VastuScan

PRINTABLE CHECKLIST

Vastu checklist for stress at home

Use this to check the placements Vastu Shastra links to a restless, anxious mind at home: the kitchen's direction first, then the air zones, your sleep and your work corner.

- [ ] **1. Kitchen's direction**
  Stand at the centre with a phone compass and find which of the 16 directions the kitchen falls in. Vastu Shastra places the kitchen in the south-east.

- [ ] **2. Stove position**
  Note where the stove itself sits. A kitchen in the north-east is a Critical defect: fire in a water zone, linked to mental stress and financial loss.

- [ ] **3. East zone open**
  The east is an air (Vayu) zone. Vastu Shastra reads a blocked, cluttered or unused zone as stagnation and lack of growth.

- [ ] **4. North-west zone open**
  The north-west is the second air zone. Air in excess is read as restlessness and anxiety, and overloaded activity can push a zone that way.

- [ ] **5. Headboard wall**
  The headboard goes against the south or west wall, so the head points south or east while sleeping.

- [ ] **6. Bed clear of a beam**
  Look at the ceiling above the bed. Vastu Shastra links a bed directly under a beam to headaches, stress and relationship issues.

- [ ] **7. Bed out of the door's line**
  The rules keep the bed out of the direct line of the door.

- [ ] **8. Router out of the bedroom**
  Vastu Shastra keeps the wi-fi router out of the bedroom, and the charging point in the south-east.

- [ ] **9. Direction you face at your desk**
  Face east for creative and knowledge work, north for financial or business work. Facing south is associated with obstacles and stress.

- [ ] **10. Wall behind your back**
  The rules keep a solid wall behind the person at the desk, never the back to a door or a window.

- [ ] **11. Around the centre**
  The Brahmasthan is kept open, clutter-free and well-lit, and nothing heavy is placed there.

Grades follow VastuScan's published Vastu rules. Vastu is traditional guidance; use it alongside a proper inspection.