

'House healer' who aims to rid homes of their negative energy

Can a home really benefit from alternative therapy?

Sharon Dale reports.

PEOPLE often form the wrong impression of Sandra Kendrew and as she strolls up my garden path, she makes light of this misconception: "I've parked my broomstick," she says.

Actually she travels by shiny 4x4 and there is nothing witch-like about her. There isn't even a hint of hippy about Sandra, who is every inch the smart Harrogate lady.

If you didn't know you'd never guess her profession, which could easily be condemned as hocus-focus by the uninitiated.

Sandra is a house healer, whose job is to rid properties of their negative energies and make them healthier and happier places to be.

"If you can't relate to that then think about atmospheres. We've all been in homes that feel sad, creepy or just 'not right'.

"And estate agents often refer to 'divorce houses', which are properties that come up for sale every three or four years because the couple who live there have split up.

"A lot of that is down to detrimental energy," says Sandra, who has used her powers to help sell property.

"I recently healed a house in Durham that had been on the market for two years. It had a lot of negative energy but I did some healing and it sold within three weeks."

Detrimental energy can also lower the immune system and affects mental and physical health, according to Sandra, who puts it down to three factors:

- Geopathic stress, which is caused by the earth's natural energy including underground water, fault lines, ley lines and curvy lines.
- Geomagnetic stress caused by pylons, wi-fi and other electrical equipment.
- Geopsychic stress created by the occupants, previous occupants or lost souls (possibly the energy of a person who died in traumatic circumstances).

She can pinpoint all this remotely using your address, maps and floor plans of your property, by "tuning in" and dowsing with rods.

She also asks clients to fill in a questionnaire about the house and their health.

The healing process is esoteric and requires a big leap of faith.

"It is a transference of energy. 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," says Sandra.

Most of her work is done remotely, and recent successes include a house in Melbourne, where the occupants had been ill since moving in three years ago. "It was built on an Aboriginal burial ground," Sandra explains.

Registered by the British Society of Dowsters, she became a house healer 10 years ago after selling her complementary health centre in Harrogate, where she was a nutritional consultant and life coach.

"I was healing people but realised that a lot of them were living in detrimental energy.

"It can cause everything from insomnia and depression to hyperactivity and ME," says Sandra, whose husband owns a property company.

She uses her skills on his investments and on homes and workplaces and recently turned her attention to my place.

She arrived with her written report at a time when our happy

"I healed a house that had been on the market for two years. It sold within three weeks."

home had been blighted by money worries, teenage strops and there had been nothing but bad news for what seemed like ages.

Plenty of negative energy then? According to Sandra it was not horrific, though some healing was required.

We had 36 per cent geopathic stress, 15 per cent geomagnetic and 49 per cent geopsychic. There are four detrimental energy lines and some negative energy from the past occupants (who divorced).

Before dowsing and healing, the energy of the house was 74 per cent.

Sandra has marked the negative energy lines on the floor plan. Places where two lines cross are especially bad and there's one exactly where my daughter's pillow is.



IN BALANCE: Sandra Kendrew uses dowsing rods to identify detrimental energy in the home.

She has struggled to sleep since moving to the room.

Sandra also reports on the health of the property's occupants. My other daughter's sacral chakra was out of balance, which can cause digestive problems, she says. I was

impressed, but realised I mentioned my daughter's health issue on the questionnaire.

Me? My base and sacral chakras were out of balance leading to mild depression and "feeling floaty". I can relate to this. She gives lots of advice

about chanting affirmations, "re-writing your life" and taking cold showers.

I'm afraid I have forgotten to do the former and I prefer baths, so clearly I haven't helped myself.

But the good news is Sandra

SANDRA'S TIPS FOR A HEALTHY HOME

- Clear clutter.

- A couple of teaspoons of quality rock salt in a small bowl of water helps absorb detrimental energy.

- Go into nature, ie, go for a walk in the countryside. That will clear your energy fields and make you feel better.

- Property has a guardian or spirit that you can ask to keep your property safe. I always imagine mine with a golden orb of protective light around it. This helps when you're going on holiday to keep the house safe and protected.

- Open windows and visualise bad energy going out and changing into positive energy.

- Certain plants and animals hate geopathic stress including roses, sunflowers, lilies, apple trees, dogs, horses, cows, sheep, pigs and birds. Some love it and these include asparagus, mushrooms, oaks, elders, cats, ants, bees, wasps.

- Try not to be negative yourself.

- We live in a world of man-made electromagnetic pollution due to phone masts, pylons, wi-fi, underground cables, etc. You can buy electromagnetic shielding devices such as low energy cordless phones and wi-fi protectors. Visit www.powerwatch.org.uk

has been busy healing and our house energy is now 93 per cent.

We've noticed that our daughter is sleeping better and my other daughter's health problem seems to be disappearing.

My partner has won some extra freelance work and, most uncannily, a long-standing mystery damp problem we mentioned to Sandra seems to be on the wane.

A few days after her visit the water company dug a hole outside our house when a neighbour reported a possible leak. Is it all coincidence? Who knows?

What I can say is that house healing is an interesting and positive experience and Sandra certainly isn't a witch. She's more of a good fairy.

■ **House healing costs from £35 to £225. Tel: 07710 618680 or visit www.thehousehealer.co.uk**

The repossession that could be worth a million

THE INSIDE STORY ON...

THIS enormous pile near Pickering was bought as a renovation project in 2007 but fell victim to the credit crunch.

Sutherland Lodge, at Sutherland, near, Pickering, is now back on the market as a repossession and looks set to excite the senses of intrepid buyers.

The guide price is £795,000 and it comes with a reception hall, drawing room, occasional room, kitchen breakfast room, utility room, second kitchen, eight bedrooms and two bathrooms.

It also comes with a coach house that has a sitting room, kitchen, dining room, four bedrooms and three bathrooms. The barn has been converted into a 40ft long games/banquet room and has five storage rooms and two toilets.

Added to this are several outbuildings and seven acres of

gardens and grounds with views of the North York Moors.

The imposing Victorian hunting lodge was built for the Purse family around 1890 and it still sports the family seal, of three ravens on a stone plaque on the front of the building together with the Purse emblem of an arm holding a hammer on the western flank of the property.

Built in Yorkshire sandstone blocks with dressed mullion windows, the lodge has some impressive gothic features including decorative fascias and finials, gargoyles and its own watch tower.

Inside, much of the character has been lost, though it still has the original oak staircase and two stained glass windows.

For many years the property was used as an activity centre, taking advantage of its beautiful



ENORMOUS: Sutherland Lodge is a Victorian former hunting lodge with gothic features.

and secluded countryside setting.

Subsequently sold to a builder before being repossessed, the house and buildings were given a partial facelift but are still in need of further restoration and modernisation.

Estimates for the renovation vary from £150,000 to £300,000 and Sutherland Lodge restored could be worth £1m.

There is a partially renovated Dover House close by, which is being sold separately with a guide price of £395,000.

Edward Stoye, of Carter Jonas, York, which is marketing the both properties, says:

"Sutherland Lodge is an amazing place.

"You drive through the woods turn a corner and see this gigantic place that takes your

breath away. It really captures your imagination.

"It is very private and you feel as though you are in the middle of nowhere yet you are only five miles from Pickering

"It could be used as a home with holiday accommodation and it would also make a great boutique hotel or even a riding centre because there is permission for stables."

It could also attract those who want to add it to their collection of "statement" homes.

"We recently sold Cleatham Hall in Lincolnshire and would-be buyers came from all over to see it, including people from Russia and Azerbaijan who wanted statement properties.

"Sutherland Lodge has similar qualities in that it is very private and could attract some interesting, eccentric buyers."

■ **For more details, contact Carter Jonas, York, tel: 01904 558200.**

Relief at hand if you can declare second property is your home

TAXING TIMES

Richard Whitelock

AN increasing number of people now own a second property as an investment asset, let out to provide additional income and hopefully give longer term capital growth. But it may also be a second home, which can lead to some opportunities to save paying Capital Gains Tax (CGT) on eventual sale.

Such second homes may be a necessity for work purposes, with the owner spending the working week in the property to avoid a lengthy commute, or they may be holiday homes for the family to enjoy weekends and summer breaks, whether in the UK or overseas.

CGT is ordinarily chargeable on the profit made on the sale of most properties, with buy-to-let

properties being a common example. However, properties that are occupied as your home can be wholly or partly relieved from tax thanks to the "Principal Private Residence" (PPR) relief.

Any property that qualifies as your main residence at some time will attract the PPR relief, which shelters certain periods of occupation of the property from tax.

These can be periods of actual occupation and qualifying "deemed" occupation (which can include periods of non-occupation due to having to live elsewhere for employment purposes). It also removes from charge the last three years' ownership in calculating any gain, whether you are living there or not.

You can only have one

qualifying main residence at any given time, which could mean that one home may be fully chargeable to CGT while the other is fully relieved. So what can be done to save tax if you have two homes?

Under the PPR rules, you are able to nominate which property is to be classed as your main residence for tax purposes. Married couples living together can only have one qualifying main residence between them, so it is not possible for each spouse to nominate different homes.

The nomination must be made by formal notification to your tax office within two years of first residing in the second home (not necessarily first purchasing). Once made, this election can be changed and backdated by up to two years, which can be done after you have sold one of the two homes.

This can often lead to some useful tax planning opportunities.

If you acquire a second home and do not make a formal nomination within the two-year time limit, your main residence will be decided by the Revenue as a question of fact.

This may not be to your advantage if that property has the smallest gain, so it is

"Married couples living together can only have one qualifying main residence."

important to consider making a nomination.

Let us consider an example to illustrate how the use of a PPR nomination may be helpful for tax purposes:

An individual has owned and occupied two homes for many years, a house in Leeds and a flat in London. They made an election at the time they purchased the second home in London that the Leeds property was their qualifying main residence, for the avoidance of doubt.

The London flat is sold for a large gain in February 2010, and on April 15, 2010 they notify their tax office that the London flat is to be classed as their main residence with effect from April 15, 2008. On April 22, 2010 they notify the tax office that the Leeds property be classed as their main residence again with effect from April 22, 2008.

These elections enable this individual to obtain PPR relief for the last three years' ownership on the London flat, at the small expense of having one chargeable week on the Leeds house.

If the gain made on sale was £100,000 and the flat was owned for, say, six years, these elections will have sheltered £50,000 (£100,000 x 3/6) of the gain from CGT, with a potential tax saving of £9,000.

Wherever there are two homes, careful planning with the PPR election can produce significant tax savings, provided that both properties are classed as qualifying main residences at the same time.

In situations of two residences, it is important to ensure that the final three years' ownership is relieved from tax on both residences at the very least.

Furthermore, where PPR relief

PROPERTY NEWS

Price plummets at the Old Rectory

Top of the drops this week comes at The Old Rectory, Dishforth. The 4,000 sq ft house has lost £205,000 off its original price and is on offer with Savills Harrogate for £895,000.

The property, which also comes with a refurbished stone barn, sits in walled gardens with outdoor dining areas, terracing and a semi-woodland garden.

It has a formal reception hall, drawing room, dining room, study, sitting room, garden room, snug, large breakfast kitchen with four-oven Aga, utility room, cloakroom and cellar. The first floor has four bedrooms and two bathrooms and there's a sitting room, study, double bedroom and large bathroom on the second floor. Contact 01423 535800.

Election fever cools property market

The latest Agency Express Property Activity Index shows that the growth in house sales in Yorkshire stagnated in April in the run-up to the General Election. There was an average decline of 7.2 per cent in the number of houses sold in April. However, sales were 6.3 per cent higher than April 2009. The UK as a whole saw a 0.7 per cent decrease in April.

In York, there was a 23.7 per cent drop in the number of houses sold but Leeds bucked the trend with a 14.4 per cent rise. Stephen Watson, managing director of Agency Express, says: "It appears that the General Election has effectively dampened the level of activity."

Town apartments under the hammer

Eight apartments in the same Harrogate development are to be offered for sale at discounted prices at an auction in Leeds on May 11. All the apartments are at Park Court on North Park Road, close to the town centre.

The properties range in size from one-bedroom up to three-bedroom duplexes with guide prices starting from £85,000.

A total of 100 lots are set for auction. The two-day sale is taking place at Leeds United Football Club, Elland Road, Leeds on May 11, starting at noon, and at The Fairways Lodge and Leisure Club, Prestwick, Manchester on May 13 at 1pm.

The full catalogue is available to view online at www.eddisons.com

Lack of supply a threat to rentals

The UK is facing a severe housing shortage, with not enough rental property to meet demand, according to the Association of Residential Letting Agents (ARLA).

Operations manager Ian Potter says: "There simply isn't enough housing stock coming on to the rental market. We need to see tangible measures to support the private rented sector. Investors need to be treated as businesses, with proper incentives to invest in and refurbish older properties. This will improve standards and encourage much-needed investment to help get the market back on its feet.

Site has permission for five-bed home

Would-be self-builders will be interested in a property with development potential in the sought-after village of Bramhope in Leeds.

The two-bedroom bungalow at the Sycamores comes with planning permission to demolish the existing building and erect a five-bedroom detached house with single garage. The guide price is £325,000 and sealed bids needs to be in by May 17.

For details, contact Manning Stainton tel: 0113 230 1777 www.manningstainton.co.uk