

By Julie Carpenter

IT STARTED with a tweet, one from Simon Cowell to be precise. The music mogul announced to his four million Twitter followers this week that his home - that's his £15million mansion in Beverly Hills - needed some TLC although not of the roof-repairing kind. No, it required healing.

"Hello," Cowell tweeted. "I hope you had a nice weekend. Mine was very nice. Today I had someone heal my house. Strange but great. The healer brings in good energy. Someone told me about it. It takes a couple of days."

Only in LA you might think but you would be wrong. Do a quick internet search on house healers in the UK and plenty pop up, weighed down with experience and bursting with testimonials from satisfied customers. And the fact that The X Factor supremo thinks house healing is "strange but great" has sparked a new flurry of interest.

Sandra Kendrew, who styles herself The House Healer and lives in Harrogate, has been inundated with calls since the Cowell Effect set in. During her eight years' experience she says that she has healed hundreds of homes of "non-beneficial energy", the type that Cowell's palatial pad was likely to be suffering from. Exactly what ailed Cowell's mansion is not known but Kendrew says the people who come to her often can't put their finger on exactly what the problem is either.

"Sometimes it can just be a strange type of atmosphere that you feel in certain houses," she says. "You don't like the feeling but you don't know why,

you're just picking up on some bad energy. Time and time again I get calls from people who say that as soon as they moved into a certain house, things haven't felt right and it's having an effect on them or their health. Maybe they're having relationship problems or depression or insomnia.

"I had a situation recently where a husband just couldn't bear living in the family home any more and he'd actually moved out to a flat. Two or three weeks later, after I'd re-balanced the house, he came back to visit. He said it felt so different and has moved in.

"You could say it's coincidence but it's happened again and again. I know someone who's an estate agent in London who says that they actually have houses they call 'divorce homes' because every two or three years the house is on the market again. It's a pattern."

If this sounds a little out there, Sandra points out that even the World Health Organisation recognises that at least 30 per cent of houses are "sick buildings".

"Personally I think it's more like 50 per cent these days," she adds, "and it means that people who live or work there are constantly poorly or regularly have time off work but they don't really know why."

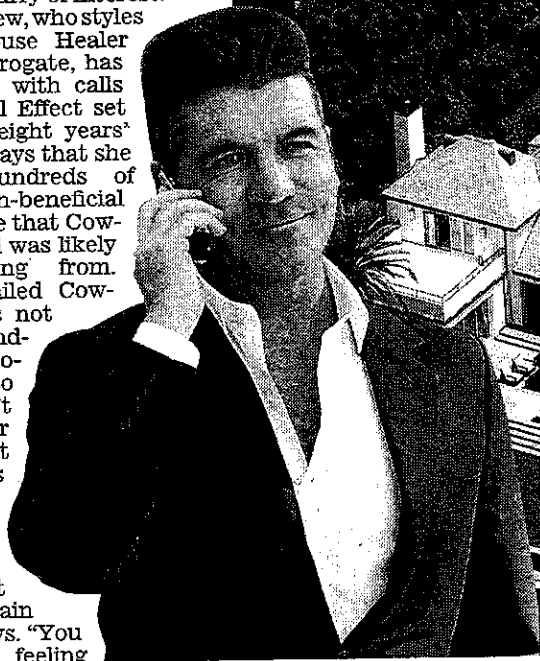
According to house healers there can be three types of problem: electromagnetic stress, geopathic stress and geopsychic stress.

Electromagnetic stress is caused by man-made pollution due to such things as phone masts, pylons, underground cables and wi-fi. Given Simon Cowell's phone must be beeping constantly he could be an obvious contender for this variety and Kendrew suggests some practical advice such as turning off phones and wi-fi at night.

Geopathic stress is when Earth's natural radiation has become dis-

DOES YOUR HOUSE NEED A HEALER?

Simon Cowell decided that his LA mansion did. We meet the sort of cleaner who offers to rid your home of 'negative energy'



ENTHUSIAST: Simon Cowell had his Hollywood mansion treated

torted by weak electromagnetic fields caused by underground water, mineral deposits, fault lines, construction work or simply the weather.

"There has been lots of research on this by doctors and professors that shows how geopathic stress can gradually lower your immune system," she says.

Geopsychic stress meanwhile is the slightly more spooky kind and can, says Kendrew, involve "lost souls" or what you and I would probably call ghosts. "It's the more tricky area," she concedes. "But it's best thought of as the energy left behind by someone who used to live in the house."

KENDREW, whose background is in complementary therapy, became a convert to house healing after her own home was healed 20 years ago when she was a young stressed mother who couldn't sleep and always felt unwell. She concedes her husband thought "what a load of rubbish" but they were both "amazed" by the results.

Her own website is full of comments from customers who say they can now sleep better, are no longer depressed or that their entire lives have changed.

The website of another house healer, Suzi Morris (dubbed The House Whisperer), boasts testimonials from celebrities including Paul McKenna.

Morris uses a practice called "vortex healing" which she describes as "channelling divine white light into buildings to clear them of negative energies or bad feelings. It brings buildings back into peace, balance and harmony."

Kendrew meanwhile is a profes-

sional member of the British Society Of Dowsing. "People have different methods but ultimately it comes down to the same thing," she says. "You're channelling healing energy. Personally I start by detecting lines of non-beneficial energy by dowsing. Then when I've found the problems I deal with them."

"So if I'm on site I'll use dowsing rods, those metal wire rods that people have used for centuries and which are still used by water boards today to detect water. I'll walk into the house and my dowsing rods will cross when I hit a point of detrimental energy."

Kendrew says that people often like her to visit their property to point out problem spots but that she doesn't even need to visit someone's house and can perform what she calls "remote healing".

"In that case I'll get someone to send me rough plans of their home and I'll use a pendulum - anything really on the end of a chain. I'll hold it over the floor plans and ask questions and the pendulum moves one way for yes and another way for no. In this manner I'll draw points of energy and vortices of detrimental energy. All I'm focusing on is anything that's detrimental to the occupants."

The worst thing, she says, is if you are inadvertently sleeping across a bad energy line. "I've had people suffering terrible migraines and when I've checked I've found that the bad energy line goes right across the top of the bed."

She freely admits that someone's health problem may have nothing to do with their home. Only if she detects a problem does she charge, from £95 for remote healing and around £250 for a home visit.

As to what she does to heal a home after she's detected detrimental energy, she reveals: "I have



FOCUS: Sandra Kendrew with the rods she uses to detect problems in a house

what I call a blessing. It's not actually religious but more spiritual. I do a form of healing on the house by tuning myself into the home and asking for the energy to be changed into beneficial energy. It's quite a hard thing for people to grasp but as Einstein said, 'Energy cannot be created or destroyed but it can be changed'." (Admittedly Einstein said it about thermodynamics, not house healing, but the theory's still there.)

Kendrew monitors the house for about three months after a healing to check that everything's stable

"but I generally find that once it's healed it stays like that".

She is well aware that people will be sceptical. "That's why I think good on Simon Cowell for saying something," she adds. "Some people do think it's a bit wacky but believe me there are easier ways of earning a living. I definitely wouldn't have done this for so long if I didn't think it worked."

● Sandra Kendrew is the author of *The Power Of Conscious Living*. For more information go to www.thehousehealer.co.uk