

## **Suggested Questions for**

**Sheldon Norberg**

**Author**

*Healing Houses: My Work as a Psychic House Cleaner*

### **Can you describe what it is you do?**

Essentially, I clean out the negative energy patterns that exist in people's homes, or other physical structures. My practice developed from years of meditation from which I developed a certain level of clairvoyance and a number of techniques for shifting the energy in a physical structure.

### **Where do these “negative energy patterns” come from?**

People, usually; those that have lived and died in a home before my clients. If you'll accept the premise that thoughts and emotions generate energy which generates an electrochemical vibration, then you can start to imagine the vibrational pattern of someone dying of a long term illness, or murder, or suicide. Long term pain, suffering, and sadness create embedded energy fields that are just as difficult to live with as the short high intensity energy fields related to murder. These vibrational patterns remain in a space and affect us long after their origination.

### **How So?**

We are sensitive to them, and either feel unpleasant around them, or modify our lifestyle to adjust to them. A major indicator in my client base is a bedroom that's become a storage room, because no one likes to sleep there. They feel uncomfortable, or have nightmares (usually because they sense death energy), so they leave it empty. Even in today's market, that room can cost a quarter million bucks, so turning it into a storage locker is hard to defend on a *rational* level.

### **What about ghosts? Do they exist?**

At this point, I have a hard time arguing against that fact, but there's so much more to it. A ghost is rather rare; the energetic remains of a person whose commitment to stay here, or inability to leave, has created an active presence after their death. I have a number of clients whose houses have been haunted that way, but my work is so much broader. I deal with all sorts of phenomena related to the energy left by people who've died, but which manifests in bird attacks, rat infestations, bizarre accidents, physical ailments, repetitive nightmares, *smells*, inexplicable weird stuff. You don't need to be a ghost to leave behind an energetic stain.

### **How did you get involved in this work?**

*Fate?* I guess I had always been interested, but it was really just coincidental. At a time in my life I decided I needed to reformat myself, and began my intuitive training. It was really about organizing my own thinking, understanding my history of metaphysical experience, and putting psychic senses in a framework of philosophy of perception and feeling. But there was a woman in my class who had a haunted house. One night she asked if anyone in class would like to come and work on her house. Everyone did, but oddly, I was the only person who showed up.

### **Did you have any background or training that prepared you for it?**

Yes and no. My parents were atheists, so I didn't have any religious background, but I did get initiated into Transcendental Meditation when I was ten. I got frustrated with it, because I didn't have the discipline or real training to achieve ...transcendence. So I pursued my interests in consciousness on the side until eventually I began my training at The Academy of Intuition Medicine ®. Over a few years I developed my skills tremendously, although the program was strictly focused on healing one's self and others.

### **Why would a person call you?**

A number of other psychics know me and my work, and they recognize when one of their clients has the kind of situation that calls for my services. Sometimes it's a ghost, or a bizarre energy manifestation in their home; something that makes it difficult or impossible to live there, perhaps affecting their dreams, or particularly their children. Children are extremely sensitive, and I've had several clients who came to me because their children were having problems that were much bigger than the "monster in the closet."

### **Do your clients seem *normal*?**

That's a hard judgment call for a guy like me to make, but yes, of course. *Except for the fact that they've had to break down their rationality and admit that something weird is happening in their home.* My clients have run the gamut, from nice old ladies to high powered executives. I've worked in major office buildings, been flown out to estates on private jets, consulted for high-end realtors, and worked with every kind of average family and single person you can think of.

### **What's the scariest house you've worked in?**

I don't usually get scared while I'm working, since I don't have to live with what's there, although there have been a couple places. One where an old presence was affecting my client's dreams so much that it left marks on her, and I think it pushed the previous owner to murder his friend. That place felt spooky, and some weird things happened while I was there. The worst for me was when I went to clean my friend's wife's house, without knowing that her dad had committed suicide. I slept in his room and dreamt his dreams, which hurt.

### **What do you call yourself?**

I've been called exorcist and "*ghostbuster*," but neither of those are anywhere near accurate. I like House Healer, because it brings attention to the idea that it's our houses that are ill, and that I heal them.

### **FOR MORE INFORMATION OR TO ARRANGE INTERVIEWS, CONTACT:**

Isabella Michon  
ImMedia, Inc.  
415/898-4838  
[Im.Media@comcast.net](mailto:Im.Media@comcast.net)