

# HOUSE HEALING

BY JAN TREWARTHA & MIRIAM WATSON

*Jan Trewartha and her colleague Miriam Watson work together in a deeply intuitive way, using their combined expertise in dowsing, crystal and energy healing, land healing and mediumship, to cleanse homes and workplaces, making them harmonious, healthy places in which to live and work.*

Just as most people have emotional and physical issues they are slowly dealing with, most houses have problematic areas in terms of old, stuck energy, problems in the land they are built on, and much more. The energy in a house affects the occupants health, emotions, sleeping patterns and general level of functioning. However, buildings have no capacity to change without human intervention.

Assessing the state of a building in energy terms involves firstly checking whether there is geopathic stress from the earth – underground water, earth faults, natural radiation, overground energies. These may make areas unsafe to sleep in, cause severe long-term health problems, and make certain rooms feel extremely uncomfortable to be in and uninventing. In some cases simple remedies like moving the bed can prevent potential illness and restore a good night's sleep. The effects are not to be underestimated. However, using a combination of dowsing, healing techniques and sometimes crystals, the majority of problems can be neutralized.

Once this has been done, we can check for structural problems to do with the composition of the building, energy that has built up in the walls etc. The final stage of clearing the energy is looking at electromagnetic influences (known by most as spirits) or historic imprints, and clearing old energies left by past occupants – strong arguments leave a very tangible residue. As a final touch the overall energy in the house is harmonized, and we bestow a blessing.

We use psychic impressions and channelled information to establish the cause of the problems and their remedy. We scan the problem in the building and surrounding gardens, searching for the areas that are dark and congested; the source of the 'sickness' responsible for 'sick building syndrome'. When we have located the source(s), that congestion can be cleared and new life brought into the spot, re-starting the circulation of energy throughout the entire building like healing. This works in a similar way to healing a body.

A sick building makes the occupants sick. Whether it is a home, a shop or an office, the sickness is infectious and affects the occupants' moods, relationships, sleep patterns and behaviour and prosperity. Above all, it affects their health.

Broadening out to the wider picture, sometimes the history of an area may have a huge impact on any one building – for example if it is built on the site of a historical battle site, or plague burial ground. We have specific specialist methods for combating these effects and clearing extensive areas of land before tackling the building at hand. This adds another level of complexity to the process, which is nevertheless crucial to its success.

Every building we work on is different; each has a story to tell. Sometimes inhabitants speak of strange happenings, sometimes just of an 'odd feeling', a room they do not like going into, or simply restless sleep or persistent illness.

Everyone can do something towards healing their own home or workplace by using common sense. Clutter, cupboards full of old files, piles of old clothes or magazines; these are obvious sites of stagnating energy and easy to clear. We suggest you archive the paperwork, throw away anything unnecessary, and repaint the walls, especially if you have just moved in. This will already remove old energy, make the building feel clearer, and improve your mood. You may even notice changes in your own physical health as a result. You could also look at each room objectively and try to sense whether certain corners feel darker than others. As a remedy, you might light candles in those corners and clap your hands in them to break up the stagnant energy. If you look after your home and workplace your health and moods will improve. It makes sense to nurture your environment as you would your body.

There are many buildings, however, which need more drastic treatment, buildings that no amount of nurturing will cure. There are many 'sick buildings' in our society but most of them can be harmonised and healed with expert attention, and Jan and Miriam enjoy a challenge.

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**Come and find out more about houses with spirits and negative energy at the Wokingham Group on April 22<sup>nd</sup> 2005**