

The Significance of a Foundation Prayer (Grha Rambha - Vaastu Puja)



A well planned house as per Vaastu Shastra will give all pleasure, wealth, intelligent children, peace, prosperity and happiness among other various benefits. Disregard of Vaastu will result in unwanted travels, bad name, grief, disappointments and much more negative issues. Vaastu Shastra is, therefore, ushered in for the betterment and overall welfare of the people in this world. So Vaastu Shastra (aka Vaastu Veda, "science of construction"/ "architecture") is a traditional Vedic system of design based on directional alignments. The details of Vaastu Shastra and Grha Rambha are in many of the Puranas viz. Matsya, Skanda, Agni, Garuda, and Vishnu Puranas. The Deity of structures, known as – Vaastu Purusha, provides protection, happiness and prosperity to its habitants if the Vaastu principles are followed. The Vaastu Purusha Mandala (shown below) is a specific type of mandala (mystical diagram) used in Vaastu Shastra. It is the metaphysical plan of a building/temple/site that incorporates the course of the heavenly bodies and supernatural forces. The Vaastu Purusha is the presiding deity of any site. Usually he is depicted as lying on it with the head in the North-East and the legs in the South-West but he keeps changing his position throughout the year. The Vaastu Purusha lies with his back up. The concept is that the burden is carried on his back.

Vaastu Shastra is also part of the Vedas. The art of Vaastu originates in the Sthapatya Veda, a part of the Atharva Veda. Sthapatya Veda is all about dealing with

architecture. We can find many references in Vedas, Puranas and other subsequent literatures.

Shelter is the one of the basic needs of every living being. We build a house for shelter and to live a peaceful, happy and healthy life. A house or any building constructed as per Vaastu Shastra ensures maximum benefit to the habitant(s).

A structure built on a piece of land is also known as "Vaastu". It has been derived from the word "Vaas" which means "to dwell, live, stay, abide". Our ancient saints have concluded that anything living or non-living in the universe is made up of five basic elements or Pancha Maha Bhoota. Vaastu is directly related to these five elements which are Prithvi (Earth), Jal (Water), Agni (Fire), Vayu (Air), Aakash (Space). When these five elements are in harmony in our body, we are healthy and active and when their equilibrium is disturbed one is devitalized or unhealthy. Same is true with our place of living or work. Vaastu Shastra is the only science which instructs how to maintain best equilibrium of these five elements in a building and make best use of them to energize the mental and physical energies it's of inhabitants to the maximum extent. In other words Vaastu tells us how to make use of these five elements for the maximum convenience, comfort and security keeping them in perfect harmony in our home or place of work so that one should enjoy health, wealth, prosperity and growth.

Vaastu helps us to align the energies of our house with that of the environment. It helps us to live in balance with nature. Many consult the Vaastu Shastra only when they are in trouble or things are not going right. This attitude is incorrect. Vaastu Shastra is applicable in different geographical areas around the world. Even where there is a limited amount of sunshine, the answer is yes. The basic principles of balancing the five elements apply throughout the world. By using the principles of this science, buildings can be designed to harmonize with the different climatic conditions of each region.

The pastime of Vaastu Purusha

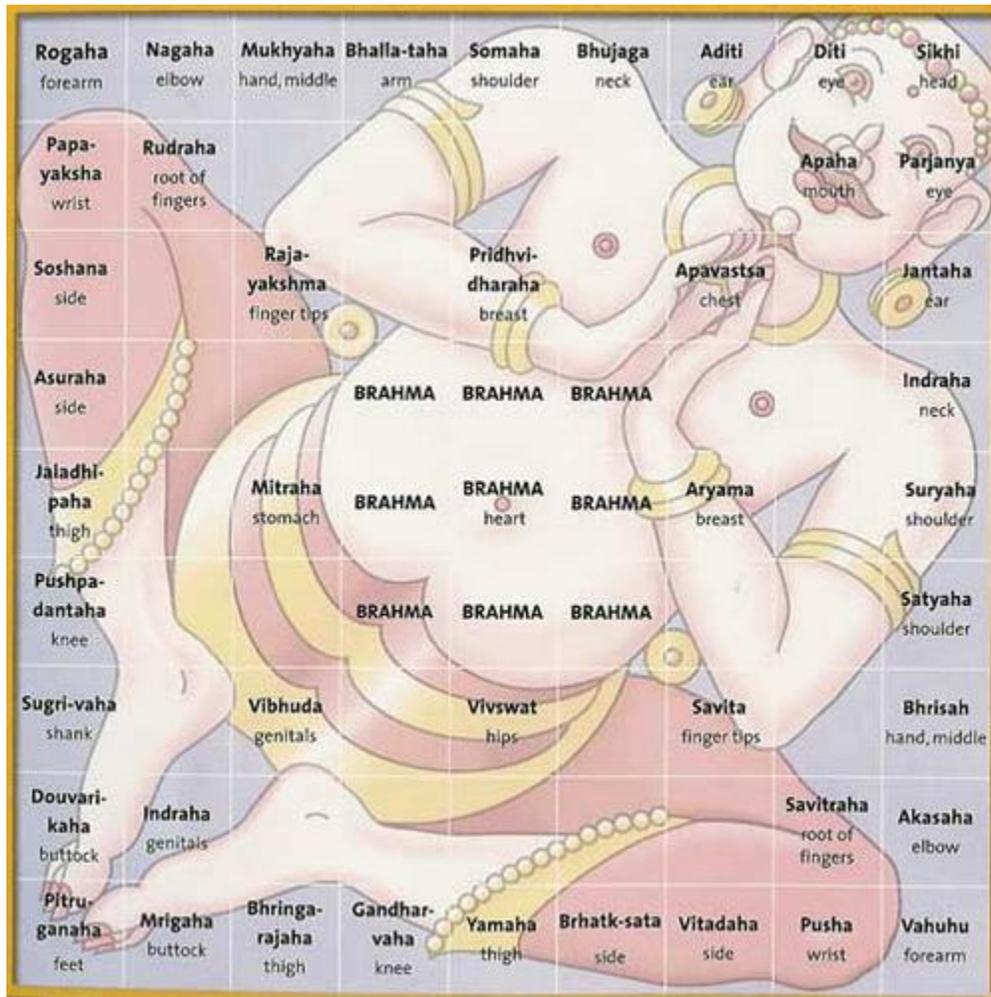
The ancient Indian text Mayamata, written many thousands of years ago, describes Vaastu Shastra - the science of ancient Indian architecture. Vedic shastras explains the history of how it all started. In the beginning, Lord Brahma, the creator of this Universe, experimented with the creation of a new creature. He created a large and monstrous creature that grew so rapidly that its shadow fell on the earth as a permanent eclipse. After that this ever-growing monster began to devour everything in its path as nothing could satisfy its insatiable hunger. Lord Shiva and Lord Vishnu requested Lord Brahma to do something before this creature destroyed everything. Lord Brahma realized his mistake and called the Astha Dikpalakas, the devas of the eight cardinal directions. Together they overpowered the Great Monster and held it flat against the earth. Then Lord Brahma jumped in the middle and held the monster down. He then asked another 32 devas to join him and help pin it down. {Their 32 positions can be seen on the classic mandala of the Vaastu Grid given below... The

diagram below, known as Vaastu Mandala, illustrates how Lord Brahma pinned down the Vaastu Purusha and the 32 devas - face down, with his head to the North East and feet towards South West. It is divided in to $9 \times 9 = 81$ parts. These devas rule various aspects of life and have certain inherent qualities.}



North

West



South

Picture of Vaastu Mandala

Then the Monster cried “You created me like this. So why am I being punished for what you made me?” Lord Brahma offered him a compromise and made the Monster almost immortal with the boon that any mortal that builds a structure on earth would worship him. He was thus named Vaastu Purusha.

The different months to start a Vaastu Puja

Whenever we decide to buy a Vaastu (building) or when we want to enter a new Vaastu, one has to select a proper Muhurat (auspicious time), so that it gives us the best fruit, peace and success. In Vaastu puja there is a lot of intricacies and there are so many rules that at times everything gets clouded. Following is a table that gives the effects of building your house in a particular English month of the year.

Month	Effect
Mid March - Mid April	Results in financial loss and fearfulness
Mid April - Mid May	It will bring good results
Mid May - Mid June	It will lead to the fear of death
Mid June - Mid July	It will result in the loss of wealth
Mid July - Mid August	Good for the welfare for the family
Mid August - Mid September	Good for the welfare for the family
Mid September - Mid October	It will result in unnecessary fight and enmity
Mid October - Mid November	Ensure acquisition of wealth
Mid November - Mid December	Cause fear of many things
Mid December - Mid January	Result in fear of fire and other troubles
Mid January - Mid February	Good for the entire family
Mid February - Mid March	Ensure gain in wealth, richness etc.

Following is a table that gives the effects of building the house in a particular day of the week.

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Day	Effect
Sunday	Fear of Fire
Monday (Shukla Paksha)	Happiness and all round prosperity
Monday (Krishna Paksha)	Should not start the work at all
Tuesday	Bad effects, fear of fire and death
Wednesday	Gain in wealth and richness, happiness, family welfare etc.
Thursday	Long life, happiness & children will attain name and fame
Friday	Happiness & peace of mind, full of good activities and functions
Saturday	Even if the life of the building will be long, life of inmates will be full of debt, sorrow, misery, laziness and other bad effects

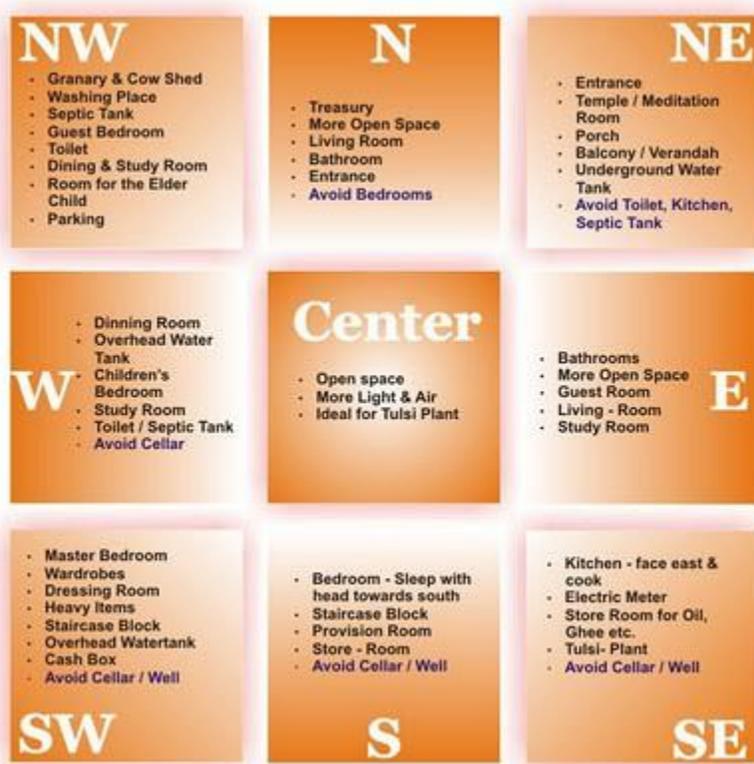
*** Now you would have noticed I haven't given special dates. This is because it becomes too complicated if all that information is given so I would request you consult with your family/local pundit and request him to give you a date according to the above information provided. For example in 2015 Aadhi Maas makes its appearance for a month in 17th June – 15th July. Yet the above information says its auspicious to perform a Vaastu Puja. So you see every year there are certain changes, hence I am suggesting to consult with your priest to avoid any confusion.

The Foundation Prayer Proper.

Once you have received the go ahead from your pundit about which date to commence the Vaastu Puja its time to get going. First things first get yourself a good compass. So before a house is built, there has to be a ceremony for laying the foundation stone (brick). The excavation/digging of the foundation should always be done in the North-East, the logic behind this principle is to keep the North-East level low and light. The foundation stone should either be laid in the Ishaan i.e. Northern-Eastern part of the entire plot or it should be laid in the North-Eastern part of the layout of the proposed house. The foundation stone should be taken to South-West corner and building construction should be started using that stone only as the first foundation stone. Construction of the foundation wall should NOT be started in North-East. Construction work of any building is to be started always only after Vaastu Puja. The construction of building should start at South-West, proceeds towards North-West/South-East and should end at North-East. Thirty-two Devas have to be worshipped on this occasion. Their names are Ishana, Parjanya, Jayanta, Indra, Surya, Satya Bhrigu, Akasha, Vayu, Pusha, Vitatha, Grahanakshatra, Yama, Gandharva, Bhrigu, Raja, Mriga, the Pitris, Doubarika, Sugriva, Pushpadanta, Ganadhiva, Asura, Shesha, Pada, Roga,

Ahimukhya, Bhallata, Soma, Sarpa, Aditi and Diti. These devas/devi's are to be worshipped outside the premises of the house.

Unfortunately we at DIPIKA won't be showing how to perform your own DIY Vaastu/Graha Rambha puja as we suggest that you request your family priest or a priest near you to perform this puja. It's not a straight forward prayer hence the suggestion of asking your priest. The reason and purpose for this article is to highlight the importance of this prayer... So please before you build a new house or extend your current house please perform the Grha Rambham/Vaastu Puja. This puja is performed once the trenches are dug, and a bedi {about 1m x 1m} (place/area where the puja proper is going to take place – I use banana leaves for the bedi) is made on the ground and the puja is performed on that bedi. Once the Puja is completed, the havan ingredients which should be fully burnt is emptied in a hole that was dug in the trench before the puja... the hole is now covered. Another hole is dug in the trench about a hands length deep and 9 types of metals and Shree Ananta Shesha or Lord Ganesh is placed in the hole and then buried. A small piece of gold should be included in the 9 types of metals. Any good puja shop stock these metals and costs around R3...



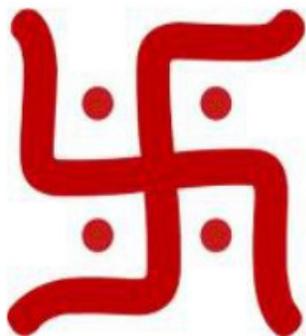
*** The above is provided to give you an idea for the placement of rooms and important house elements. Please work with your plan drawer/architect beforehand to make sure your house is built like the above to avoid future issues.

Benefits of Vaastu

Vaastu Shastra benefits us in living a Healthy, Wealthy, Happy and Prosperous life. It provides us with immense cosmic energy. In other words Vaastu Shastra is the Key to Success in matters of Health, Wealth and Prosperity. Those who live or work in Vaastu Compliant Enviroments are generally happy with their surroundings and get maximum benefits from the Panch Maha Bhoota's which is abundance in nature by gravitational force, solar energy, lunar energy, spiritual energy and cosmic forces. In terms of a 100% Vaastu Compliant building - if not possible, one should always try and make the interior arrangements accordingly and the habitants will benefit physically as well as mentally leading into a successful life. What else will an individual wish other than peace of mind, health, success & prosperity in life? Vaastu Shastra promises it all in the form of Earth, Water, Fire, Air and Space. By following the Vaastu principles we can achieve everything we wish. The Positive Energies of NATURE helps the inhabitants to establish themselves in this world and its usage minimizes the negativity surrounded upon the habitants and/or even the visitors.

The decoration of one's residence as per Vaastu Shastra Principles using Pictures, Motifs, Deities, Lamps etc is to bring Harmony, Peace and Happiness. The basic rule to decorate the house as per Vaastu with the help of pictures, motifs, water elements, deities, lightings etc. should be pleasing to the eyes and mind - bringing joy and cheer to those who view them.

Decorate the entrance (your front door) with the symbols like Swastika, Om, Colourful Rangoli to stop the entry of evil spirits and evil influences in the house.



Water Bodies or Fish Tank or pictures related to a waterfall, the ocean or rivers, etc should be placed in the North-East corner.



The Main Door has a great importance in Vaastu Shastra as it brings prosperity and happiness. The main door MUST face EAST or NORTH. The Decoration of Main Door should be done by placing a laminated picture of your Kul- Devata (The image of the family deity). Also your front door must not be directly opposite your back door, as your luck, money, etc comes from your front door and goes straight out the back door... if this is the case in your home then place a divider between the front and back door so that the energy from the front door doesn't leave straight through, but remain in the house...

*** For more info on Vaastu please do refer to our article called “[Griha Pravesha Puja \(House Entering Prayers\)](#)” on our website www.dipika.org.za.

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Compiled for the upliftment of Sanatan Dharma
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