



**Josh Whiteley: Vedic Feng Shui: Create The Environment To Raise Your Creative Potential!**



Josh Whiteley holds 15 years of experience weaving Vāstu (Vedic Feng Shui) traditions with Jyotish (Vedic astrology) to create the best physical environment to raise creative potential. Explore practical applications and tools to design your space, creatively, beautifully and with vitality, for personal or professional needs. Begin designing your wildest dreams!

**TOP EMBODIMENT TIP:** Use breathing practices to get centered. Where your breath goes, your prana goes.

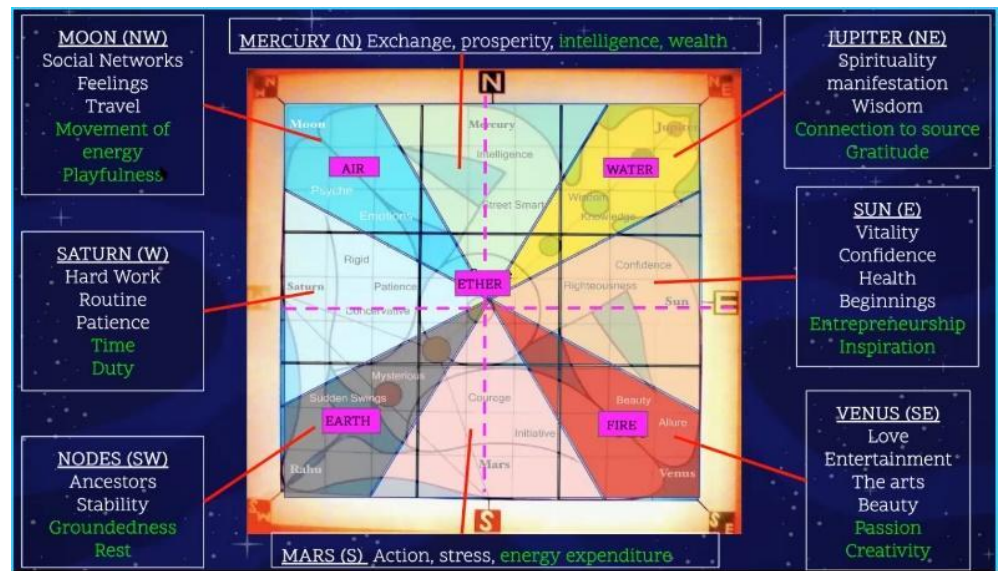
**Vāstu - Vedic Feng Shui: The Yoga of Physical Space and Place**

- Vedic Feng Shui is an ancient science dating back thousands of years, from ancient Ayurvedic or Vedic texts.
- Aligning our homes and workspaces with the natural energies (prana) of the universe supports our physical, emotional and mental bodies to increase health, wealth and happiness.
- Ensure the natural qualities of your Ayurvedic type (Pitta, Vata or Kapha) fit the space in the room.
- **Intuitive level of embodying Vāstu:** Use your gut and heart feeling about a space to know if it has a healthy energy. If a space gladdens your heart, then it is good Vāstu.

**Jyotish - Vedic Astrology:**

**Planets, Directions and Elements**

- Use this map in relation to your own house.
- In the Southern hemisphere: Debate on whether to flip the image upside down, reversing all elements, to relate to the magnetic poles of the planet.



**Principles For Increasing Creativity: Remedies & Modifications**

- Use the principles of opposites (heavy/light, hot/cold) to balance the elements, so energy flows freely.
- Look at both the space and your individual constitution to see the interaction.

**Resources**

- ❖ **Website:** <https://rupaayurveda.com/>
- ❖ **Social:** Instagram [@rupaayurveda](#), Facebook [Rupa Ayurveda](#)



## Josh Whiteley





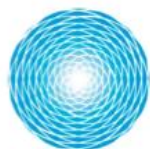
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**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The ***Path of Azul*** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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