

# TALISE

Jumeirah Group's Spa & Wellness Lifestyle Magazine

Firewalking  
flames of freedom

Carolina Herrera  
the queen of elegance

The Halo Effect  
angels make more money

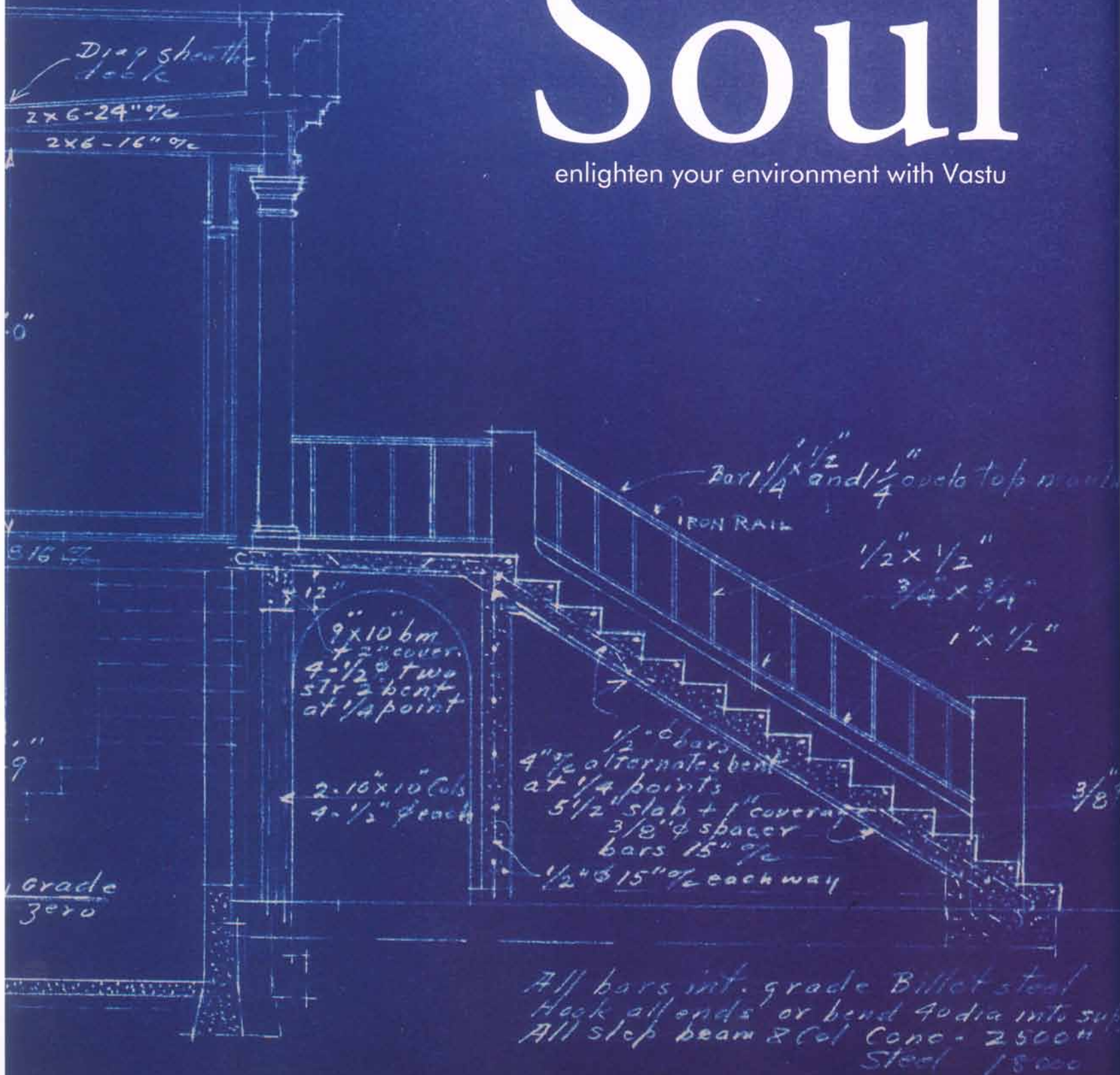
Architecture with Soul  
enlighten your environment

Cellular Memory  
does your body store your soul?

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# Architecture with Soul

enlighten your environment with Vastu



Why is it that we can feel great upon entering one home, but feel like fleeing from another? Why do we sleep well in one room, but for no apparent reason, toss and turn in another? Vastu, the oldest and most global science of architecture and design, has the answers.

This holistic approach to architecture and design has been increasingly attracting much-warranted attention for its creation of harmony through ourselves and our constructed environment. To gain an understanding of Vastu, Talise spoke with international architects, Markus and Andrea Stebich, who explain its inner workings and describe how it can help you to create a supportive and healthy environment.

Talise: How did you learn about Vastu and why did you develop such an interest in it?

Andrea: I was educated in Germany in the traditional way architects are educated, but I was always searching for the deeper meaning of architecture. I liked churches and Renaissance houses and I felt like they had different feelings attached to them, but I couldn't explain why. I started researching the possibilities and I discovered the existence of architects who were also healers. They knew everything about how to build a house, but they also knew how to heal people by creating healing environments through the principles of Vastu.

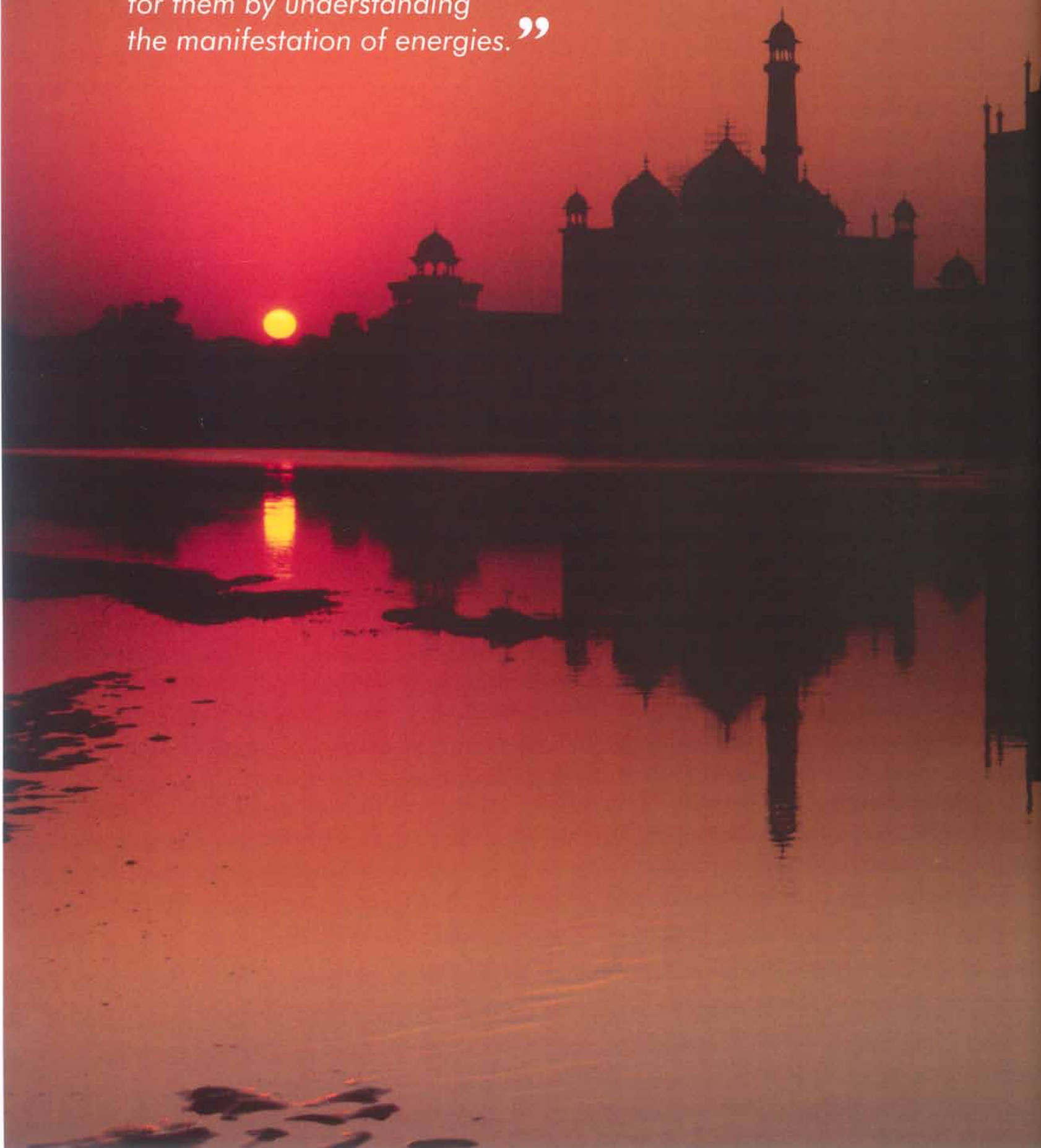
Markus: In classical studies in architecture you learn about proportions and materials, but when you ask deeper questions, you can't find the answers. Architects are taught to make things proportional because they are more beautiful that way, but if you ask why they need to be beautiful, you don't get an adequate answer. Vastu explains that beauty shows that there is harmony present and, when there's harmony, it leads to our wellbeing.

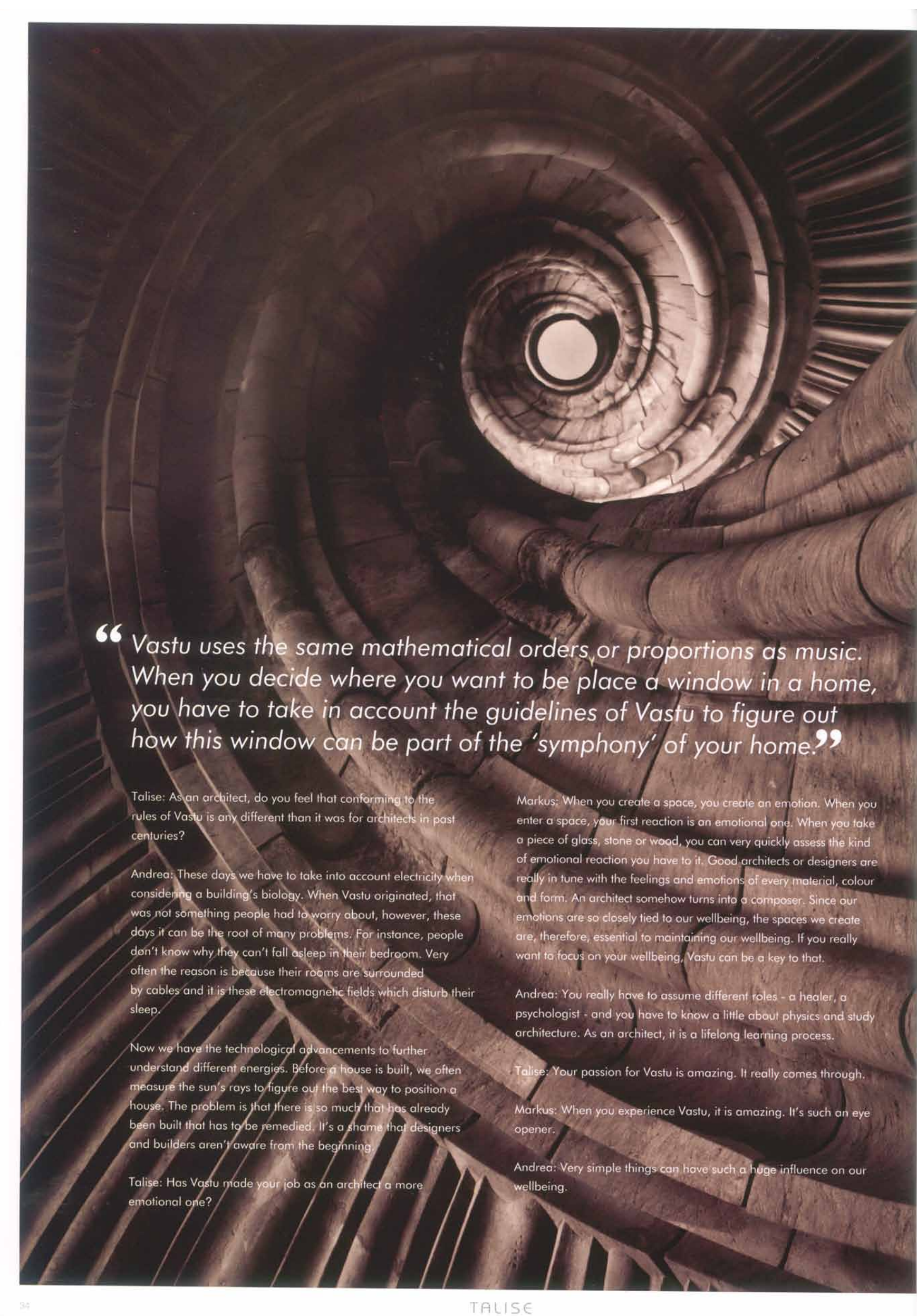
Talise: Why is it that old churches and Renaissance houses feel harmonious to you, whilst modern architectural projects don't?

Markus: A lot of historical buildings and places of worship around the world are based on principles found in Vastu. The information the architects or master builders were given was very similar, if not exactly the same, as that given by Vastu masters in India. So people either discovered principles similar to Vastu through trial and error or there was some sort of transfer of knowledge.

Andrea: In fact, Vastu used to be a secret knowledge. It was traditionally only transferred from father to son. It was only recently, about 25 years ago, that the Vastu teachers decided to share their knowledge with the public.

*“When you start to understand how people are influenced by their surroundings, you realise how important it is to create a healthy environment for them by understanding the manifestation of energies.”*





*“Vastu uses the same mathematical orders or proportions as music. When you decide where you want to be place a window in a home, you have to take in account the guidelines of Vastu to figure out how this window can be part of the ‘symphony’ of your home.”*

Talise: As an architect, do you feel that conforming to the rules of Vastu is any different than it was for architects in past centuries?

Andrea: These days we have to take into account electricity when considering a building's biology. When Vastu originated, that was not something people had to worry about, however, these days it can be the root of many problems. For instance, people don't know why they can't fall asleep in their bedroom. Very often the reason is because their rooms are surrounded by cables and it is these electromagnetic fields which disturb their sleep.

Now we have the technological advancements to further understand different energies. Before a house is built, we often measure the sun's rays to figure out the best way to position a house. The problem is that there is so much that has already been built that has to be remedied. It's a shame that designers and builders aren't aware from the beginning.

Talise: Has Vastu made your job as an architect a more emotional one?

Markus: When you create a space, you create an emotion. When you enter a space, your first reaction is an emotional one. When you take a piece of glass, stone or wood, you can very quickly assess the kind of emotional reaction you have to it. Good architects or designers are really in tune with the feelings and emotions of every material, colour and form. An architect somehow turns into a composer. Since our emotions are so closely tied to our wellbeing, the spaces we create are, therefore, essential to maintaining our wellbeing. If you really want to focus on your wellbeing, Vastu can be a key to that.

Andrea: You really have to assume different roles - a healer, a psychologist - and you have to know a little about physics and study architecture. As an architect, it is a lifelong learning process.

Talise: Your passion for Vastu is amazing. It really comes through.

Markus: When you experience Vastu, it is amazing. It's such an eye opener.

Andrea: Very simple things can have such a huge influence on our wellbeing.