



FOUNDATIONS HEALING DESIGN - VĀSTU SHASTRA COURSE

How to design healing spaces with Vaastu Shastra and Sthapatya Veda per South Indian teachings of Brahmarishi Mayan taught by traditional architect Padmabhushan Dr. Ganapati Sthapati

Vaastu Guru Padmahushan late Dr. Ganapati V. Sthapati, South India

Teacher (course is authorized by Guru): Olga Sokolova known as Mandodari (name given by the Guru)
www.olgamandodari.com

*“House buildings or temple buildings are embodied energies. Enclosed space is a living organism. A building enclosing the space is surcharged with eight elemental forces, the quintessence of which is VASTU and it is VAASTU when it takes material form.” Dr. Ganapati Sthapati, **Sthapatya Veda***

LECTURE №1- INTRODUCTORY (EACH LECTURE IS 2-3 HOURS)

History and Purpose of Vaastu Shastra

1. About Guru, traditional architect Dr. V. Ganapati Sthapati
2. History of Sthapatya Veda, Vaastu Shastra
3. Brahmarishi Mayan
4. Sthapatya Veda and who Sthapati is
5. Vaastu Shastra as scientific work
6. Meaning of Vaastu and Vastu
7. The purpose of the design and construction of Vaastu buildings

LECTURE №2

Cosmology: Basic Concepts and Original Texts

1. Cosmology of Vaastu Shastra
2. Vidya Shilpa Rahasuponishad
3. Vastu Sutropanishad
4. Concepts
 - Absolute Time as force of energy
 - Numbers manifesting into letters
 - Images manifesting into words
5. Diagram of energy manifesting into matter

LECTURE №3

Cosmology: Basic principles and postulates

1. Point theory - Brahma Bindu
2. Super String Theory or Brahma Sutra
3. The theory of spinning string and its metamorphosis
4. The manifestation of the invisible world



- The concept of absolute time and space
- The concept of rhythm and form
- 5. The vibration and resonance in architecture
- 6. Resonance of energy grids
- 7. Metamorphosis of forms, magic numbers 8 and 9

LECTURE №4

Cosmology: Architect, Creativity and 8 Main Creative Elements of Space

1. The energy of love - Rising Self-Consciousness
2. Understanding connection between architect's mind and work of the spiritual energy
3. The movement of energy - Paramanu, connecting living energy & matter
4. Panchabhutas and OM Light & Om Sound, Vibrations of Absolute Time
5. Siva Linga and it's sacred form implemented in architecture
6. Understanding the nature of creativity from the energy point of view

LECTURE №5

Presentation of Vastu in Architecture

1. Hindu Temples representing five Panchabhutas
 - Temple of Space
 - Temple of Air
 - Temple of Fire
 - Temple of Water
 - Temple of Earth
2. Vaastu monument to the ancient poet of South India, Thiruvalluvar
3. Sri Siva Vishnu Temple by Dr. Ganapati Sthapati

LECTURE №6

Taala system spatial dimensions

1. Taala as rhythm unit
2. Essence of numbers 8 and 5, as frequency of the energy vibration
3. Definition of Paramanu, primordial particle of energy
4. Units of time measurement table in Vaastu Shastra
5. Units of space measurement in Vaastu Shastra
6. Conversion of ancient units of measurement into modern units

LECTURE №7

Vastu - Vaastu Construction

1. Selecting construction site
2. Good and bad slopes on the property
3. Positioning of the building on the site
4. Correct orientation of the building on the property
5. Cardinal axis and inclination of the axis
 - Suddha Prachi
 - Esa Prachi



- Agnea Prachi
- 6. The direction of energy flow in the building
- 7. The concept of Gnomon
- 8. Orientation and fixing the property lines of the land in accordance with Vaastu Shastra

LECTURE №8

Introduction to Ayadi Calculations - details are only to the initiated people

1. The meaning of Ayadi calculations
2. Tools of vibrational matching, Ayaydi calculations:
 - Vedic Astrology
 - Astronomy
 - Mathematics
3. The concept of Nakshatra
4. Ayadi Tables - what are they?
5. Introduction into how to find proper perimeter of the building to make it alive and resonating with the owners

LECTURE №9

Vaastu Purusha Mandala

1. History of Vaastu Purusha Mandala (V. P. M.)
2. The concept of V. P. M.
3. Types of Power grids:
 - Manduka Vastu Mandala
 - Param Saayka Vaastu Mandala
4. The human body and the Vaastu Purusha Mandala
5. Energy belts in V. P. M.

LECTURE № 10

Influence of Cosmic Energy, of the Earthly energy and Vaastu Buildings on the subtle energy of a human being, space planning

1. V. P. M. - the blue print of the house
2. Diagram showing the positive and negative forces of energy in the cells of the energy grid - V. P. M.
3. Names of the energy cells - Padas
4. Table of the positive and negative effects on the human being in V. P. M.
5. Location of doors (main and secondary), location of windows based on V. P. M.

LECTURE №11

Designing Residential home based on Vastu Shastra

1. The concept of the Brahmastana
2. Forms and shapes of houses, sample floor plans, based on the teachings
3. Correct proportions of the building:
 - Proportions for the sides of the building



- Proportions for the building height
- 4. Set slopes for the roof
- 5. Proper location of
 - Staircases
 - toilets and bathrooms
- 6. The rules of adding new spaces to the existing building
- 7. Correction of the existing building based on the teachings of Vaastu Shastra

LECTURE №12

Basics of the town planning based on the design of V.P.M.

Suggestions to the Landscape

Puja

1. Schema of urban planning based on V.P.M.
2. Landscaping suggestions Vaastu Shastra based
3. Concept of Absolute Vaastu periods of time to start construction - Muhurtha
4. Introduction into the calculations of Muhurtha (only the concept)
5. Vaastu Puja - meaning

PRACTICE №13

Two days:

Ayadi calculations practice for those who completed the entire course (from Lecture №1 - №12)

- Ayadi tables – understanding the structure of the tables
- Ayadi Formulas and how to use them in the calculations
- Samples of the Ayadi calculations

Practice with students and homework

PRACTICE №14

One day:

Muhurtha Calculations practice for those who completed theory course

Practice with students and homework

LECTURE №15

Vaastu Shastra - Healing Architecture and Design

1. Conclusion - healing Vaastu architecture and design
2. Questions and answers Q&A

EXAMINATION FOR CERTIFICATION

- Multiple choice questions and answers

COURSE PROJECT

- Single family home – design project

HANDOUTS TO BE PROVIDED TO EACH STUDENT:

- *Basic Knowledge of the Vaastu Shastra Course Essentials*, 42 pages PDF
- *Electronic file of Ayadi tables* by Harald Buchner and Ganapati Sthapati and Acc.



TEXT BOOKS TO PURCHASE:

1. Building Architecture of Sthapatya Veda (400 pages) – this is a “bible” for Vaastu design and construction. For professionals and who wants to know the subject in depth (theory).
2. Ayadi Calculations
3. Building Architecture of Sthapatya Veda, Illustrations Volume II (126 pages) – this is a set of Vaastu projects by Dr. Ganapati Sthapati and associates. Contains developed floor plans, elevations with short descriptions. For professionals and who wants to know the subject in depth (examples of projects)

http://www.vedicbooks.net/advanced_search_result.php?search_in_description=1&inc_subcat=1&keywords=Dr.%20V.%20Ganapati%20Sthapati&osCsid=mlttu17m8lore4994q0b46mpb6

Also you can directly write to Vaastu Vedic Trust at <http://www.vastuved.com/dakshine-publishing-home/>

OTHER GOOD BOOKS BY DR. GANAPATI STHAPATI:

1. Shilpi Speaks series – 18 Vaastu Purusha Mandala (49 pages) – a very essence of Sthapatya Veda. For professionals and for beginners.
2. 'Shilpi Speaks' Series No. I An Overview of Mayonic Aintiram (16 pages) – introduction in cosmology. For professionals and for beginners.
3. Mono Science and Technology of Mayonic Origin - Ayadi Calculations (42 pages) – explanation of Ayadi calculations (vibrational matching) with tables of Ayadi perimeters for buildings. For professionals and for beginners.
4. Key Notes on Mayonic Science and Technology of Indian Origin (109 pages) – an abridged version of Building Architecture of Sthapatya Veda with new information. For professionals and for beginners.

RECOMMENDED BOOKS TO PURCHASE:

1. *Your Happy House - Illustrated Vastu Shastra for Everyone Paperback* by Olga Sokolova (Mandodari).
2. *Vastu Architecture: Design Theory and Application for Everyday Life Paperback* by Michael Borden.
3. *Vastusutra Upanisad: The Essence of Form in Sacred Art Paperback* – by Alice Boner, Sadasiva Rath Sarma, Bettina Baumer.
4. *Indian Architectural Theory and Practice: Contemporary Uses of Vastu Vidya* by Vibhuti Chakrabarti.