

Are you *sitting* comfortably?

Tired of being ill and not finding the cause? Or maybe you're struggling to sell your home? Then perhaps 'house healer' Sandra Kendrew can help. By *Katy Evans*

Is your house making you tired and depressed? No, not because you haven't updated the décor for 20 years, or because of the list of DIY jobs that still needs doing, but because of something unseen – geopathic stress.

Today's home owners often have enough reasons to be stressed without having to think about their home being the cause of any negativity, but if you have been feeling ill, tired, or have had on-going illnesses with no apparent cause, then maybe geopathic stress could be playing a part.

'House Healer' Sandra Kendrew, a qualified geopathic stress consultant who is on the professional register of the British Society of Dowsters, uses dowsing to identify if geopathic stress is present within a property. Most of Sandra's work is done remotely, i.e. not

at the property itself, as she says it is just as affective as being there. She has done lots of work for foreign clients, including in Tokyo, Florida and LA.

Sandra describes geopathic stress as the Earth's natural radiation that has become distorted by weak electromagnetic fields, caused by underground water, mineral deposits, fault lines, quarrying, construction, earthquakes, or even the weather. She believes a lot of people suffering from ill health may be sleeping in geopathic stress areas, which is thought to lower the immune system; this means the ability to fight bacteria, viruses and parasites can be compromised. It can also affect a person's mental and spiritual health, she says.

"Usually people who contact me have ill health, can't sleep, are

unhappy, can't sell their home, or maybe there are lots of arguments. I dows to see whether it is the occupant or home that requires healing – sometimes it's a mixture. When I dows a client I tune into their name and address, and check their auras and chakras. We can look into the cause of an illness; sometimes it can be a past-life trauma held in the aura that requires removing; all this can be done remotely and if there are 'lost souls', which can be previous occupants who have passed on, it is better to remove them distantly before I go to a property," she explains.

"Healing is just transference of energy like electricity or light, to the property or client. I focus my attention with the power of intent on a house or person, and channel universal energy, asking to change any non-beneficial energies into beneficial ones.

What is dowsing?

Dowsing is finding the unseen; detecting and transforming energy with simple tools and the power of intention/thought. It has been best-known for finding water, oil and minerals but many dowsers use their skills to balance non beneficial energies within properties, and the human body.

"Dowsing is like a bridge between Spirit and matter, a tool to connect to the intuition," says Sandra. "It allows the conscious mind to connect with the subconscious. The human body has electromagnetic receptors and can tune into the Earth's energy like a radio or television tunes in to a station."



I balance these energies and show clients how to keep themselves protected, raise their consciousness, and keep their property in harmony, which allows them to be empowered and create their own destiny."

Sandra finds that the vast majority of her clients have emotional issues, which is why she gives them information on how to 're-write their life script', which is basically a checklist on how to improve thoughts, emotions, feelings and live from the heart. When she checks the occupants' chakras, she then sends healing and, if requested, can carry out an in-depth 'health MOT', which looks at the cause of certain problems, after which she dowses for the best way to remedy this.

Sandra chooses not to perform 'Earth acupuncture', which is where sticks or rods are placed into the ground to redirect negative energy. "The reason is that if not careful, you redirect the energy somewhere else, so it could reappear in a neighbour's property, which is not ideal. It's better to heal the energy so it disperses and doesn't hinder someone else's life."

Healing my house

Before Sandra arrives at my home, she has already dowsed to find any geopathic stress lines, from the very rough line drawing I'd faxed her of my home. She says she found five lines of negative energy and two negative 'vortexes' in the living room, so marked these on the plan. On her scale of minus five (bad geopathic stress) to plus five (good geopathic stress), she says my flat had a minus two, so was not brilliant. She concluded there was 46 per cent geopathic stress, 36 per cent geopsychic stress, and 18 per cent geomagnetic stress, as well as some harmful energy from past occupants (which made sense as the middle-aged man who lived there previously had, I'd heard, died of a brain hemorrhage). As for me personally, I had a pretty good energy field of around 86 per cent, which must have been why, so far, I had not been suffering too greatly from the geopathic stress lines.

Sandra pretty much did all the work prior to her visit, but wanted to show me that it had worked on her arrival. She had already posted me the plan with the negative lines drawn on it, so



SANDRA KENDREW is a Geopathic Stress Consultant, dowser and healer, and heals 'sick' buildings either distantly or on site, as well as the occupants. She also runs courses teaching people how to heal their home and themselves. Contact her by email at sandrakendrew@hotmail.co.uk, call 07710 618680 or visit thehousehealer.co.uk. *Soul&Spirit* readers who book a session with Sandra before the end of March 2010 will receive 10 per cent off the usual price. Distance healing starts at £35, and a full, on-site visit, including all further healing work over a period of months, from £175

when she got out her dowsing rods, she checked the places where the lines had been and they were no longer there (evidenced by the fact the rods did not cross in those places).

She next performed some chakra healing on me, as I'd told her about a few health complaints and her pendulum showed her some of my chakras were 'out' i.e. out of balance. So she corrected them for me.

"House healing is just transference of energy, like electricity or light, to the property or client"

"Once I have done the work I monitor it for three months. Most people feel better; the energy of their home is lighter. Once, someone was selling their home but after I had done the work, they didn't want to leave because it felt such a happy home! I had someone the other week who was about to leave her husband but after the house clearing, decided to stay, so anything is possible!" she says.

And although I had not been suffering anything serious – I was more curious than anything to find out more about geopathic stress – I have to say I have felt much more 'at home' in my home in recent months, and even made the effort to made my bedroom more cozy by putting up curtains (there were just blinds before) and hanging pictures.

How to keep a healthy home

1 If your thoughts are always in the past or present, you deplete your energy body. People reflect their homes, and vice versa, so if you are surrounded by mess, this may well be reflecting your mental state. Similarly, if you make the effort to tidy and clean your home thoroughly, this will have a positive, knock-on effect to your state of mind.

2 I believe properties have 'guardians', so it's important to speak to your home and ask it to protect you and the occupants.

3 People pick up on detrimental energy on some level and this can turn them away from a property. Once healed, homes often sell much faster. Relationships improve in good energy, and laughter raises the vibration of a home.

4 We live in a world of man-made pollution, due to phone masts, pylons, underground cables, phone base stations, wifi, blue tooth, baby monitors, and microwave ovens, etc. I recommend using electromagnetic shielding devices, such as low energy cordless phones and wifi protectors. Visit powerwatch.org.uk, develo.com, and emfields.org.

5 After a good de-clutter, a small bowl of water with a couple of teaspoons of rock salt placed in a room will cleanse the energy, as will burning oils such as grapefruit. Whichever you choose, do with the intent that it will cleanse the property.

