



## IS YOUR **HOUSE** happy?

Ever get bad vibes the minute you walk into a building? If your house drags you down it could be suffering from unhappy home syndrome

*Do you ever feel drained of energy* when you're in a particular house, or maybe you get a distinctly anxious feeling in a certain building? You're not alone. Many experts believe that houses can actually suffer from a bad case of the blues, which can be triggered by anything from radiation in the earth and electric appliances to excess clutter and even merely bad colour schemes. Professional dowser and house healer Sandra Kendrew ([thehousehealer.co.uk](http://thehousehealer.co.uk)) explains that your house has its own energy which can easily become disrupted by negative influences: "When a house becomes depressed, it is often caused by what is

termed 'geopathic stress' from detrimental earth energies caused by underground water, mineral deposits, fault lines or underground quarrying.

"Electromagnetic pollution such as phone masts, pylons, cables, computers, microwaves and WiFi can also have an enormous effect," says Sandra, adding that houses can even become unhappy when they pick up on negative emotions from current or previous occupants who constantly argued. So with all these factors at play, it makes sense to focus on attracting more positive energy into your house. Here's how to get a happy high with Sandra's home healing...