

The house doctor IS IN

When Sandra comes to clean a house there's not a mop in sight **Sandra Kendrew, 57, Harrogate, UK**

Walking around a stranger's bedroom holding two copper rods, I tried to clear my mind. 'Cleanse this room of negative energy,' I said aloud. The room had an awkward atmosphere and was really cold. I'd shuddered when I walked in. The owner, a woman in her 40s, refused to come in with me and said her son was too scared to sleep there.

Suddenly the rods began to move and cross paths. *There's an energy line here,* I realised.

Out of the corner of my eye I saw a shadow move. It was gone as quickly as it came. I couldn't make out any details but I knew it was a person.

I wasn't afraid though. I'm a house cleanser, and dealing with lost souls is part of the job.

It isn't just ghosts I deal with. Negative energies can be brought on by a watercourse under the house, fault lines in the earth, new construction nearby and the weather. Your mobile phone or baby monitors can even affect the way your house feels to you.

An hour later I emerged from the bedroom. 'You should be all right now,' I told the owner. I learnt about house cleansing

20 years ago when things weren't going well for me. I had irritable bowel syndrome, couldn't sleep and was constantly stressed.

A mother to three – Nicholas, now 30, Charlotte, 28, and Holly, 24, I thought it was normal to feel tired all the time. But then I read about negative stresses caused by energy lines in your home. There is geopathic stress that affects your immune system and is caused by the world's natural radiation. There's electromagnetic stress caused by pollution.

Lastly, there's geopsychic stresses, such as ghosts.

I wondered if any were affecting me and my home, and decided to investigate.

'What a load of rubbish,' said my husband David, 57, who's still sceptical about what I do. But eventually he agreed to give it a go and we were both amazed with the results.

We contacted a house cleanser who came over with his divining rods. Even I was unsure when he walked around the house laying the rods in various rooms.

But things changed afterwards. My illness went away, I started sleeping well and felt like I could cope better with my daily load.

'There's something in this,' I told David. 'I'm going to get

into it myself.'

In 2005, after professional training, I began helping others. The people who came to me often felt uneasy at home but didn't know why. They felt tired, had unexplained headaches, depression, and even relationship problems.

'My job is to identify the energy that is causing the problem and disperse it safely,' I'd explain. I now see up to six clients a week and can even work without physically going to a property. It means I can help people all over the world, and I have clients from the US to Australia.

The first thing I ask people to do is fill out a questionnaire about their house. I ask for history about the house, previous residents, details about the current occupants, such as health problems or depression, and any recent construction nearby.

Then I sit down with my spiral silver pendulum and tune into its swinging. I clear my mind and start to ask questions.

'Is there any negative energy in this property?' I say. The pendulum swings clockwise for



Sandra Kendrew
HOUSE DOCTOR

yes and anticlockwise for no.

I run my pendulum over the floor plan of the property. If it swings around over a particular spot I know this is a negative energy line, and I plot them all.

Then I ask to bless the house and heal all the stress lines. I feel the energy pass through me and there's always a calmer atmosphere afterwards.

I follow up on the property over the next three months and always get good feedback. I wouldn't still be doing it if I didn't think it worked!

People pay between \$60 for a one-off session and \$300 for a full remote healing. I know what I'm doing helps people. After all, years ago someone helped me, and now it's my turn to return the favour. ■

As told to Lisa Woollard

\$600

See story coupon for details

TELL US YOUR STORY

IT WORKS!

From the day I moved into our house I would wake up in the night, feeling a strange presence around me.

Then there were the strange tapping noises that I and other members of the family could hear.

The only trouble was we loved our home and didn't want to leave. That's why we turned to the house healer.

I found Sandra online and even though she was based overseas she assured us she could help.

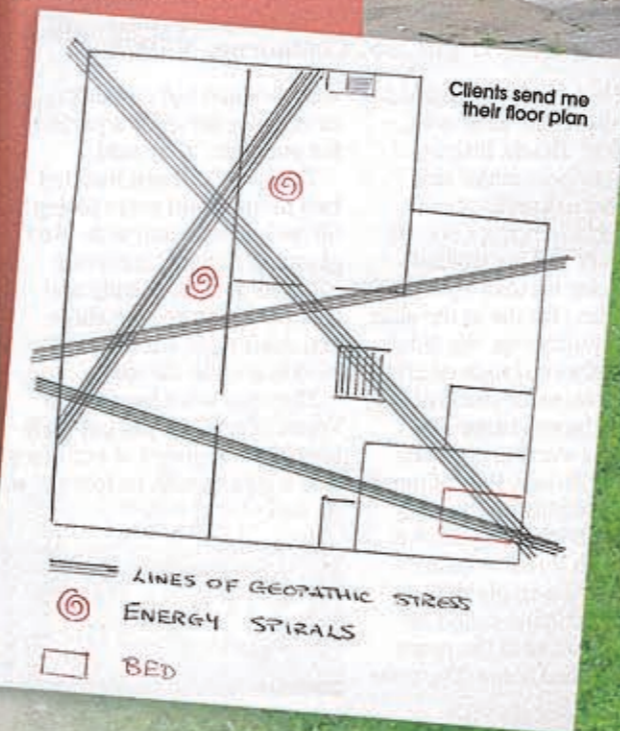
We were surprised that it worked so well!

The energy in my house has definitely improved since it was cleansed. It's lighter, brighter and more homely.

We are all sleeping much better and have more energy in our day-to-day life.

Even our cat is more content and friendly and visitors now comment on what a lovely home we've got.

Elaine, Melbourne, Vic



Putting the rods to work

SANDRA'S HEALTHY HOME TIPS

- Spring clean. Being de-cluttered will help keep the negative energy away.
- Bless your home and your life daily. It doesn't have to be religious – just focus on positivity and gratitude for what you have.

- Have plants, especially spider plants and peace lilies. Throw away dead plants.
- Put a little rock salt in a bowl in your home – this is very cleansing.
- Burn oils such as grapefruit.

For more information visit www.thehousehealer.co.uk