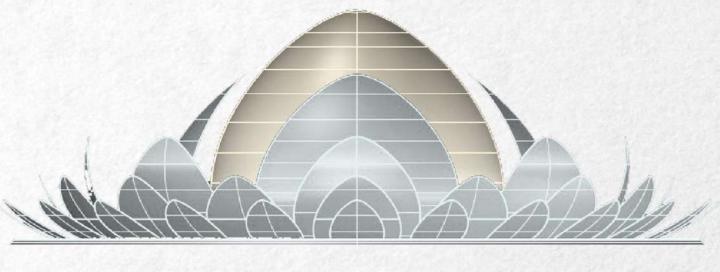
The outermost layer of **24 petals** incorporate sculptures of the 24 *Tirthankaras* or spiritual teachers of Jainism. The next layer of **16 petals** features the <u>48</u> *Bhaktamar stotras* or sacred chants in Jainism, divided into **3 categories- the cosmic, the global and the telluric.** This is followed by the layer with the *Ashtamangal* or the **8 Petals, considered as the most auspicious geometrical number in Jainism.** 

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The innermost layer with the **4 petals** represents philosophies of Jainism that connect with the purification of the soul and a journey to liberation, achieved by embarking on the pathway of the four jewels namely, *Samyak Darsana* (faith, acceptance of the truth of soul), *Samyak Gyana* (undoubting knowledge of the tattvas), *Samyak Charitra* (Correct Conduct) and *Samyak Tap* (Correct Asceticism).

The 4 petals aligning with the four cardinal directions, draw in energies, translating them to the innermost sanctum- the central bud that cocoons the holy footprint.





To funnel in the potent energies of the sun, the pinnacle of the lotus bud comprises clear glass skylights resembling dew-drops that capture the rays of the sun through 5 layers of lenses.



Resembling clear dew drops, the pinnacle of the lotus bud adorns glass skylights at 5 levels to filter in sun rays into the inner sanctum. Image source: <u>Vastu World</u>

The rays are trapped with the help of an automatic heliostat system and further focussed as an intense beam onto the concave lens embedded at the base of the crystal *paduka* or footprint.

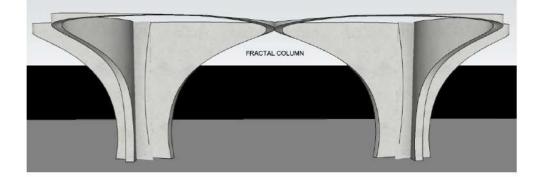
The sanctum sanctorum is set aglow with diffused light enabling the devotees to attain higher levels of consciousness and bliss in that atmosphere of divinity.

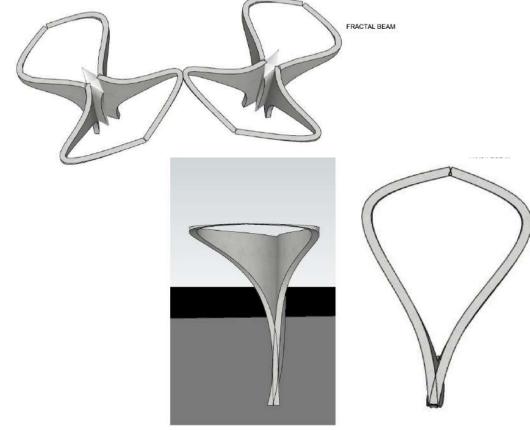


The rays filtering in through the oculus are focussed on to the concave crystal set on the paduka pedestal. Image source: <u>Vastu World</u>



The structural framing members- columns and beams have been designed employing contemporary iconographic abstractions of <u>sacred geometry</u> to leverage in further connections with the cosmos.

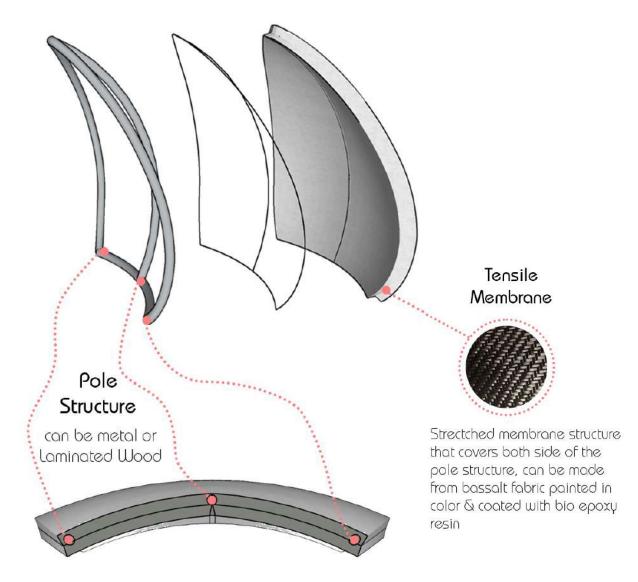




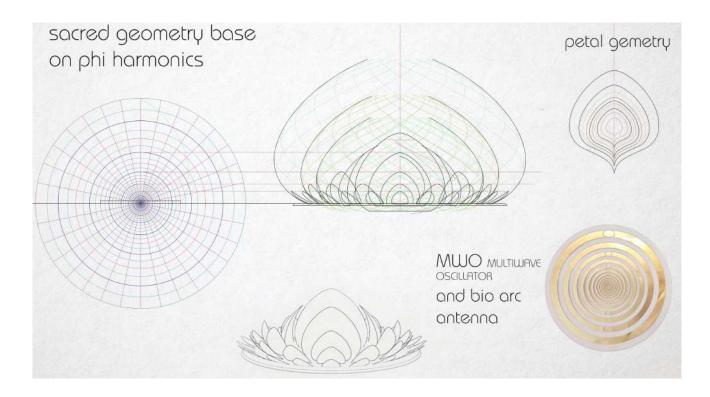
FRACTAL COLUMN

Ar. Mayank Barjatya, founder and principal architect at Vastu World says, *"The Gurucharan tirth building will be the world's first Dielectric tirth designed without steel.* 

Dielectric buildings are energy charged spaces have the ability to store cosmic and earth energy that helps meditators to connect to telluric Schumann Vibrations which is essential for Dhyaan.



The <u>materials</u> employed in the building are intuitive and ensure minimum interference with the earth's energy fields. Basalt Stone, rebars and mesh, and plant based natural bio-epoxy resins form the basic material palette of the tirth. Gurucharan tirth is planned so as to become electrically centripetal, which means it is made hypersensitive towards absorbing positive energies.



This will leave visitors energised with a lingering feeling of peace and overall wellbeing after spending some time in the tranquil premises.

Good design takes cognizance of climate, context, materiality, form, function and structure. But healing designs are ones that also factor in the deeper impacts of energies and their interaction with body and space.

Gurucharan tirth demonstrates through its uplifting concept the ability to manifest a sacred space that has healing abilities.

## It radiates its aura to create a portal that helps devotees transcend the physical plane and elevate their souls to become one with the infinite cosmos.

### Certificate course of Building Biology- Part 1 – (Home/ Office Environmental Energies) – 23<sup>rd</sup>.-25<sup>th</sup>.June

Sharing glimpses of a Unique and one of its kind of workshop held on Building Biology .

### This was the first workshop in a series of three workshops -

Ar. Mayank Barjatya talked about Building Biology – in relation to Home / Office Environmental Energies.

- Reintroducing the science of Building Biology and it's co-relation to Vastu Shilpa Shastra
- 25 Principles of Building Biology
- Bio architecture
- External and Internal influences affecting the space around us – Electromagnetic radiation, Dirty Electricity, Electro smog , Radiation , VOCs – chemicals , paints etc , Humidity , Molds etc .







- Detection of the above pollutants with the various German tools
- 5gEsmog spion , Multifunction Environmental meter , Geo stress meter , Earth magnetometer , life energy meter , EMF stress meter and many more .
- Rectification and Remedy installation to counter the effects of these organic and inorganic pollutants – like Health Vitalizer , Shielding solutions .
- The idea of these three workshops is to empower people with the knowledge of Building Biology , so that we look at rectification with a different outlook and approach remedification with different solutions and just don't limit ourselves to the North / South / East / West directions .

This will give consultants an edge over the Traditional consultants since today's problems in the environment are multifold and unique visa vie to the problems that persisted in the olden times.

Post completion of all three workshops – we would be issuing Diploma in Building Biology with an International Certification.











#### VASTUTIMES

## Workshops at a Glance



Workshop conducted on Energy Vastu for VJ Group (Vilas Javdekar) – Architects, Civil Engineers etc.

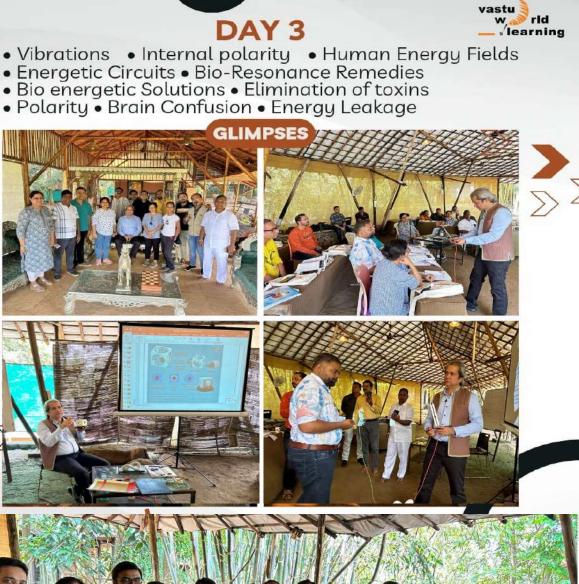


Bioenergetics – Building Biology – Human & Space Energetic Study – 6-8<sup>th</sup>.Oct 23





## Workshops at a Glance



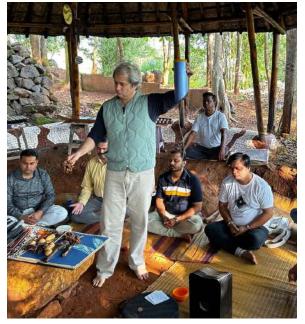


# A special session of Sonorium was conducted by Mayank Barjatya

This is a type of Sound Healing technique provides a novel experience of heightened, synaesthetic perception of the immediate impact of sound vibrations on the body and its more subtle layers. It creates an atmosphere and dedicated space of listening, tuning, aligning and coming into resonance with the universal principles and effect

The direct tactile impact of the sound vibrations creates a deep state of relaxation and clear sense of overall harmonization.







## Seminars at a Glance



Vastu Shastra - Energy Science? Quantum Physics or a Design Philosophy

Speaker for Masterclass for the 66<sup>th</sup>. Year Zonal Nasa Convention held at Poornima University Jaipur on 24<sup>th</sup>. Oct 23

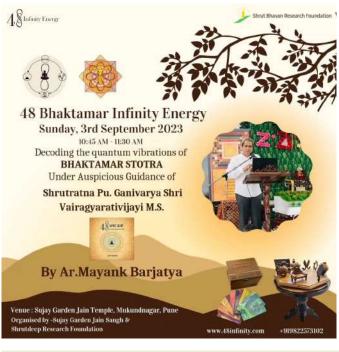




Truly a pathbreaking and Enriching session for igniting the young minds



## Seminars at a Glance



48 Bhaktamar Infinity Energy – Ar. Mayank Barjatya

Organized by Sujay Garden Jain Sangh & Shrutdeep Research Foundation on 3rd Sept 23

Under Auspicious Guidance of Shrutratna Pu. Ganivarya Shri Vairagyarativijayi M.S.



- Glimpses of Special Workshop conducted at Rajkot by Ar. Mayank Barjatya along with Param Pujya J. P. Gurudev at Chintamadi Parshvnath Jinalaya, Rajkot.
- Highlight of this healing seminar was that first time Spiritual and Scientific meaning of Bhaktamar Stotras were explained together to the community.
- After the talk, 48 Infinity Energy measurement for selection of right Bhaktamar energy cards and Bhaktamar essential oils was done by Mayank Barjatya using H3 Gold Lecher Antenna as bio-energetic tool for around 60 people including several Sadhvji.

www.48infinity.com +919822573102

# Insightful Webinars



Please contact us for recordings of these Webinars





WHAI? HOW CAN YOU USE BUILDING BIOLOGY/ VASTU SHILPA SHASTRA TO CREATE IDEAL PLACE?

### Interactive webinar

#### 9822573102 to Register

HOW TO "DESIGN FROM WITHIN" TO CREATE PLACES THAT NOT ONLY LOOK GOOD, BUT SUPPORT WELL-BEING AND PERSONAL GROWTH.

www.vastuworld.com

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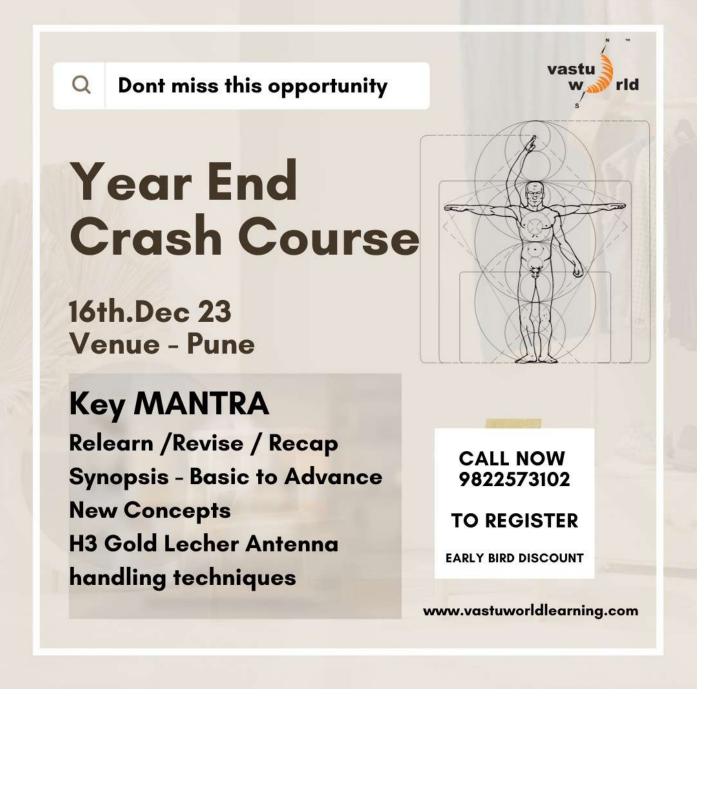
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# Upcoming workshop – Dec 23



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**Contact Details –** 9822573102, 9175907686



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