

Common Vastu Mistakes People Make and How to Fix Them

Vastu Shastra, the ancient Indian science of architecture, emphasizes creating harmony between the elements of nature and your living space. When applied correctly, Vastu can bring **peace, health, prosperity, and success**. However, many people unknowingly make mistakes when designing or organizing their homes and offices, leading to **blocked energy, stress, and career or health issues**.

In this article, we'll discuss some **common Vastu mistakes** and provide **easy-to-follow remedies** to correct them without major renovations.

1. Incorrect Main Entrance Placement

The **main entrance** is the most important part of your home as it's the gateway for energy to enter. Placing it in the wrong direction can bring **negative energy, financial instability, or obstacles**.

Mistake:

- Having the entrance in the **southwest**, which can attract negativity.
- Cluttered or poorly maintained entrances.
- Doors facing a staircase or mirror, causing energy to reflect outward.

How to Fix It:

- Place a **Vastu pyramid** or **mirror** inside the home to balance energy if the entrance is in an inauspicious direction.
- Keep the entrance **clean, well-lit, and uncluttered**.
- Hang protective symbols like **Om, Swastika, or Trishul** near the entrance to ward off negativity.

Pro Tip: Add **plants** near the entrance to invite positive energy and fresh vibes.

2. Wrong Kitchen Placement

The **kitchen** represents the **fire element** in Vastu, which governs **energy and health**. Placing the kitchen in the wrong direction can lead to **health problems and financial instability**.

Mistake:

- Kitchen located in the **north** or **northeast**.
- The stove and sink placed close together, causing a clash between the fire and water elements.

How to Fix It:

- Place a **red object** (such as a candle or vase) to strengthen the fire element if your kitchen is in the wrong direction.
- Ensure a minimum gap between the stove and sink to balance fire and water energies.
- Ideally, the stove should be placed in the **southeast**, and you should face **east** while cooking.

Example: If your kitchen is in the northeast, you can use **warm-colored decor** (like red or orange) to counterbalance the energy.

3. Sleeping with Your Head Facing North

Your **sleeping direction** can significantly impact your **health** and **mental well-being**. According to Vastu, the earth's magnetic field flows from north to south, and sleeping with your head in the **north** can disrupt this energy flow.

Mistake:

- Sleeping with your head facing **north**, leading to disturbed sleep, anxiety, or health issues.

How to Fix It:

- Adjust your bed so that your head faces **south** or **east** while sleeping.
- If relocation isn't possible, place a **copper pyramid** under the bed to neutralize energy imbalances.

Pro Tip: Incorporate calming colors and minimal electronics in the bedroom to enhance restful sleep.

4. Clutter in the Northeast Corner

The **northeast** direction is associated with **spiritual energy** and **mental clarity**. Clutter in this area can lead to **confusion**, **stagnation**, and **health issues**.

Mistake:

- Storing heavy items, unused furniture, or clutter in the northeast corner.
- Blocking natural light and airflow in this area.

How to Fix It:

- Declutter the **northeast corner** and keep it light and open.
 - Use **spiritual decor**, such as a **small altar**, **vision board**, or **meditation area**.
 - Add a **water element**, such as a bowl with floating flowers, to enhance tranquility.
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5. Mirrors in the Wrong Position

Mirrors can amplify energy, but improper placement may lead to **stress** or **negative reflections**.

Mistake:

- Mirrors reflecting the bed, causing restlessness.
- Mirrors reflecting the entrance, pushing positive energy out of the home.
- Placing mirrors in the **south** direction, which may cause instability.

How to Fix It:

- Avoid placing mirrors opposite the bed or main entrance.
- Place mirrors on **north** or **east** walls to enhance positive energy flow.
- Ensure mirrors are **clean** and free from cracks or distortions.

Example: A strategically placed mirror in the **dining area** can reflect abundance and prosperity.

6. Ignoring the Placement of Toilets

Bathrooms and toilets can drain **positive energy** if placed in inappropriate locations, particularly in the **northeast** or **center** of the home.

Mistake:

- Toilets located in the **northeast** corner, causing spiritual and mental energy blockages.
- Bathroom doors left open, allowing negative energy to spread.

How to Fix It:

- Keep bathroom doors and toilet lids **closed** when not in use.
- Place a **small bowl of salt** in the bathroom to absorb negative energy.
- Hang a **mirror** on the outside of the bathroom door to deflect negative energy.

Pro Tip: Add **indoor plants** like peace lilies to maintain a fresh atmosphere.

7. Overcrowding the Center of the Home

The **Brahmasthan** (center of the home) represents **balance** and **energy flow**. Overcrowding this space with furniture or clutter can block the free circulation of energy.

Mistake:

- Placing heavy furniture or decor items in the center of the home.
- Using the center as a storage or dumping area.

How to Fix It:

- Keep the **center of your home** open and clutter-free.
 - Use **neutral colors** and **soft lighting** to create a sense of openness.
 - Avoid placing large or heavy objects in this area.
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8. Not Balancing the Five Elements

Vastu is based on harmonizing the **five elements**—earth, water, fire, air, and space. Imbalances can manifest as **health issues**, **financial troubles**, or **relationship conflicts**.

Mistake:

- Overemphasizing one element (e.g., too much fire or water) while neglecting others.

How to Fix It:

- Use **plants** and **earthy decor** to strengthen the earth element.
- Add a **water feature** in the **northeast** corner to enhance the water element.
- Incorporate **warm lighting** and **candles** in the southeast to activate the fire element.
- Ensure good **ventilation** and airflow to balance the air element.

Example: Regularly open windows to allow fresh air and energy to circulate throughout your home.

Correcting **Vastu mistakes** doesn't require extensive renovations. Simple remedies like **rearranging furniture**, **decluttering**, and using **symbols or elements** can make a significant difference in the energy flow of your home or office. By paying attention to directions, colors, and placements, you can create a space that promotes **harmony**, **success**, and **well-being**.

Start with one or two adjustments and observe the changes in your energy and life. Have you experienced improvements by applying Vastu principles? Share your experiences and tips in the comments below!