VastuScan

PRINTABLE CHECKLIST

Vastu check for a couple's bedroom

Use it when you are checking your own bedroom, or a flat with a master bedroom you might buy. Direction sets the zone; the bed, mirrors and electronics are the in-room checks.

- [ ] **1. Bedroom zone**
  Take a compass reading from the centre of the home. South-west is ideal; south and west are acceptable; other zones are problematic but fixable.
- [ ] **2. Bed head direction**
  Head pointing south or east while sleeping. West is acceptable. North is not recommended.
- [ ] **3. Bed position in the room**
  South-west corner of the room, not the centre, with at least 3–4 inches between the bed and the walls.
- [ ] **4. Beam above the bed**
  Look up. No beam should run directly over the bed.
- [ ] **5. Bed in line with the door**
  Your feet should not point straight at the bedroom door. Move the bed if they do.
- [ ] **6. Mirror facing the bed**
  Mirrors disturb sleep and can cause relationship discord. Move it to the north or east wall, or cover it at night.
- [ ] **7. Switched-off TV screen**
  A switched-off screen acts as a mirror. Cover it when it is not in use.
- [ ] **8. Wi-Fi router**
  Keep the router outside the bedroom.
- [ ] **9. Water features**
  No aquarium or fountain in the bedroom.
- [ ] **10. Bedside tables**
  One on each side of the bed, balanced. A lamp on the south-east bedside table is auspicious.
- [ ] **11. Wardrobe**
  South or west wall, never in the north-east corner of the room.
- [ ] **12. Under-bed storage**
  Avoid broken items, old shoes and heavy metal items under the bed.

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