VastuScan

PRINTABLE CHECKLIST

Bedroom Vastu checklist: head direction and bed position

Use this in your bedroom before you change anything. Check your head direction, bed position, mirrors and electronics. The bedroom's zone decides the grade of the room in the home.

- [ ] **1. Head direction**
  Stand at the foot of the bed, face the headboard. The compass bearing is where your head points. South or east preferred; west acceptable; north to avoid.
- [ ] **2. Bed position**
  South-west corner of the room, not the centre. At least 3–4 inches from the walls on all sides.
- [ ] **3. Beam over the bed**
  No bed directly under a beam. The tradition links it with headaches, stress and relationship issues.
- [ ] **4. Bed in line with the door**
  Your feet should not point towards the doorway.
- [ ] **5. Mirror facing the bed**
  It should not face the bed or reflect the sleeper. Cover it at night or move it.
- [ ] **6. Dressing table mirror**
  On the north or east wall, never facing the bed.
- [ ] **7. Wardrobe**
  South or west wall, door opening east or north. Not in the north-east corner.
- [ ] **8. Water features**
  No aquarium or fountain in the bedroom.
- [ ] **9. TV and electronics**
  Keep to the south-east or north-west corner, covered when not in use. Wi-Fi router out of the bedroom.
- [ ] **10. Bedroom's zone**
  Master bedroom in the south-west is Ideal. South, west and three in-between directions are Acceptable. The other ten are Problematic. None is Critical.
- [ ] **11. Bedside tables**
  One on each side, so they balance.

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