

The HOUSE HEALER



Worried about bad vibes in your home? Try this advice from top space clearer and professional douser Sandra Kendrew

Did you know that World Health Organisation recognises that at least 30 per cent of houses have 'sick building syndrome' caused by geopathic stress? Or that in Germany and Austria many house builders now provide a certificate to say the property is geopathic stress free.

Geopathic stress occurs when the earth's natural radiation becomes distorted by weak electromagnetic fields, caused by underground water, mineral deposits, fault lines, quarrying, construction, earthquakes and weather conditions.

What's more, geomagnetic energies emanate from the host of electrical equipment and power sources we all rely on in our homes. Then there also is detrimental geopsychic energy to consider, which is caused by the negative influence of occupants in a building, both past and present.

But don't worry – there are some simple and effective holistic techniques that you can use to bring the positive energy back into your home. Here's how...



"There are lots of holistic techniques to bring positive energy back into your home"

CLEARING CLUTTER

Clutter harbours negative energy and the clearing process will help bring clarity of mind. If the task seems overwhelming, these tips can help:

- Focus your efforts on one area at a time
- Set yourself a goal and a realistic timescale to achieve it
- Write it down with intent
- If I don't use it or love it, I will get rid of it – use this strategy to make decisions
- If you find this a difficult or painful process look at what you are holding onto in your life. What do you fear if you let go? When you have made a start on the clearing put a little rock salt in a small bowl of water and place by a window to continue the cleansing process.

Gratitude

Being genuinely thankful and grateful for your home, friends, family and the gift of life will raise your energy. Note down everything you are grateful for in your life and try saying to yourself, 'with infinite love and gratitude I am thankful for...' Gratitude is an expression of love. A deep sense of appreciation from the heart is powerful and transformative. Try this exercise on waking: imagine you know nothing; you have no belief system, no likes or dislikes. Look at everything with new eyes and see how it feels.

LAUGHTER

Laughter raises the vibration within a home and is one of the best ways to keep the energy clear. Being with upbeat, positive people is always beneficial. When the people in our life are happy we want to be in their company because they make us feel good. Emotions such as anger and anxiety affect our energy field and our immune system. Start being aware of the vibration of your own thoughts and keep them loving and joyful. Laughter and feelings of love increase serotonin and endorphin levels, help us to fight disease and increase wellbeing.

Diffusing arguments

When conflict arises in the home or visitors bring in negative vibrations, opening windows and doors will help to dispel and rebalance the energies. We can diffuse the impact of disagreements in a conscious and mindful way. The next time you find yourself caught up in an argument try this exercise:

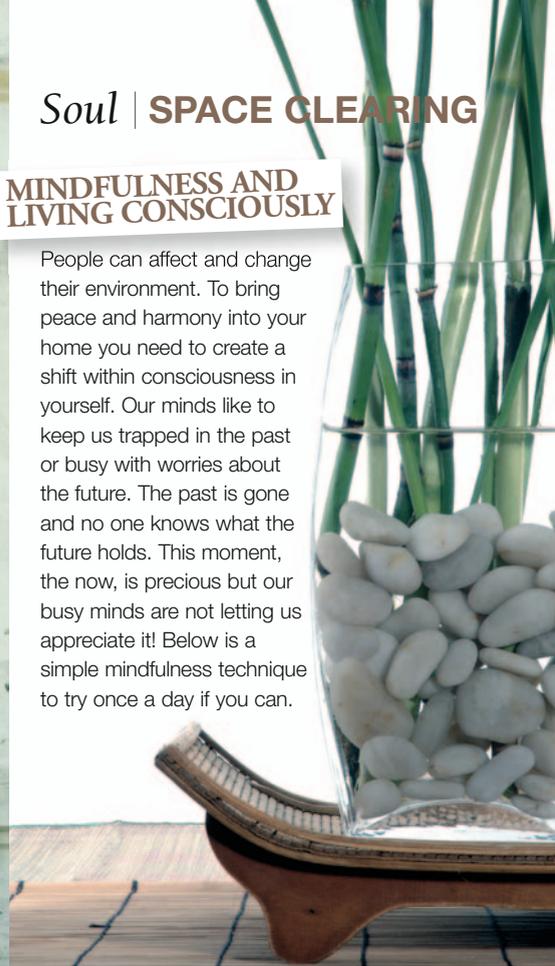
- In a journal write down the nature of the argument or disagreement
- Then write the disagreement from your own personal perspective
- Now write it from the other person's viewpoint
- Finally, write it as it might appear to an independent observer
- Arguments inevitably centre on the ego's desire to be right. If we all gave up the desire to be right, imagine how peaceful the world would be!



Soul | SPACE CLEARING

MINDFULNESS AND LIVING CONSCIOUSLY

People can affect and change their environment. To bring peace and harmony into your home you need to create a shift within consciousness in yourself. Our minds like to keep us trapped in the past or busy with worries about the future. The past is gone and no one knows what the future holds. This moment, the now, is precious but our busy minds are not letting us appreciate it! Below is a simple mindfulness technique to try once a day if you can.



REBALANCING THE ENERGY IN YOUR HOME

Your home is filled with its own energy. We all impress our energy upon a place so any property will have the vibrational memory of its previous occupants and a guardian or spirit of the place. All energy can be transformed if it is done with intent and trust. A simple method to use daily on a property is to visualise an orb of golden, protective light around your home, especially if you are going away. You have nothing to lose by showing gratitude to your home and its guardian for keeping you and your family protected. Try it and see the difference.

Plants and colours

Peace lilies, spider plants and African violets are all good for rebalancing energy so make these your plants of choice. Choose fresh blooms rather than dried or artificial flowers. Don't hold on to dead or dying house plants and acknowledge when cut flowers have passed their best and give thanks for the pleasure they gave you. Are you a person that

hides behind dark colours? Even if you like black, a splash of bright colour can lift your spirits. At the start of the day, ask yourself which colours will make you feel good.

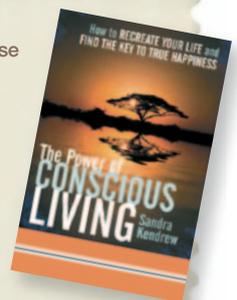
Our thoughts are energy

Positive thoughts will attract more of the same, but if you find yourself constantly judging your own behaviour and self criticising, this non-beneficial energy will then affect you and those around you. The thoughts running through our minds daily about ourselves then become our life's intention. Look for repetitive patterns and be the observer of your thoughts with no judgement. Soon the thoughts will lose their power because you will not be giving them energy. You will cease to be a victim of your negative thoughts and beliefs! Try closing your eyes and imagine you are by a river bank. As your thoughts come in, let them fall into the river and watch them float past you and away. When you are going about your daily tasks, focus completely on what you are doing in the moment and keep the mind out of the way.

- Sit in a comfortable position, close your eyes and scan your body. How does it feel? Any aches, pains or tensions?
- How does your body feel emotionally? Happy? Sad? Lonely? Just go into the body and observe, don't judge.
- Finally, how is your mind? Quiet? Busy? Positive? Negative?
- Take three deep breaths and open your eyes. Look at the colours around you. Listen. What do you hear? Feel if there are any anxieties within the body and just accept what you feel.
- Try not analyse but just be there in the moment. This is how we find self knowledge.

MORE INFO

Sandra Kendrew is a house healer and a professional member of the British Society of Dowsers Her new book *The Power of Conscious Living – How to Recreate Your Life and Find the Key to True Happiness* (£9.80,



Balboa Press) is available on Amazon and thehousehealer.co.uk. It brings together all Sandra's work as a nutrition consultant, life coach, reflexologist and douser and aims to help others understand how to live in joy and harmony.