

Sandra Kendrew claims she can banish bad vibes from your home. Is she bonkers or onto something?

by Flic Everett

THIS is the time of year when most of us engage in some form of spring-cleaning — washing, dusting and sweeping spiders out of dark corners should swiftly dispel the winter gloom.

But if it doesn't, then maybe your home is suffering from a deeper malaise than grimy curtains — or so believes 'house healer' Sandra Kendrew, who has been working with troubled buildings and their occupants for nearly a decade.

'We've all been into houses that just don't have a nice atmosphere, even if you can't put your finger on what's wrong,' explains Sandra. 'Often, the occupants report feelings of tiredness, unexplained headaches, depression, even relationship problems. My job is to identify the energy that's causing the problem, and disperse it safely.'

Harrogate-based Sandra has helped hundreds of people, many of whom were on the verge of putting their house on the market — or even divorcing — before calling her in. 'The house feels lighter and we're so much happier,' is the general gist of the resulting testimonials.

She usually performs the entire healing process remotely, and has healed homes in both Melbourne and Las Vegas, (one U.S. woman even attributes her father's recovery from cancer to the healing process). Sandra insists that distance is no object.

'I don't need to be there — it's like tuning into a radio frequency,' she explains. Sandra asks for the address, and dowses (with copper rods) over the floor plans to pinpoint the areas of blocked energy, then draws a map of energy lines that affect the property.

SHE begins the healing by sending 'intent, focused positive energy' to the home and its occupants, and teaches them to challenge negative thinking. If the property is in Britain, she can follow up with a site visit.

For those of a pragmatically scientific mindset, it may sound unfeasible. But business is booming, on both private and commercial properties.

'People are much more open-minded about this now than they were when I started,' says Sandra, who has a background in nutrition and psychotherapy. 'Experiments show that positive thoughts and affirmations can change the shape of water crystals. There's no doubt that they can also change the effect of negative vibrations in a home or business.'



Picture: ALLAN SANDERS

Is it time to call the HOUSEHEALER?

It's fair to say my own house has been somewhat stressed lately. We've been here for six years. Last November, we had a major house fire — a candle tipped over after a dinner party and set the kitchen on fire, while smoke damaged the rest of the property. We had to move out for six weeks.

Not surprisingly, my husband Simon, son Wolfie, 17, and I are all a bit gloomy and tired after such a stressful winter. Can Sandra help?

'When I'm called to look at a house or business, I use a pendulum and dowsing rods to assess the geopathic stress — the earth's natural radiation,' she explains. Its natural frequency can be distorted by electro-magnetic fields generated from underground water, fault lines, and construction.

'Detrimental' geopathic stress can cause insomnia, a lowered immune system, depression, and even chronic illness, she claims. She also looks at electro-magnetic pollution from nearby pylons, sub-stations and radiation in the home, such as whether the occupants are sleeping next to a 'disruptive' WiFi connection.

Finally, she examines the 'geopsychic' stress, which is the lingering emotional energy created by previous occupants and

the property's current owners. I've sent her my address and some rough floor plans by email, and she gets back to me a day or two later. Apparently the geopathic stress of our property is -1. The scale runs from -5 (bad) to +5 (good) so this isn't too healthy. The geopathic stress reading is 28 per cent, the geomagnetic stress is 25 per cent, and the geopsychic stress is a whopping 47 per cent.

We also have three 'detrimental energy lines', most of which seem to cross Wolfie's bed. That might explain why getting him out of bed for college is like prising a mollusc from its shell.

Sandra also performs a remote assessment of the stress of the occupants. My chakras — energy points in the body — are slightly out of balance in the throat area. 'Perhaps because you're suppressing what you'd like to say,' she suggests. My family would beg to differ.

After her remote healing, she assures me my energy has risen from 79 per cent to 92 per cent, apparently. I'm a little unsure as to how this can possibly be measured — we haven't even discussed my energy levels. But Sandra explains that she dowses with her pendulum, while counting from one to

100 out loud, and when it begins to circle, that's the exact percentage of energy.

Now, I'd be utterly sceptical about this, if it weren't for the fact that I've been feeling down, grumpy and generally exhausted for weeks. A few days ago, I suddenly started to feel much happier, and was moved to clean out my wardrobe for spring, wash all the windows and generally carry on like Mrs Tiggy-Winkle expecting a royal visit.

The next day, Sandra emailed me to say she'd already started the healing process, and I may notice a bit of a difference. Coincidence or not? She also says that Wolfie's energy should increase — and indeed, he does seem to have a slightly more vibrant approach to homework than previously.

When she comes for her 'site visit' to dowse the areas she's mapped as trouble spots and complete the healing process, I'm slightly unnerved. She shows me the floor plans I sent her, which are now covered in felt-tipped criss-crossing lines. This is a map of the 'earth energies' affecting the house.

After her remote healing, which costs

Spring clean
98 per cent of the British population say they feel good about themselves when their house is de-cluttered

Sandra's tips for a healthy home

1. Bless your home and yourself daily. It doesn't have to be religious — just focus on positivity and gratitude for what you have.
2. Give possessions you no longer want to charity or someone who needs them — clutter breeds negative energy.
3. Have plants, particularly spider plants and peace lilies. Throw away dead plants.
4. Put a little rock salt in a bowl of water in your home — this is very cleansing.
5. Keep doors closed, especially while you sleep.

around £175 (more for a site visit), Sandra explains that the negative energies caused by geopathic and electro-magnetic stress have now been replaced by beneficial ones.

She seems to be a lovely woman, and I fully believe that she has been dowsing intently on our behalf back in Harrogate. Mainly, this rectifying of dodgy energies seems to boil down to 'positive intent', and comes under the same umbrella as belief in a higher power, prayer and positive thinking.

Using her silver pendulum which begins to circle clockwise when she arrives at the correct answer, she asks: 'Is this bad energy now cleared?' and then checks with her dowsing rods. If they cross, they've hit an energy line. If not, all appears clear and stress-free.

EVER since I first saw our house I loved it, and have never felt uneasy living here. But lately, times have been tough, and Sandra says that the occupants' energy can affect the house's health, too.

In the front room, she unpacks a pair of little metal dowsing rods. She begins to walk gradually back and forth across the room, asking: 'Show us where the detrimental energy was before the healing.' I'm studying her hands carefully, yet I can't see a single twitch. The rods, meanwhile, are crossing and uncrossing like Riverdancers.

'Show us where it is now,' she commands, and, of course, they don't move an inch. We do the same in the kitchen, then in the bedroom, where she demonstrates that my husband's side of the bed is crossed with energy lines and mine isn't.

'Cats like geopathic stress, and dogs hate it,' she explains. 'You often find cats will sleep on the energy lines.'

She can't possibly know that all four of our cats prefer Simon's side of the bed. As for the whirling vortex in Wolfie's room, I'd assumed it was caused mainly by discarded ice hockey tops and mouldy coffee cups, but apparently it's 'blocked energy spirals'. 'It's all cleared now,' Sandra assures me.

After her visit, I sit in the bath and try to repeat positive affirmations, so it's a shame I wake up next day with a headache and a cold. However, Simon is finally inspired to paint the spare bedroom ceiling, and Wolfie does get up without me banging on the wall, yelling: 'You're late! Get up!'

It's all fairly encouraging. Then Sandra sends me an email. 'I also had to remove a lost soul that may have been around three years or so,' it says. 'Don't worry, it has completely gone now.'

Sandra promises that we'll feel more harmony, have less arguments and enjoy a feeling of being 'at home' and at peace.

Whether you buy into her unusual methods or not, I definitely feel fond of my house again, and anything that focuses attention on the power of the home to be a safe, calm place can only be a good thing.

■ www.thehousehealer.co.uk