

## Assignment 16: Managing Critical Pain Points with Vastu Purusha Mandala and Marma Technique

### Assignment Goals:

- Recognize the energy lines on Vastu Purusha in your home map that control the flow of healing in a building.
- Perform Marma Point Analysis and suggest simple MahaVastu solutions for overcoming persistent Pain and Critical Health Issues at home.

### Step 1: Prepare home map for Marma Evaluation

After evaluation and balancing of the 3 health related MahaVastu Zones, proceed to Marma Analysis to pinpoint causes of key Pain areas and critical health issues. (See Reference 16 while following the steps).

1. On a gridded To-the-Scale Map of your Home, join the Centre point of NE (B1) and SW (B2) Zones with a straight line.
2. Find the midpoint between NE and NNE Zones (A1) on outer wall of your home plot. Similarly, find midpoint between SW and WSW (A2). Join these 2 points with a straight line as shown in Reference 16 on Page 3.
3. In this manner, draw 4 more lines on your House Map. See Reference 16 and ask your Trainer for clarification.
  - NE-ENE (C1) ↔ SSW-SW (C2)
  - WNW-NW (X1) ↔ SE-SSE (X2)
  - NW (Y1) ↔ SE (Y2)
  - NW-NNW (Z1) ↔ ESE-SE (Z2)

After this Preparation of your home map, Now perform Marma Analysis and Evaluation of your Home.

*MahaVastu Suggestions and Remedies are only helpful in creating a healing conducive environment, and not meant to bypass or substitute specialized advice of Certified Medical Professionals. Kindly take all healthcare decisions under direct supervision of your Doctor.*

### Step 2: Do Marma Analysis of your Home

Complete the Marma Analysis Table (Page 2) to perform Marma Point Analysis at your Home. Then, suggest simple MahaVastu solutions to get relief from persistent Pain areas.

### Action List to do Marma Analysis (Table 16)

1. First, check where you feel persistent pain in your body. Mark the same body part in the Vastu Purusha (Refer Reference 16) on your home map.
2. In **Col A**, write the body part where you feel pain.
3. To **fill Col B**, write the corresponding zone where the same body part of Vastu Purusha is positioned (See Reference 16).
4. To **fill Col. C**, Check the zone that you have mentioned in Col. B in your home, and write any AUO, heavy objects or nails in the area where you feel pain.
5. To **fill Col. D**, Suggest Mahavastu Remedies by either shifting AUO in the area or by relocating AUO to a completely different Zone.

Complete the table and upload your Assignment. Also upload a picture of your Home Map with Marma Analysis marked for your Trainers to check and give feedback on your working.

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### Important Points to keep in Mind:

- These important Marma lines marked in your Home Plan control the flow of healing energy throughout the home.
- Do not place any AUO, heavy object or nails in the wall on or near these energy lines at your Home.

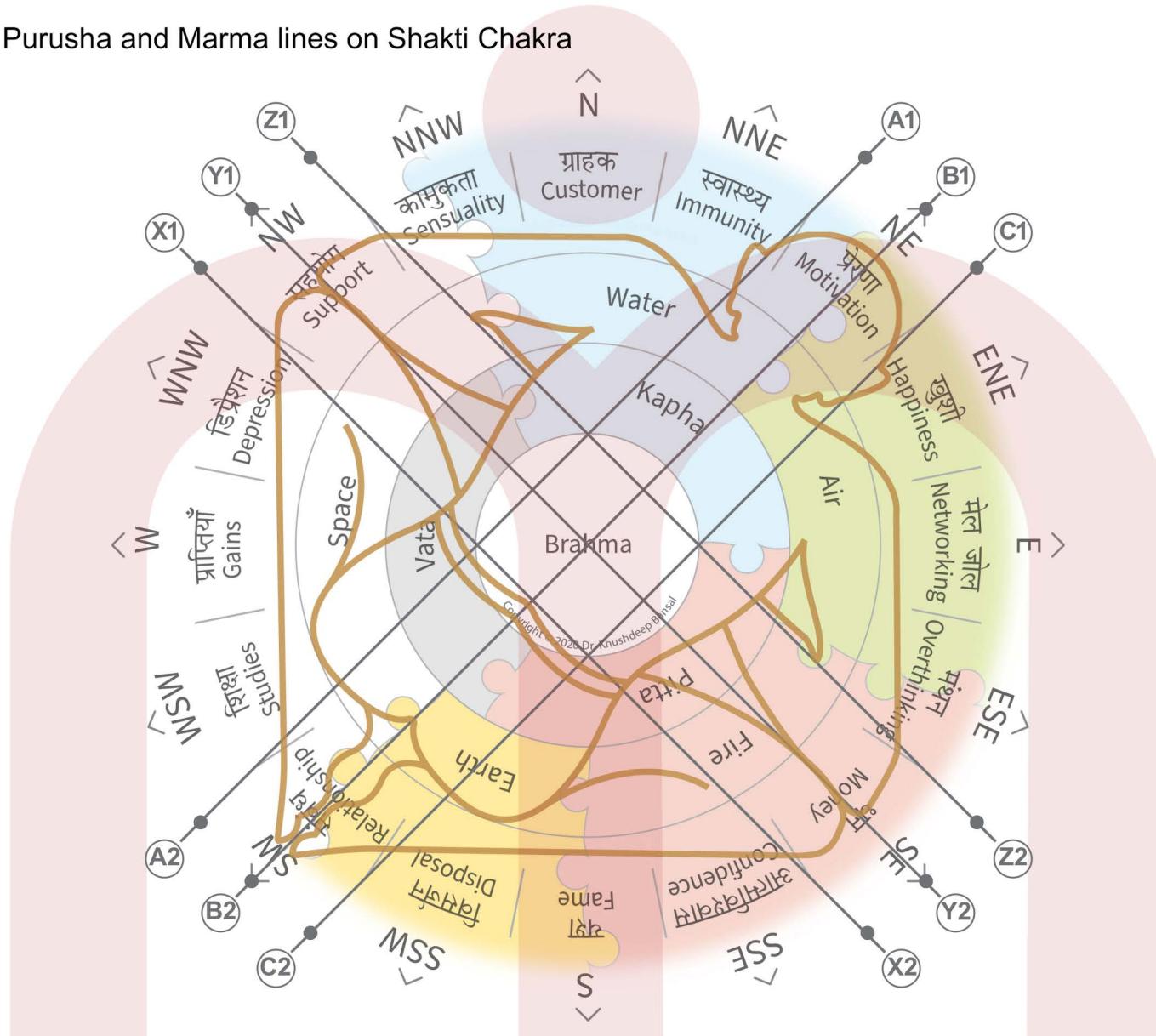
**Table 16:** Conduct Marma Analysis and Get Relief from chronic Pain

A. Body part on Vastu Purusha	B. Zone related to pain	C. Findings and observations in Zone	D. Mahavastu Remedies to overcome Pain.
Lower Back	SW	Foot of bed	Shift

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Reference 16: Vastu Purusha and Marma lines on Shakti Chakra



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