

DR. KEESHA EWERS: This Dr. Keesha Ewers, the host of the Women's Vitality Summit: Caring for Yourself Body and Soul, and I'm so excited to welcome everybody back. Very blessed and honored to be interviewing for this session Robin Mastro, who is an award winning author, practitioner, speaker, and teacher of Vedic knowledge, specializing in Vastu Shastra, which is the science of environmental harmony. Along with her husband, Michael - who I interviewed also for this summit - she co-founded Vastu Creations and the American Institute of Vastu, working with thousands of people worldwide to reduce stress and suffering. Robin and Michael's work has been featured in print and television worldwide, and together, they've written three award-winning books about how stress impedes success and fulfillment: *Altars of Power and Grace*, *The Way of Vastu*, and *Making Room for Mr. Right*. Welcome to the Summit, Robin. It's such a pleasure to have you here.

ROBIN MASTRO: Thank you so much.

DR. KEESHA: So, I always start every session with a reminder about what the word vitality actually means: it's our life energy, it's our life force, it's our pizzazzle, our dazzle, our juice, our passion, right? It's what gets us motivated to really do our life purpose, and the whole reason I'm doing the Summit is because I often see women drained of that vitality, that dazzle, that juice, and so, I always ask each expert that comes on the summit what they see as one of the number one drainers of women's vitality in our era.

ROBIN MASTRO: From personal experience, I know that when I do things that are out of integrity with my life's purpose, it depletes me, and if I do it long enough, and without paying attention to it, and not taking care of myself, I get myself in trouble. I think vitality is something that comes from that deep well of resources that help us feel fulfilled in life, and finding the things that make us feel passionate about really feed us, and doing too many things outside of that for others, sometimes drains us. It's learning how to create the balance, because it's not so much doing nothing for others, but it is knowing that we know how to feed ourselves and fill up our resources, so that when we give, we're not giving at the point of depletion.

DR. KEESHA: That's a really great pearl of wisdom for every woman, and man too, to take away, and then we're even overscheduling our children these days. Keeping everybody at this high frenetic pace is wearing them down.

ROBIN MASTRO: So true.

DR. KEESHA: One of the ways we learned from Michael - I interviewed Michael Mastro, your husband for the Summit - about Vastu, and the principles of Vastu, and we talked about *The Way of Vastu*, the book that you both wrote, and how people can really take their environment and make adjustments in it to help open up that energy and release it so that they can increase their vitality. So, I would like to talk with you about how to create space within the environment now.

You helped co-author - and I think probably mostly authored - *Altars of Power and Grace*, which I think is one of the most beautiful books that I've ever seen, and I've told you that a number of times. The way that you put it together, your artistic design, the way it's layered, it's just a beautiful book.

ROBIN MASTRO: Thank you. It really comes from my heart. I have, and I think this is most women; we love to collect things and create little areas that bring us joy. Sometimes just placing rocks on a windowsill, or seashells, or candles that we love, in groupings creates a feeling of fulfillment inside of us. I was in my graduate work at Antioch in Whole Systems Design getting ready to do my final project, and I wasn't really sure what I wanted to do, and we were on our way to India, and we had just bought a house that we were remodeling, and I kind of thought I needed to drop out of my graduate program, because I was really spent. When we went to India, I saw altars everywhere, and I was so touched by the sacredness; that you could see such poverty and beauty just by turning your head. In India, cultures are everywhere, and people there take the time - as well as in Bali - people take the time to connect with the divine.

DR. KEESHA: Italy, too. They have altars on the street corners--

ROBIN MASTRO: And in Italy. I think - and in Mexico - but I think it's in every culture, but it doesn't seem to be in ours, except maybe if you come from another culture and live in the United States, where you have a heritage; the American Indians. It's like indigenous people knew that they had to honor the forces of nature, and somehow, after studying Vastu with my husband for so many years, and ended up being in this graduate program that was fairly overwhelming for me, because it was extremely academic, and I was having a hard time figuring out why I was in this program, and I was struggling with how I was going to create this very complex science into something that worked for me, as a woman.

And here I was in India, and I realized, well, of course, if I take this complex science that is so ritualistic and so ancient and find the most potent aspects of it and create small environments that you could transport, or place within a home, that could just look like a display, but actually have the power of the science, what would that do? So, I went back to Seattle, where we were living, and I proposed this idea to my graduate committee, and my advisor and the head of the department were PhD Architects, one from the University of Cairo, and one from UC Berkley. My advisor, who was Egyptian, and his PhD thesis was on the metaphysical implication of ancient structures in Egypt, really loved the idea, and both he and the head of the department said to me that I could change the face of architecture, as we knew it.

I got to working on creating these small environments using the most potent aspects of the Vastu in people's homes. I begged friends and colleagues if I could do this to see if it worked, and it blew everybody out of the water. Things began to change in people's lives fast, and not in small ways, in really large ways, beyond what they had imagined. Even people who had no idea of

spirituality, were not meditators, their lives transformed; it's just that they couldn't connect the dots the way the meditators, or people who had spiritual practices, could. But, everybody's lives transformed, and--

DR. KEESHA: And this is a non-denominational thing, creating a sacred space in your house. You can be Christian, you can be Hindu, you can be Jewish, you can be Muslim, it doesn't matter; it's creating what's sacred to you in the map of Vastu, and how this works with energy, and the flow of energy, and voila, you have something that's meaningful to you, connects you to the divine in your language--

ROBIN MASTRO: And opens you up to the energy of consciousness that-- it's like a homing device for your highest aspirations. I think one of the most important things about the Vastu, that I can say, is that it needs to touch your heart. These altars, something that you make, when you look at it, it needs to uplift you, because they actually have an energetic field that's alive, and it's like a child, or a pet: the more love you give it, the more love it gives you back. If you create something that touches your heart, it feeds it when you appreciate it, and then it works even more to help create your desire. I had one of our-- we were - Michael and I, for many years - were teachers for The Art of Living Foundation, which is the largest NGO in the world, and we were teachers of Vedic breathing and meditation, and I remember one of our meditating members in our Satsang group, he came to me and he said, "You know, your altar's not working for me, Robin," and I said, "It's not mine, it's whatever you put into it, you get out of it."

So, the more you are open to the magic that can occur, it's like it just opens up the possibilities. It's like you are creating the universe in perfect order. It is a microcosm of the macrocosm. You set it up, and it is like an energetic homing device. The most potent aspects of the Vastu are in place, you place your intention within the center of it, and you ignite it. Then you step back and you release it; it's not yours anymore. You honor it, you can do practices in front of it, you appreciate it when you pass it. If it doesn't work the way you'd like it to work every once in a while, take all the pieces off, clean it, and put it back together. It just is magical.

DR. KEESHA: And reset your intentions.

ROBIN MASTRO: Reset your intention and reignite it. There are eight altars - as I'm sure most people know there are eight directions in the environment--

DR. KEESHA: No, most people don't know that.

ROBIN MASTRO: They don't know that--

DR. KEESHA: So, I'm going to have you go through that, because most people think about north, south, east, west, they don't count up.

ROBIN MASTRO: The sub directions.

DR. KEESHA: The sub directions, right.

ROBIN MASTRO: What we do in Vastu is we look at the directions and the sub directions, so the northwest is related to relationships: that's where you would place the relationship altar. The north is related to your abundance, so that's where you would place an abundance and prosperity altar. The northeast is related to abundance of a more spiritual nature, so that's where your spirituality altar is, and it's also a really good place to meditate.

East is related to the energy of the sun, and it feeds your physiology, and it's related to health. That's a good place for an altar to support your health challenges, or just to continue to enliven good health. Southeast is the fire, it's part of the energy of the fire element, and I call this the area of transformation. I really have felt this always, is that we need a place to let go of our deepest fears, our biggest trials. When you just don't have the answer and you need help, like you lose a job, or a family member gets very ill, or there's a divorce, or you're struggling with a child, and you just don't have the answers, it's where you give it to God. So, this is the transformation altar. In the south is where the sun is the hottest, it's the most illuminating energy, and it's where you put your career and recognition altar. In the southwest is where you put your helpful people altar, when you need support from those you know and those you don't know, even those in the unseen. The west is your creativity altar, and it's also a good place for a child's altar, if you want to help them with study.

So, that's the different directions, and the different altars that go in them, but the layout of the altar is always the same. The science is a directional science. In the altar, we have-- in the northwest, is the air element, and that's where you place an item that represents air. It could be a wind chime, it could be incense, it could be a feather, it could be a statue of a bird, or something like that. In one of the altars that I have, I collect all the hummingbird feathers from the - I have feeders outside, and in the spring, they molt, and every once in a while, even in the summer, I'll find a feather, and I just add it to my altar in the kitchen, and now I've got a great collection. So, that's the air element for that altar.

On an upstairs altar, for my health altar, I have an incense burner, so it can be a variety of things. I also even have a little standing wind chime in one of my altars. In the northeast is the water element, so in the northeast, you put something where you can contain water. I always use purified water. It can be, depending on the size of your altar, you want your altar to fit the table, or the-- I have the altar in my kitchen, it's just on my windowsill, so my little items on my altar are very small. I have a little cup - I think I got, a soy sauce cup that I got at the local co-op - and I put water in there, and once a week, I fill it up. Purified water. Clean it and fill it up.

In the southeast is your fire element, and that's where you put a candle. Some people like - if you have a big enough altar - they'll put those Himalayan salt lamps and just keep the light on, because that actually is very good for the environment, those Himalayan lights, because the salt is very purifying for the environment. Then in the southwest is the earth element, and that's where you put something from the earth. It can be-- some people just put a bowl with uncooked rice in it - organic rice - some people just add sand or dirt and call it good, some people use crystals, some people put a plant, like an African violet would be really good in that area.

You also add what is called a personal symbol - and that goes in the very back of your altar - and that is something that, to you, signifies something that the altar stands for. If you're doing an altar for-- like I had a girlfriend, we did an altar for her, she wanted to be in a relationship, and she didn't have anybody specific in mind, so I told her to make a collage of men that she found attractive - just pulling men out of a magazine - and she made this incredible collage, and put it on her altar. That was very powerful, because within like three weeks, she had two guys that were interested in her, and she dated one of them for years, so that worked out very well for her. So, that goes in the back.

Some people, like for abundance altar, I think one of our altars had dollar bills woven together, so that was kind of a cool altar. So, you can do something that signifies what that altar stands for. I created an altar once that had just a pyramid of all of our family members, and put that in my relationship altar, because, at that time, there was dissent within the family for some odd reason, I can't remember why, but I thought it would be really nice to unite the family that way, and it made a big difference energetically, which was wonderful, a relief, and surprising.

Then, in the very middle is what we call the offering plate, and it can be - depending, again, on the size - anywhere from the size of a small dish to a tray, and on that is where you will place your intention for what that altar is. I always say to think of the universe as a short order cook: it knows what you want, but you just need to synthesize it so that it's simple, and you don't want to get so complicated, and so complex, and so detailed that there is no space for the universe to supply you with what your highest dreams and desires are, beyond what the small mind thinks; something that would be a gift beyond what you would imagine. Sometimes I have people just write out everything they think they want and then to synthesize it into three words, and make them general. It could be words like grace and love and belonging, community, kindness. Those words speak of deeper desires that are within the soul, and that's enough. That is absolutely enough. You place that on your altar during a ceremony, and I guess we should talk about the ceremony.

DR. KEESHA: Well, I was going to go into a little bit more detail about the intentions that you just said, just to explain a little bit. If you want to be in a relationship - you're a woman and you want to be in a relationship with a man - and you write down "Brad Pitt", you have just shot yourself in the foot and made your energy stuck, because you've gotten attached to the way the

outcome is going to look instead of saying, "I would like to be in a loving relationship that supports me, with somebody who respects me, and that we can grow together," right? Now, you've asked for what it is that's important to you, and it allows God to send that person to you, rather than this fantasy that you have that's unattainable.

ROBIN MASTRO: Right.

DR. KEESHA: Right. If you're in a health crisis and you're asking for that health crisis to be lifted in a very specific way that may not be what your highest good is. So, maybe asking for the strength to be the strongest, most amazing potential of yourself, and that very well might be different from what you think, in your mind, what your fantasy is. So, attachment to outcome messes everything up, and that's not what creating the sacred space is about.

ROBIN MASTRO: No.

DR. KEESHA: It's about allowing miracles to happen.

ROBIN MASTRO: It's about surrendering your agenda to the divine.

DR. KEESHA: Right.

ROBIN MASTRO: And for so many people, we make it really complicated, because our minds become very activated, and I think that the process of writing things out, for as long as you-- it's like you need to empty the mind before you can really get to the grist of the mill, and to really get to the bottom of what the heart desires, because it isn't everything that you think it is. It's the deeper longing that you want, and sometimes we just need a process of out through writing, and then distill it into words that are potent to us, that hold the essence. It's like the seed of what it is you long for, not the complicated meanderings that you think you want. It's always good to go through the process of writing everything out that comes to your mind, and then rereading it several times, and then coming to a place of distillation, so that what you put on the altar has great value to you; deep and great value. It's really quite amazing, and somewhat profound, and a real blessing when you see the kind of changes it brings into people's lives. Just that piece of it, actually, is quite transformational.

DR. KEESHA: Some people are very head-centered and intellectual, and they'll research and study for a very long time and say, "Okay, I want to lose 20 pounds, so I'm going to look around for the very best eating plan that works for me." They research, research, write down a very detailed shopping list, recipes, go shopping, and then don't follow through. So, the altar, if you don't follow through with it and don't do anything around-- I usually say that there has to be a balance between receiving and giving, and so receiving an action - your left side of your brain and your right side of your brain - and so, if all you do is create an altar and then walk away from



it and never come back and have any energy exchange with it again, you have just created a dust-catcher in your home.

This next step, then, is actually creating a relationship with the space to use it. I have eight altars in my house, all eight of them - you do too, I'm sure - and what they are, for me, is a reminder to get back in touch. Every time I walk past one, it's a visual reminder for me. I have a tattoo on my forearm; it's a visual reminder, it's not a decoration. So, for me, my intention for this tattoo is - it's a tattoo of a symbol that means 'mindfulness with an open heart' - and it's to keep my mind and my heart communicating with each other. No one else knows what it means; it's only for me, and it's very personal, and that's what this is. It's a reminder for you to have that energetic communication.

ROBIN MASTRO: It's also a reminder that you are not the doer.

DR. KEESHA: Yes.

ROBIN MASTRO: And I know, from so many people over the years, it's watching them be astounded about what occurs with these altars, and it's different for everybody, so I don't want to set people up and think, "Oh, my god, the only thing that's going to happen is something fantastically big." Little things; you start looking for the little things in your life that seem to shift out of nowhere. "Oh my god, look, I just got this-- this man really looked at me, and he really acknowledged me, and people are smiling at me more."

I mean, you start noticing-- it's like you open your heart to allow the universe to bring to you what is your highest options, and it can be very sweet, and sometimes it can be very surprising, and very beautiful, and very exciting. This has been going on for almost 20 years, so I - it surprises me to even say that it's been going on for so many years - but I am constantly humbled by how many people email me to thank me. This book and this process just changes lives, and I don't really feel like I did anything more than put my love--

DR. KEESHA: And your wisdom.

ROBIN MASTRO: And my wisdom into a graduate program that was very scientific, which I'm not, and found a way that I could bridge science and my desire to bring people to God and to create something that was transformational. I'm so honored that it came through me, because I know it was all there, I just opened myself up and surrendered to it. It is a very beautiful thing to do for yourself. It's a wonderful healing for the environment to have these pieces of art that you create that are alive, they are actually alive, and I'm sure Mike must've talked about how the environment is alive and how it can support us. I am more the metaphysical part of our company, and I really see that Vastu has this connection to the divine in such a beautiful way, that you just have to allow the power of the Vastu to have a transformative effect in your life, because it will.

DR. KEESHA: So, let's talk about the ceremony to get your altar activated.

ROBIN MASTRO: Okay. So, I like to do these things in the morning the first time, because-- oh, and let me preface this, because I know you had said you have eight altars, and I have quite a few, myself, but in the beginning--

DR. KEESHA: Start with one.

ROBIN MASTRO: One or two. And I say this just precautionary, and I know there's a lot of people go, like more is better, but you really want to know which altar is doing what, and so, I would say, start with where your challenges are the biggest, to begin with, and just get those going. Another thing I would say, as a caveat, is to spend time in front of your altars. I had an altar at the top of my stairs in one of my houses, it was a very small place, so I didn't really do my practices in front of that altar, but I passed it so many times every day - up and down the stairs from the main floor into the bedroom floor, and where our TV room was - that every time I saw it, I went, "I love that altar." So, that's what feeds it, is your love and your attention. But it's always good to have a main altar where you do your main practices, whether it's journaling, or yoga, or Vedic breathing, or any form of meditation, or--

DR. KEESHA: Prayer.

ROBIN MASTRO: -- prayer. Any way that you connect with the divine, what you do in front of your altar just feeds your practice any more. You can always light your candle, ring your bell, add fresh flowers. If you add - in the water element - if you add flowers to a vase, make sure they are as fresh as you want your dreams to be. We don't use dried flowers; we can use silk flowers in water, but fresh is preferred if you're going to be around. Some people that travel, they just put the water in a vase and add silk flowers if they're going to be gone for any length of time.

So, first thing in the morning, take a shower. You want to have clean clothes, and you want your body to be washed. You approach your altar, you set up the pieces, and this is the thing, when you're looking for pieces for an altar, you probably have everything you need at home.

DR. KEESHA: I certainly did.

ROBIN MASTRO: I know most women have tchotchkes hanging around the house; it's just the time you get to put them together and create something beautiful. But, if you're missing an element, and you want to do it quickly, and you still don't have the perfect piece that you want, you can always use something that you have and then substitute it later on. I think it's a wonderful opportunity to go shopping at a junk store, or an antique store, or a garage sale. You start looking for things to finish out your altar to make it exactly the way you want, so it can be



kind of a fun process. So, you put the items on your altar; make sure your water is fresh and that you have a new candle the first time, and if you're using incense, that it's the scent that you like, and there's nobody in the house that's going to be allergic and complain about it.

You want to set your pieces up in their directional placement, add your personal symbol, and then you're going to take the piece of paper, unlined, written in ink or pencil - doesn't matter what - small piece of paper with your three words distilled on it, and take it into your hands and hold it against your heart, one hand over the other. Then, I would like you to just breathe into your heart. All of your longings, all of your yearnings, all of your desires, you take just deep breaths into your heart. You're taking the energy into your heart, and as you exhale, you're exhaling all of that love, the longing, the desire, into that piece of paper, and you're going to do that three times, nine times, however long it takes to just feel fulfilled and feel like you're complete with that process.

Then you put that piece of paper onto the offering tray in the center of your altar. I write of several ways to ignite the altar in the book *The Altars of Power and Grace*, and, in fact, in all our books, we have altars, but obviously in *The Altars of Power and Grace*, we have more than eight altars, we even have a full moon altar. The one that I'm going to teach you is quite simple: you're going to take your - after you place the piece of paper into the offering tray - you're going to take your right arm and reach your hand straight up ahead-- I mean, up above your head, and then your left hand is going to be at your naval level, and it's going to be palm up. What you're doing is that you're going to reach up as you inhale and then bring - as you exhale - bring the right hand down to the left hand, and you're going to start creating an energy ball. So, you're going to do that three times, and then you're going to take that ball, and you can actually start feeling it as you breathe in and exhale, and you're going to breathe in again, and exhale, and then the third time, up and down, and you'll build this energy ball. Then, I like to flip it around to the right, because that's the energy of creation - of dynamic creation - and then I just offer that energy onto the offering tray. And that's it; the altar's ignited.

DR. KEESHA: Beautiful. And then at certain points, like once a month, you can go around, when the moon is at a certain space--

ROBIN MASTRO: Yeah, you can do it as the moon is building. I always like to do, especially if I'm going to clean my altars, I'll take everything off, I'll clean the surface, and then I'll put things on, and then right before the moon is full - let's say the moon is full at 10:23 A.M. - so, before that, in the morning, I will do the ceremony again. It's like you want the energy to be moving into fullness; to aid in the fullness that you want. You want it to be building into fullness and not draining out of fullness, so we always - if we're doing something around the full moon, we want to do it as the energy is building - so I always say just go online and go to full moon 20 - whatever year it is, 2016, 2017, 2018 - to see when the moon is going to be full. If you're really into this as a ritual, within the three or four days building up to the moon is good.

DR. KEESHA: And every New Year's, I always go through and I rearrange all my altars. I exchange one thing for another, depending on where I'm at, what things feel like, what I want for my intentions for the upcoming year. It's a great way to kind of reset your energy, as you're going into another chapter of your life, on your birthday, or a new year--

ROBIN MASTRO: Special birthdays, anniversaries. The other thing is, and one thing I didn't touch on, each altar has colors associated with it. I always say that there's a primary color and a secondary color, but over the years, I just realize that you create the altar. The most important thing is to create the altar so that it touches your heart. The words that you should feel, and that you might even say out loud, is "I love this," because it is beautiful to you, and beauty is a really high energetic form, and it brings joy into the physiology, and that's what feeds your altar. It's like when you love an infant, and you go, "You're so beautiful, you're so great," and that child reflects that back to you. It's like you're building the self-esteem of your altar.

DR. KEESHA: Another clarification is a personal symbol can also be a statue. If you're Catholic and you want to have a cross, or a crucifix, or Mother Mary--

ROBIN MASTRO: Mother Mary, or Christ, or it can be any of the saints, it can be angels, it could be the archangels, it could be-- like in the Hindu tradition, an abundance altar, you could use Lakshmi. Also, in the east, for a health issue, there are medicine Buddhas, if it's an altar for your child, studying, in the Hindu tradition, is Saraswati. I mean, there are deities out there. You can Google different traditions of deities, and if one touches you, everything is mail order these days; you can find a company that will mail order you a statue of any height. Ganesh is a great one to remove obstacles, so it's just to have fun creating the altar, and just make sure that the items on it have meaning to you, and they touch your heart.

DR. KEESHA: The book that you wrote, I want to repeat again, is called *Altars of Power and Grace*, and, like I said, it's a beautiful book, and you can find it on Amazon.

ROBIN MASTRO: You can find it on Amazon, or you could find it on our website at [VastuCreations.com](http://VastuCreations.com): V as in Victor, A, S as in Steve, T as in Tom, U as in uncle, Creations.com. The book won 10 national literary awards, and it was book of the year four times, so it is, as one of the reviewers said, "It is a small sacred space."

DR. KEESHA: It really is. The book itself is. It's a wonderful resource for creating sacred space in your home, no matter what your tradition, no matter what's going on, but really finding what calls to you and shifting the energy, which is what Vastu's all about.

ROBIN MASTRO: Definitely. It's a beautiful science. It's just a way to make it accessible to everyone, and easily. Very easily.

DR. KEESHA: And you can make travel altars.

ROBIN MASTRO: You can.

DR. KEESHA: I carry one with me wherever I go.

ROBIN MASTRO: Yes. You know, it makes a difference, especially if you travel a lot for work, to have an altar there that really supports your intention for what the trip is about. Even sometimes when I'm-- like next week, I have to go up to Seattle to see my elderly parents, and I will create probably two altars: a relationship altar and a health altar, because I know I'm dealing with health challenges, and just the relationship itself has gotten very complicated as my parents have gotten elderly. So, that supports me when I'm back in my temporary sanctuary, that I have that. I can walk into that and know that that energy is there for me to take time in front of and to honor my connection to the divine.

DR. KEESHA: And it's a very clear intention about what you're doing: supporting their health, supporting your relationship with each other, and between them, and their relationship with this life, and the next one.

ROBIN MASTRO: Definitely.

DR. KEESHA: It's definitely-- of course, the universe supports what we pay attention to.

ROBIN MASTRO: Wherever you put your intention, it grows.

DR. KEESHA: That's right, and so this is a fantastic way of concretizing that. That's what ritual's all about is about setting that intention in a very solid way, that you can then return to over and over again, that keeps energy flowing with it.

ROBIN MASTRO: Definitely. We also talk about a full moon altar in the book, and there's a little story that goes with it. Do we have time?

DR. KEESHA: Absolutely.

ROBIN MASTRO: Okay. I remember, while I was writing this book, I hired a photographer, and I invited like 30 friends over, and it was during the time that pilots had been shot down around Sarajevo, remember that war? Long time ago. The book is not new, but it is evergreen. We were all really concerned, and it was the time of the Wesak moon, which is a very powerful moon - in March, I believe - and I asked everybody to come and bring an item for the altar, focused on these guys, these - I think it was three - pilots that had been shot down.

It was so beautiful, the things that people brought. It was very poignant, that there were connections to this situation, but also things that tied them to one another, and just to our greater sense of humanity. The next day, after we held hands around this altar, and we prayed, and chanted, and sang, and people offered palms, and it was very, very beautiful, and we ignited-- it was a three-tiered altar, it was big. They were released the next day. I don't know how much what we did meant anything, or had much to do with that obvious political release, but it empowered us all to feel like, even in some slight way, we had a connection to them, and we gave what we could to them, and honored the forces of nature to support them.

DR. KEESHA: You contributed your energy in that direction too, combined with anyone else in the world that was doing the same thing.

ROBIN MASTRO: I'm sure there were many.

DR. KEESHA: Yeah. One of my teachers in Peru says that every time you pull your mesa out - which is your altar in that language - every time you pull that out and you sit in ceremony, you're sitting in ceremony with everyone else on the planet that's in ceremony. And you're combining with their energy towards that intentionality of connecting to God and creating health, harmony, and sacred space in this environment that we live in.

ROBIN MASTRO: It is a very beautiful blessing, and you can make it very personal for you, or you can make it a more universal altar, and know that, like you're saying, Keesha, is that what you do matters; that you do have some piece in all of this. I know my guru says that he can feel all of us; we're like little hairs on his head, and whenever we pray, or are in need, he can feel it, and it's kind of like having somebody pull a little hair out of his head, like, "Hey, pay attention to me." But, that's this connection. It's like knowing that we're not separate. We're unique in so many ways, and at the same time, we're so interconnected that we do speak as one voice. And it's like when we plug in, it's like we're plugging into not only the present moment, but seven generations before us, and seven generations yet to come.

DR. KEESHA: Beautiful. All right, well Robin, on our speaker's page on the [Woman'sVitalitySummit.com](http://Woman'sVitalitySummit.com), we have your information, how to reach you and Michael, and the American Institute of Vastu--

ROBIN MASTRO: And Vastu Creations.

DR. KEESHA: -- right, has of that there, in addition to any extra material that you've provided for the participants in the Summit. So, thank you so much for sharing even this little, tiny bit of wisdom that you carry in your beautiful brain.



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ROBIN MASTRO: Thank you so much, Keesha. It was my honor.

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