



Vastu Home: Harmonize Your Living Space Using the Practical Indian Tradition of Vastu

By Pegrum, Juliet

Duncan Baird Publishers, 2002. Soft cover. Condition: New. 1st Edition. Large book. 160 page. Contains: Illustrations. From Booklist: Even though it may well predate feng shui, Vastu, the ancient Indian tradition that "seeks to align living spaces with their inhabitants and the cosmos," has yet to rise to mass public consciousness, but it's certainly growing. Pegrum, an interior designer and yoga instructor who has lived in India, explains the complex history, philosophy, and religion behind Vastu in a clearly written overview illustrated with color photographs and crisply drawn floor plans. Chapters divided into each area of the house outline the optimal placement of rooms and furnishings to enhance the flow of prana, or "cosmic energy," and notes ways to achieve balance in the least ideal conditions. Pegrum concludes with chapters about achieving pranic flow in unconventional spaces, such as lofts, and in gardens. The Vastu approach incorporates the increasingly trendy Indian health tradition of ayurveda, which will attract some readers. And, although Vastu isn't yet mainstream (unlike feng shui, there isn't a Vastu for Dummies), there will probably be demand for this sensitive, informative guide. Gillian Engberg Copyright American Library Association. All rights reserved--This text refers to the...



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