

SANDRA TURNS HOMES INTO HAVENS

Healing hands

By Bill Gibb bgjbb@sundaypost.com

HE has woes aplenty over *X Factor* being walloped in the ratings by *Strictly Come Dancing*.

But at least Simon Cowell should find peace at home.

The mogul recently revealed how he'd called in a house healer at his £15 million Beverley Hills mansion.

While it might have sounded like typical showbiz eccentricity to some, it made perfect sense to Sandra Kendrew.

Sandra, 59, is a UK house healer with a website and a book, *The Power Of Conscious Living*.

"I first became aware of the possible impacts of the home about 20 years ago," said Sandra, who's also a life coach and dowser.

"I had three young children, couldn't sleep and was really quite unwell.

"I had someone look at my house and give me some advice on geopathic stress, the earth's natural radiation that can become distorted.

"It can be affected by underground water or minerals."



According to Sandra, from Harrogate, there are many other things that can cause negative energy.

They include the proximity of electricity pylons and mobile phone masts.

And internally, wi-fi and telecoms equipment can have an impact.

There are curtains, paints and electrical devices which Sandra says can help. But there are simpler solutions that can improve the "feel" of a house.

"Possibly the most important one of all is to de-clutter," says Sandra.

"Clutter harbours dead and stagnant energy.

"I sometimes suggest putting bowls of water with good quality rock salt in rooms around the house.

"And laughter will always raise the vibration in a home."

Whether it's through personal visits or remote assessments, she insists that "healing" properties can have a remarkable impact.

■ For more info go to thehousehealer.co.uk



■ Simon Cowell.