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**10 Tips on How to Tell if Your Home Needs Healing**

**From Sheldon Norberg - Author**  
**Healing Houses - My Work as a Psychic House Cleaner**

- 1) **Does your house *feel* comfortable?**  
Think about every room of your house, have you always been able to relax, concentrate, work, play, be happy, sleep, dream, and feel secure?
- 2) **Are there rooms to tend to avoid?**  
Does your house have rooms that feel depressing, make you anxious, are hard to sleep in, promote unpleasant dreams, or wind up turning into storerooms?
- 3) **Has your behavior changed since moving in?**  
Since moving into your house, do you feel emotions or feelings that don't relate to you, or the way you've always felt?
- 4) **Has your sleep or dreaming (or your children's) been disrupted?**  
Some houses have stronger effects on dreams, or residue that interferes with sleep patterns. Have your children changed since moving?
- 5) **Do some rooms have compressed *Headroom*?**  
Some rooms feel as if the ceiling is a foot lower than it is, and tend to cause vertex (top of skull) headaches. These rooms are often avoided.
- 6) **Do some rooms have *Pressure Difference*?**  
Some rooms feel as if the atmospheric pressure is denser than others. One has to account for temperature and air flow, but in rooms that are affected, the sluggish quality has no apparent physical cause.
- 7) **Do some rooms have a *Cold Chill*?**  
Do you have the sensation that something cold has overtaken you, in a warm room, or have a room which inexplicably won't heat, despite a functioning furnace and an otherwise warm house?
- 8) **Do some rooms have an inexplicable *Smell*?**  
In rare instances, smells of former inhabitants are somehow activated, at random times or with clocklike regularity, and nothing seems to stop or clear them.
- 9) **Does your house have *Electrical or Telephone Problems*?**  
While fairly common on the one hand, they're fairly uncommon on the other. Does your phone or power inexplicably cut on and off, or appliances turn themselves on and off? Houses that have had the worst incidence of this are the sites of suicides.
- 10) **Have you had any occurrences of *Ghosts*?**  
Obviously, this would be a major indicator, but they don't always appear clearly. Spectral images, moving, in twilight, or at night, sometimes just glimpsed, can be presences. Listen to your kids about this.