

The Women's Vitality Summit – September 2016 – Dr. Keesha interviews Michael Mastro

DR. KEESHA EWERS: This is Dr. Keesha Ewers, and you're joining me for the Women's Vitality Summit: Caring for Yourself Body and Soul, and I'm very excited, and honored, and blessed to be interviewing Michael Mastro for this session. Michael is North America's leading expert of Vastu, and for over 40 years, Michael's used Vastu for his clients worldwide to align their home and workspaces. He's been a teacher of yoga and meditation techniques since 1970, he's deigned and built the first Microsoft building and many buildings for the Boeing company by using the principles of Vastu, and he's also a Jyotish astrologer, which is that Indian form of astrology. He received a degree in architecture from the University of Washington, and along with his wife and business partner Robin, he founded Vastu Creations and The American Institute of Vastu. He's also co-authored three award-winning books on Vastu: one is *Altars of Power and Grace*, another is *The Way of Vastu*, and the other is *Making Room for Mr. Right*. Michael gives Vastu reading to the Chopra Center to many of its participants, and in 2015, he represented Vastu on the Doctor Oz show and co-authors articles on the Doctor Oz Experts site. In 2015, he was also a feature speaker at the United Nations Enlightenment Society. And this year, Michael was named one of the Top 100 Trailblazers in Yoga and Ayurveda in the world by *Spirituality and Health Magazine*. Welcome to the Summit, Michael.

MICHAEL MASTRO: Thank you so much for having me, Keesha.

DR. KEESHA: One of the ways I always start my interviews for the Summit is going back and reviewing what the word vitality actually means. So, we know it's life force, it's prana when we think about it from an Ayurvedic perspective, it's your pizzazz, it's your passion, it's your juice, and I often, and why I even did the Summit in the first place, is I see a lot of women of this era really drained of vitality, and so I always ask my expert speakers, when they come on, what is it that you see as one of the primary drainers of vitality for women of this time?

MICHAEL MASTRO: Yes, well I'll be looking at it from the perspective of Vastu. Vastu is, very simply put, aligning your physical body and your environment to forces of nature; the positive solar energy that comes from the east, and the magnetic energy that comes from the north. If that energy gets blocked, as it's moving through your house, then that can actually reduce vitality, and that people get various stages of dis-ease in the body.

DR. KEESHA: So, one of the other reasons I'm very excited to have you on this Summit, Michael, is because most of the other experts that have come from a place of emotional, mental, or physical health has a compartment; the separate specialties have said, "Great question, Doctor Keesha, what I believe is happening is that women of today are overscheduled." One of the things they say is, "Bring home the bacon, frying it on the pan, and trying to look hot at the same time," all those things.

MICHAEL MASTRO: True.

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DR. KEESHA: But what you're saying - and this is what's so wonderful about this, and it's very freeing and liberating - is that, actually, you can do all that if you've got your space of alignment; if everything's congruent around you for your energy, and you don't have these blockages that you're completely unaware of, right?

MICHAEL MASTRO: Exactly. It's really both things. It's whatever you can do to reduce the stress in the body and the mind through holistic medicine, through meditation and yoga, and then half of it is the environmental stress. We are electromagnetic beings living in a sea of electromagnetic energy, and each day, as technology increases, there's more cell towers, microwaves, and this radiation - electromagnetic energy - is bombarding us all the time, and so it really does zap your energy. Women are expected to do so many-- the modern woman is expected to do so many things, and they're under a lot of stress, and this radiation is affecting them, as well as the energy flow in their house. Not only just their body, which you're taking care of with the holistic medicine, but the energy flow in the body of their body, which is their house or their office.

DR. KEESHA: I love that you call it the energy of their body.

MICHAEL MASTRO: Yes. Yeah, it's our cocoon. We go home and it could be a place of harmony and refuge, but that's exactly what we do, is we determine where the energy is getting stuck, and how it could be affecting, whether you're a woman or a man, and what part of the body it may be affecting, and how it's affecting your energy, your vitality, and pinpoint that and then, just like if you're feeling tired and you go to an acupuncturist, they know the meridian is blocked, and they place an acupuncture needle there, or you get a massage, or you get marma treatment, or some kind of pressure massage, they release that energy that's stuck at that marma point intersection so that it can start flowing. Well, the body, the building, or the house, or the office that you're working in is made of the same five elements: earth, water, fire, air, and space, and energy can get stuck in that system of your house as well. So, we located that, and we use little, inconspicuous energy machines to get that energy to start moving again, so people feel uplifted in their environment and not drained.

DR. KEESHA: Now, cool thing about this - of course, you just mentioned the five elements in Ayurveda, which I've talked about in this Summit, and had Dr. John Douillard, and Dr. Christine Horner, and John Immel on the Summit, so make sure you catch their interviews if you want to have a recap about Ayurveda. But Ayurveda says that we're the microcosm of the macrocosm of the universe, which means everything that's out there is inside of us, including these five elements.

MICHAEL MASTRO: Yes.

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DR. KEESHA: Space, air, water, fire earth. And so, when you think about ourselves as a microcosm of the macrocosm of the universe, and we contain everything, down to a very cellular - and even infinitely tinier than cellular - level, you're actually working on more of that macro level, because the house that you choose actually reflects your body.

MICHAEL MASTRO: Exactly.

DR. KEESHA: And talk about that, because I found that fascinating. I've had the pleasure - for our listeners to know - of training with Robin and Michael and learning Vastu, and really picking this amazing wealth of knowledge's mind that you have. Picking your brain and getting some little tiny bit of it from you, it's just been fascinating, and I love it. One of the most interesting things that you very first taught us was this idea that we're attracted to our buildings, our environments; that we're going to buy a house, build a house, have an office, actually is a reflection of our planetary alignment, of our bodies, and we attract to that, and we also attract to the blockers.

MICHAEL MASTRO: Yes, exactly. When we're born, all the planets and stars are arranged in a certain way in the sky. For us to come here and learn certain lessons, we go through different planetary periods that teach us different things, and it's all about expanding our energy, opening our hearts, having more compassion: that's the end goal. But there are lots of challenges along the way, and really, when you look at holistic medicine in the Vedic tradition, Jyotish - or the Vedic astrology - Ayurveda, the science of healing, and Vastu, the science of building, are three sister sciences, and they're very interconnected, as you just said.

If we look at the floor plan of your home or office, it will be very similar to your planetary Vedic chart, your astrology chart, and also you can see the Jyotish in the chart and the house, and they're reflected in whatever kind of dis-ease is happening in the body, whether it's a lack of energy, or tumors, breast tumors, or all kinds of different feminine issues, as you grow older in certain types of environments. So, we can actually look at a floor plan, or walk into a house or an office and see, over time, what parts of the body would be affected, and what kind of challenges that person may face not only in their body, but their relationships, their career, and their finances as well. It's all very interconnected. Again, it's hard when you're in the middle of a challenge to realize the goal is for you to grow and expand and evolve and become more conscious.

DR. KEESHA: The way that I kind of think about it is if you go to the gym and you lift too much weight, you're going to injure yourself.

MICHAEL MASTRO: Absolutely.

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DR. KEESHA: But, going to the gym and lifting weight, or however you do it, yoga, any kind of resistance training is really good for your body, and you get stronger. Though, the universe also gives you resistance training. Your challenges are your resistance training for your growth, for your spirit. If you lift too much weight, you can injure yourself. You don't have to be suffering to the level that a lot of people are suffering, and for you be challenged and to grow and to get stronger. One of the things you're doing is you're saying, "Okay, let's make these weights to the point that it's actually going to do just right." You don't have to lose your health completely, you don't have to break down, you don't have to lose your relationships, you can do this in a way that's in harmony with your life purpose and your life path.

MICHAEL MASTRO: Exactly. The rain's coming and the universe will also give you the option of having an umbrella.

DR. KEESHA: Right. So Vastu's your umbrella.

MICHAEL MASTRO: Exactly.

DR. KEESHA: So, you walked into my home and said, "Oh, these exposed beams over the top of your head are actually kind of divisive for your relationship," so we put a ceiling into our bedroom. We said, "Okay, let's take care of that," because, relationships are already fraught with enough challenge, why have more?

MICHAEL MASTRO: And you don't have to go to that extreme. Vastu gives us lots of energetic tools so that you don't have to remodel and to go to that extreme, but it probably looked much better after you--

DR. KEESHA: It did.

MICHAEL MASTRO: Yeah.

DR. KEESHA: It looked gorgeous. Yeah, but it was a great way of helping, and you have all these modifications that you can do for your environment that help clean out energy in different areas.

MICHAEL MASTRO: Exactly.

DR. KEESHA: So, let's focus on women's vitality and talk about different things in the home that can obstruct that, in the office environment and space, and what can be done?

MICHAEL MASTRO: Sure. So, Vastu is a directional science, and, again, it's based on the positive solar energy from the east and the magnetic energy from the north, and how we align

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our body and our buildings to that. Some simple ways that your listeners can utilize it in their life is just the direction you sleep has a lot to do with your vitality and how refreshed you feel when you wake up. Maybe some of your listeners are sleeping even eight hours, but wake up and are still feeling some fatigue. The direction of sleep has a lot to do with it. There was actually a double-blind study in Chennai, where they had 100 patients and they divided them into two groups. They were all recovering from similar surgeries. 50 of the patients had their headboards to the north, and 50 to the south, and they measured their EEGs and their REM state to see how deeply they were sleeping, how quickly they were recovering from the surgery.

What they found was really interesting: the patients with their headboards to the north, and their feet were pointing south, were not recovering as quickly from the surgery; had more complications. They noticed that they had less-- the REM state was for shorter periods of time. The longer the REM state and the more REM episodes you have - which was the patients to the south - the deeper they slept; the more they woke up and feel refreshed. Direction has a lot to do with it, and the end result is try not to sleep with your head to the north, northeast, or northwest - maybe your house is not aligned with the cardinal directions - any other direction is great.

Also, the direction that you face when you're cooking or working, that can be aligning to the forces of nature and give you that support you need so that you don't feel tired when you're working for long periods of time; you have greater focus and concentration. There was another double-blind study with 100 people - similar IQ, studying the same materials - and they had them face-- 25 face north, 25 east, 25 south, and 25 west, and to see how well they did on the test, they were also hooked up to EEG machines. So, they found that the participants that faced north and east did 20% better. They had better concentration, better focus, and the participants that faced south and west didn't have that same focus or concentration; they got tired more easily. What they found was that the clients that faced north and east were producing an alpha rhythm, which is a harmonic brainwave, the clients that were facing south and west, more of a beta rate, or a chaotic brainwave.

Another part of that study that was really interesting: they noticed that the people that were facing north did better on the left brain activity, which is the math, or accounting, or analytical part of the test, and the other participants that faced east did better on the right brain, or the creative part on the test. So, this is just some simple ways that you can align your body to the forces of nature. That positive solar and magnetic energy all comes in through the northeast, and it moves through the house and settles in the southwest to benefit people living or working in that environment. If some of that energy gets stuck along the way, then it can create certain challenges in someone's life. For example, if there's a missing corner in the northeast, then some energy will get stuck there. Now, northeast houses--

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DR. KEESHA: Let's stop right here, because I don't want to get everybody lost, for just a second. I want to back up and circle back around to head facing north when you sleep, not great. You can look on your iPhone and there's a handy dandy little compass.

MICHAEL MASTRO: Exactly.

DR. KEESHA: So, very, very simple to see which way your headboard's facing. My husband, if we go out of town and we're in a hotel, if that headboard's to the north, he makes us sleep with our feet facing the other direction. We have to remake the bed. [laughs] He gets his compass out first thing, because he wants to awaken refreshed, wherever we're traveling to. So, that's one way: you can use your compass. When you start talking about missing corners, this is where I'm afraid we're going to lose people. I want to explain this. In Vastu, the ideal is that you have this wonderful rectangular or square pattern to your home, and that Google Maps sort of allows you to see where it's positioned, and so you can do a Google Maps on your address and zero down and kind of see if it's in a caddywhompus--

MICHAEL MASTRO: It's not aligned.

DR. KEESHA: -- into the four directions. Not aligned is a better way than saying caddywhompus.

MICHAEL MASTRO: Yes. [laughter] In other words, it's perpendicular or parallel to your computer, and if your house or apartment is at an angle, or diagonal with your computer, then it would not be aligned.

DR. KEESHA: Right.

MICHAEL MASTRO: Then the energy field can get distorted, and Vastu gives us lots of tools to improve that energy flow, even when the energy field is distorted. Basically, energy can get stuck due to shape or placement, and we can talk briefly about that and how it would affect different parts of the body and the vitality--

DR. KEESHA: Perfect. I just wanted to go back and kind of explain to people what the ideal is. We want it in alignment. You can check that on Google Maps. And you can fix it, you don't have to tear down your house and rebuild a new one, or sell it and move.

MICHAEL MASTRO: Exactly, and if something's in the wrong place, you don't have to pick up the toilet and move it to the other side of the house. It's all energy anyway. We're all made of the earth, water, fire, air, and space, and so is your house. The floor may seem solid, but we know if you put it under a powerful microscope, it's made of energy: atoms, protons, neutrons, and the--



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DR. KEESHA: Vibrating at a certain level.

MICHAEL MASTRO: Yeah. And so, if you can-- when that energy gets stuck, if you use a subtle form of energy to just get that moving, just like an acupuncturist would use needle, then remodeling is not necessary; it's all energy anyway. So, we can manipulate that energy at a certain level to gain the same benefit that you would as tearing down the house and starting over, or something, which is ridiculous. And that's creating more stress.

DR. KEESHA: And one of the things that you talked about - that I remember, too - is just like if you go through a detox. People will read in a magazine or on the Internet that detoxing's good for you.

MICHAEL MASTRO: Yes.

DR. KEESHA: But, in fact, as I teach people, your body needs to be prepared for that. It needs to be individuated to your personal system, and what's going on for your body. There's no 'one size fits all' anything, and when you remodel your structure, it's like a detox: it's very stressful to the environment and your energy, right?

MICHAEL MASTRO: Exactly.

DR. KEESHA: So, Vastu, you've got these really lovely ways to do this in a non-stressful way that's not like a complete detox of your environment.

MICHAEL MASTRO: Exactly. Sometimes people remodel not knowing what the affects may be, and that's when we get called in to remedy the situation. But, anyway, so all this positive energy comes in through the northeast and it flows around the house and settles in the southwest. If there are missing corners or extensions like, garage sticks out in a lot of houses or there's a covered porch area at the entrance, and some energy can get stuck in the non-rectangular shape, and depending on where it gets stuck, it affects a certain part of the body. That's the shape part of it, and then placement. Northeast is associated with water element and growth in your body. Southeast is associated with fire element and your vitality or your energy level, and transformation in the body. Southwest is associated with your physical structure, how you support yourself, your feet, your ankles, your spine, your skeletal structure. Northwest is associated with the air element - your breath.

So, if any one of these areas gets out of balance due to the shape or placement of items there, it can affect different parts of the body. For example, water element is in the northeast: if you happen to have a stove, or a fireplace, or electric furnace, et cetera, like that in that northeast area, that's reducing the water element. That manifests in weight issues, thyroid issues, hypothyroid or Hashimoto's, as we were talking about, all of these areas that are close to the

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head. It's usually in combination with the imbalance, maybe, in the southeast as well, which is the fire element; inflammation in the body. We were talking earlier about how inflammation is the cause of lots of issues with vitality in the body; it really messes with your energy field and all kinds of dis-ease that can occur in the body.

Then southeast, if you have a missing corner, or a water element like a toilet, that reduces that fire element, that can definitely affect your vitality and it can manifest in terms of issues with your breasts - breast cancer, or tumors in the breasts, et cetera like that - in south areas, usually the region of the uterus, and the vagina area. Southwest has to do with bone density, and the earth element is affected by water and fire, so if you have any of those fire or water elements, or missing corner, or extensions in the southwest, then bone issues: osteoporosis, arthritis, rheumatoid arthritis, all those kinds of skeletal issues can manifest. The northwest, the air element, has to do with menstrual cycles: the moon, depression, sleep issues, all of those things that, again, affect your vitality and throw your system off balance. If there's any imbalance in the center, which is also the space element, that affects water or fire elements that are close to the center, or central heating. This will affect the emotional body, which can affect many things off balance as well.

DR. KEESHA: Everything.

MICHAEL MASTRO: So, that's just a brief overview how different parts of the body are affected, and just like in Ayurveda, it's not just usually one area, it's a combination. People are not pure of pitta, they're usually Pitta-Vata. Pitta area Dosha is affected by the southeast - the fire element - and the Vata Dosha, which is affected by the northwest - the air element - and then Kapha is the combination of the water and the earth - the southwest and the northeast area of your home. Now, it could be something-- a third possibility, not only is the shape important, and the placement, but clutter. Clutter is things you haven't used for a long time that aren't organized and you can't find. If you're having one of the symptoms we talked about that affect the vitality of the body and one of those areas may be affected, you could look to see if there's some disorganization there.

DR. KEESHA: It's the first thing to look for.

MICHAEL MASTRO: Exactly, and it gives you so-- even taking everything just out of a drawer, maybe it's in the northeast part of your house, and making the three piles: one to save, one to give away, and one to throw away, and putting the keepers back in an organized way, you get so much energy, because any kind of disorganization or clutter holds stress for energy that affects your vitality.

DR. KEESHA: Makes things stuck.



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MICHAEL MASTRO: Exactly. It's just stuck energy.

DR. KEESHA: Yeah. Okay. Another one I had a lot of people-- I look at two things that are very, very stressful for female vitality: one is relationship conflict; a second one is financial strain. Vastu has an answer for both of these.

MICHAEL MASTRO: Exactly. We were just covering the health issues, but the earth element is responsible with how you support yourself. Not just in your skeletal structure, whether you have scoliosis, or a backache, or back problems, but how you support yourself and your family, which is your career, your life purpose. Any imbalances there, like toilets or fire elements in the southwest, or missing corners, or extension, would affect the career. Likewise, in the northwest, that's the air element, and lots of Vedic exercises involve Pranayama, or breathing exercises, to balance that air element, or the Vata part of the body, which affects your mind. If you're thinking harmoniously, if that air element is in balance, and your speech is harmonious, and if it's not, if it's out of balance, then your relationship gets affected. The northwest - I've often had lots of clients with relationship issues or stress - it's a combination a lot of times with the fire element out of balance and the air element out, because they're very connected. Definitely, your relationships-- huge factor in the stress in your body and your health and your vitality, exactly.

DR. KEESHA: And then when you take it from two people living in an environment together, and expand that to a family with children, where the children's bedrooms are placed, what's going on inside those bedrooms, in terms of making those little mini-microcosms of the household, this can impact their health, the health of the whole system, the family--

MICHAEL MASTRO: Exactly.

DR. KEESHA: So, speak a little bit about that, because that's another huge drainer of women's vitality: a mom whose child is struggling will be drained.

MICHAEL MASTRO: Again, where you spend a lot of time in the house - and certainly we're sleeping for a few hours every day, or working for a few hours a day in some part of the house - and depending on your Dosha type, whether you're Vata, Pitta, or Kapha, certain areas can affect you. But generally, southwest areas of the house are more grounding, especially for a person that is Pitta or a Vata. If you are already Pitta, and you're sleeping in the southeast area, that can create more stress in the relationship, bring that higher energy that's already in your system, and aggravate it, so that your sleep can be affected: harder to get to sleep, wake up more, et cetera.

Now, even kids, like you have a child that's maybe very shy, if they're sleeping in the southeast - that fire area - it can be very beneficial for them. It can bring them out; it can make them more extroverted when they need that. If the kids are sleeping in the southwest, and maybe the parents are sleeping in the northeast, whoever sleeps or sits in the southwest has more control. When we

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designed Microsoft, we put Bill Gates in the southwest so that he has that control. In the family structure, whoever's sleeping in the southwest, maybe it's the kids, then they can have more control. And you can easily see when you walk into someone's house if the kids are in control or not. Now, there's lots of things we can do with Vastu not to have to switch bedrooms around and things like that, but it definitely affects the family structure: where you're spending time in the house and what's going on there. The stress level of the family, with the missing corners, and the placement of items in the house, can be hugely affected.

DR. KEESHA: Communication's affected by Vastu.

MICHAEL MASTRO: Exactly. It's air element.

DR. KEESHA: It's air. Right.

MICHAEL MASTRO: Air has a lot to do with communication, and each of these areas of the house affect different things.

DR. KEESHA: And of course, this is, for the most part, hidden. It's not something anyone-- we're not taught this in our culture, we're not aware of it. Just like I tell people about Ayurveda, it's like the owner's manual to you that you never knew you had.

MICHAEL MASTRO: Exactly.

DR. KEESHA: It's your individualized, personalized structure: what's going with your metabolic type, the way you think about things, the way you process your thoughts. All of it is explained with Ayurveda, but that's not part of our cultural story dialogue.

MICHAEL MASTRO: Exactly.

DR. KEESHA: And so all of this is so fascinating to bring it up to the surface where we can really see it and then deal with it. Now, a lot of people have heard of feng shui, and a lot of people have not heard of Vastu.

MICHAEL MASTRO: Exactly

DR. KEESHA: Why is this?

MICHAEL MASTRO: Well, you know, yoga was not a household word maybe 40, 50 years ago, and just little by little, these sacred ancient knowledges come to the forefront, and it just happened feng shui got here a little bit earlier. A lot of people ask me the difference between feng shui and Vastu. Vastu is 7-10,000 years old, and about 2500 years ago, the science of Vastu

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was carried over the mountains from India to China and adapted to the local cultural and climatic conditions of the time, and became known as feng shui. The goal is the same: to keep energy moving, because when energy gets stuck, it creates stress, and depending on where it gets stuck, it affects some aspect, whether it's relationship, career, finances, or health. Vastu just goes at it a little bit different with the cures or the remedies, and my experience with practicing both is Vastu has longer lasting effects, and you experience it much more quickly.

DR. KEESHA: Okay. Yeah, it's a very interesting thing how it got adapted to the different cultures. I know you told this story when I first learned Vastu: that north is always considered a good space in Vastu, but the north is where China was being invaded from, so they were like, "This isn't good."

MICHAEL MASTRO: and it's just, they--

DR. KEESHA: They switched it up.

MICHAEL MASTRO: A few of the basic principles got distorted there for a while.

DR. KEESHA: Yeah, which is also being a pacific northwest-- that's my environment is in Seattle, Washington, and we adapt where the sunshine should come in, too.

MICHAEL MASTRO: Yeah, a lot of southern exposure to help naturally heat the house and get that light that's precious. Yeah. Which is fine, and Vastu gives us lots of remedies for any energy that escapes out. The other things that can happen with energy flow is if you don't have any openings in the north and the east to get that magnetic and solar energy that feeds our health and our vitality and our prosperity, then Vastu gives us energy machines that will attract that missing or blocked energy. Also, if you have lots of openings in the south and west, some of that vitality can leak out, and that can be draining, also affecting your vitality as well. And then also, the electromagnetic stress is becoming more and more having an affect on our vitality, and there are--

DR. KEESHA: Increasing planetarily.

MICHAEL MASTRO: Exactly, and all the pipes and waters that come at your house - the sewer water, storm, gas pipes and electricity - all carry radiation with it. Europe has been studying this for many years, that they can see where geopathic stress, or this EMF stress, where those lines crossed within a house. If it's a place that you spend a lot of time, like your bed or your desk, that radiation builds up and it will affect vitality and your immune system, et cetera, like that.

DR. KEESHA: Now, some of these that you've said, I want to correct something a little bit with semantics, just so it's not confusing. You said Vastu has machines to correct this--

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MICHAEL MASTRO: Yeah, little energy--

DR. KEESHA: -- it's devices.

MICHAEL MASTRO: Yeah, devices.

DR. KEESHA: Exactly, so that we're not thinking about--

MICHAEL MASTRO: Yeah. They're very tiny inconspicuous, only you would know they're there--

DR. KEESHA: Made out of paper.

MICHAEL MASTRO: Yeah, because they're translucent, the light can come through them, and if someone came to your house, you wouldn't have to explain what they were; they wouldn't even see them. They can even be hidden, and they do exactly what they're supposed to do.

DR. KEESHA: One of the things that has been a great, big buzzword in health for the last 20 years is ADD.

MICHAEL MASTRO: Exactly, yeah.

DR. KEESHA: So, people say, "Oh, I have ADD, I can't focus, I can't concentrate, so I do a variety of different things. I have Ritalin, or I drink coffee, or I do whatever." But actually, Vastu - how you have your desk placed - is incredibly important, whether or not your desk is neat and orderly and tidy. All these simple effects--

MICHAEL MASTRO: The direction it faces. And, again, ADD and ADHD and Autism, a lot is affected by the northwest missing corner or extension. That kind of thing can also aggravate that Vata condition, and so whatever you can do to ground that situation - where that person is spending time in the house - it would be helpful.

DR. KEESHA: How much stimulation's around them. A lot of these things have these very simple things that you can try; they don't cost hardly anything.

MICHAEL MASTRO: Right, right, right. And EMFs are really affecting. The over stimulation that's making-- kids are naturally multitasking now, so many things going on, so much stimulus, and that's also affecting this ADD, or ADHD.

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DR. KEESHA: And, as you mentioned, ADD, ADHD are Vata disorders, which is air and space, and it spirals going the wrong direction, and it just sets your mind going crazy in a spiral way. It can't really hold onto anything if you're a hurricane, and so what you're talking about is doing some grounding in your environment for that. It's a good place to start. When someone comes to me and says, "I can't poop," I say, "Are you drinking enough water?" And they say, "No," I say, "Well, let's start there." [laughs]

MICHAEL MASTRO: The basics.

DR. KEESHA: Staying hydrated is really important. It's one of those very basic things. If they come in and say, "I'm really exhausted," and I say, "Are you going to sleep at 10 and getting up at 6," and they say, "No, I go to bed at 3 and I get up at 5," I say, "Well, let's start with that."

MICHAEL MASTRO: Simple stuff. When you're reducing stress in the mind and body, exactly. The more of this electromagnetic frequency that's happening, our body's trying to adapt, so, water is the first defense. Balance of rest and activity: a lot of us work way too hard and don't take time to play and take time to rest. The food is a huge thing: the chemicals in the food are affecting the inflammation in the body that brings on all these different dis-ease in the body.

DR. KEESHA: And your environment's one more piece of the puzzle, and the subtitle of the Summit is "Caring for Yourself Body and Soul," and it's all of it. It's body and soul altogether: your environment. This is a really interesting science, and I've heard you describe how there would be generations of people, maybe, in a house in Germany where they'd be sick. It generationally-- and oftentimes what we're finding is we have buildings now, today, that people will say, "Well, I'm worried I have mold in my environment," and they think mold is making them sick, and that can indeed be an issue, but this is one that's not looked for and not tested for, and it's just not even thought about, because it's not known. It's not always just mold in your environment.

MICHAEL MASTRO: Yeah, it's where the energy is getting stuck and it could be the earth energies, the underground stream, with radiation, the EMFs, many environmental factors, and that's what Vastu looks at is all the environmental factors; even mold, as well. Those are all going to have an effect, and I think the real key to modern medicine is combining all these different things, to look at it in a holistic way. So, not just looking at it from the drugs, the medical industry, but looking at what the lessons from the Vedic astrology are and how long that period's going to last, and that will help with determining what kind of treatment you would use, and then also looking at the environments to see what's affecting that part of the body, to get the energy moving, and then looking at the physicality: where's the energy getting stuck, and what can we do from a medical perspective, and a physical perspective, and then rest and activity. Meditation, yoga, sleep.

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DR. KEESHA: Self-care.

MICHAEL MASTRO: Yeah.

DR. KEESHA: And we know this works, because there are ancient buildings that have lasted throughout time and space that have been built on these principles. What are some examples of those?

MICHAEL MASTRO: The Egyptian pyramids, the Mayan pyramids, the Greek Parthenon, the Roman Coliseum, all have some Vastu principles at work in terms of their orientation and the proportion. This knowledge was, like a lot of sacred knowledge, very prevalent at one point, and then through innovations and different things, some of the knowledge gets lost, and then it comes back again. We're trying our very best - it's my passion, and my wife's passion - to bring this knowledge back so that people have all the tools they need to deal with all the stress that's going on in our environment.

DR. KEESHA: Well, you're doing a fantastic job, and you've given a lot of information in a short period of time, and so people can reference a fantastic book, *The Way of Vastu*. It's laid out in a very beautiful, very easily accessible way, and you've got a lot of corrections, and the correctional devices are found on your website, that people can do themselves. Alternatively, they can contact you, send you their floor plan, and you'll help them, either by going to their environment - their office, their home - or helping them over--

MICHAEL MASTRO: Online. We can just-- if they send just a simple sketch, they take a picture with their phone and email it, we can do an analysis and determine where the energy's getting stuck, and what tools they need, send those tools with instructions to place them, so they can remedy the situation and start experiencing better energy flow in their environment and their vitality, as well.

DR. KEESHA: I do this with my patients. I have a whole instructional sheet that says, "Give me this," my husband will take a look at it, and we'll do this, and 100% of the time, they come back and say, "Wow. That was amazing."

MICHAEL MASTRO: Nice.

DR. KEESHA: And so, I want you to give your contact information so people can reach out to you if they're not do-it-yourselfers and don't want to just use *The Way of Vastu*, but they want some additional hand-holding and help.

MICHAEL MASTRO: Sure. Our website and where you can order an online consultation, or in-person consultation is [www.Vastu V-A-S-T-U Creations](http://www.VastuVASTUCreations.com), with an s, .com. And also, we teach



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people to do what I do at TheAmericanInstituteofVastu.com. Vastu is like the sky is vast with a U on the end of it. So it's-- some people don't get the spelling, there.

DR. KEESHA: So, talk a little bit more about your training program, because it's really wonderful to be able to have the skill, because, sure, you might have you do your environment where you are today, but that doesn't necessarily mean you're going to be there forever, and it's very fascinating to be able to go to different places and figure out your environment.

MICHAEL MASTRO: Yeah. Again, trying to be holistic about how people are treating different vitality issues and illnesses, I think it's a really good adjunct for anybody in healthcare industry, or somebody just wants to improve the health of their family. We have this course where two levels are online: one level is where you really get the basics principles of Vastu made very simple in layman's terms, anybody should be able to understand it, and then level two is where you learn how to do the corrections once you know where the energy's getting stuck. And then we have a level three course where we certify you to do what I do, where we go out and actually do hands-on Vastu on a house, on a restaurant, or an office, and you become very confident in correcting any kind of energy block in any building.

DR. KEESHA: It's a lot of fun to learn this. It's like learning a new language, but somewhat easier.

MICHAEL MASTRO: Yes.

DR. KEESHA: All right, well Michael, thank you so much. Is there anything you want to leave our listeners with?

MICHAEL MASTRO: Yeah, I just think it's really important - what I've found in my life and my family's life and my clients' life - is three things really affect your success, and we kind of briefly went over all of them. One is whatever you can do to reduce the stress in your mind and body through all the different ways we talked about, and the second part of it is whatever you can do to reduce the stress in your environment. And the third thing is, again, when we're born, everything's arranged for us to learn certain lessons and grow and evolve, so if you're taking care of the stress in the mind and the body and the environment, all those challenges that come your way, you can move through them more gracefully. They'll still be there, but it won't be creating such a huge struggle for you and your family.

DR. KEESHA: You're not going to have a pain-free life or a suffering-free life.

MICHAEL MASTRO: No, no, this is part-- the resistance is there.

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DR. KEESHA: Right, but you can go through it without having utter catastrophe and having a nervous breakdown, and getting sick, and some of the things that happen to people when they get overwhelmed by crises. It's such a great thing, what you said. All right, so we've got on the website - on the [WomansVitalitySummit.com](http://WomansVitalitySummit.com) - your speaker's page and all the information about how to find you, and bonus material. Again, I just thank you for sharing even just a tiny bit of your wisdom with all of our listeners.

MICHAEL MASTRO: Thank you so much for having us, and I really am grateful for the wonderful work that you're bringing to-- the knowledge that you're bringing to everyone.

DR. KEESHA: Thank you. Remember, everybody, to live, love, laugh, keep learning, and be the most fabulous version of yourself until next time.