



**MY HUMBLE PRANAMS AT THE LOTUS FEET OF
BHAGWAN SRI SATHYA SAI BABA**



VASTU AAROGYUM™

Abundance of Health & Happiness



By

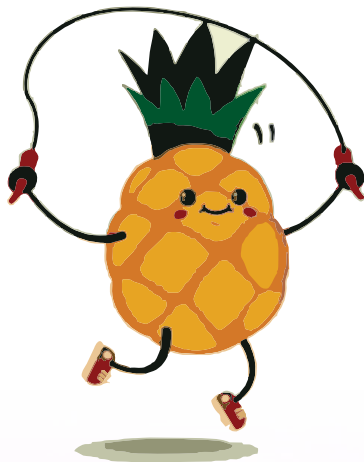
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Vastu Energy Consultant, Master Dowser & International Trainer



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FITNESS, WELLNESS, WHOLENESS





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WHAT is WELLNESS?

“Wellness is a state of complete physical, mental, social and Spiritual well-being, and not merely the absence of disease or infirmity.”

– The World Health Organization.





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WHEEL of
WELLNESS

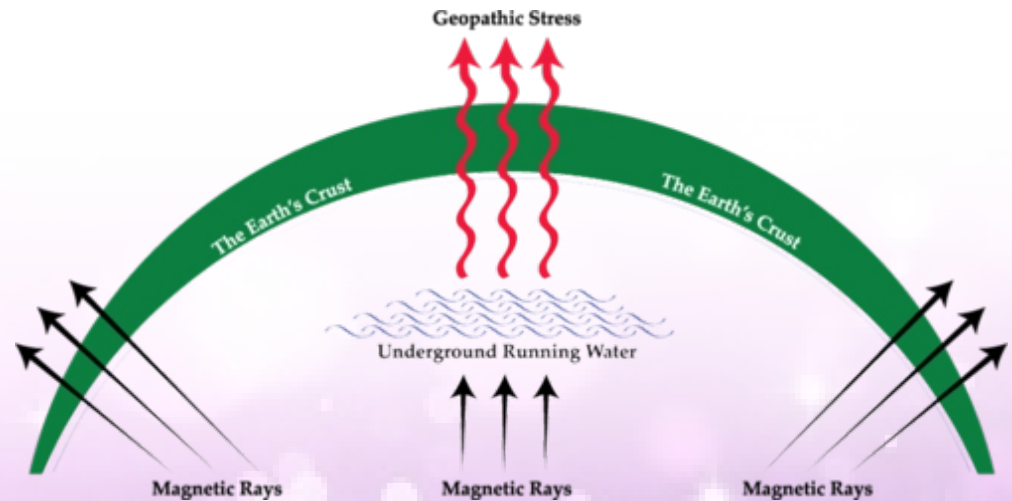




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Physical Wellness

- a) *Geopathic Stress*
- b) *Earthing*
- c) *Importance of South East*
- d) *East (Sun)*





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EMOTONAL WELLNESS

Our Emotions Depends Upon -

- a) Finance*
- b) Relations*
- c) Children*
- d) Social Status*

Finance

- 1) North
- 2) South West

Children

- 1) North East

Relations

- 1) South East
- 2) North East
- 3) South West

Social Status

- 1) North west
- 2) South East



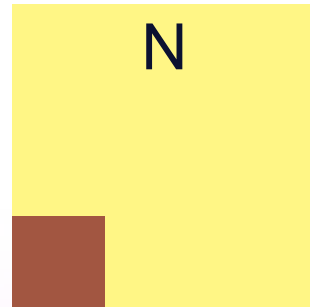


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INTELLECTUAL WELLNESS

a) North Direction

b) South West





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SPIRITUAL WELLNESS

- a) North East*
- b) North & East*
- c) Brahmasthan*
- d) Environmental Energy*
- e) Space Energy*
- f) Chakras*





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Conclusion



*We agree that Vastu & Wellness go
hand-in-hand !*




Thank You !



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 [vastu aarogyum](https://www.youtube.com/vastu_aarogyum)- Dr. Avinash Kulkarni

I express my love & pray
Bhagwan Baba for his blessings...



॥ समस्त लोकाः सुखिनः भवन्तु ॥