

Does *Your House Feel Off*?

PEOPLE ARE ALWAYS ASKING ME, when I visit their homes, to tell them if I feel anything weird. “No,” I say, “only you.” I don’t go searching for work in my quotidian mode. I don’t wander around or go to parties with my sensitivity heightened, lurking for energetic dissonance. It would be extremely loud. Certainly, some places smack with residue, but part of the reason I’m as good as I am at what I do is that I can ignore it.

I am somewhat hesitant to write this chapter, because I don’t want to plant any ideas in your head about what might be wrong with your house or have you searching for evidence. The key to determining whether something is going on in your home is whether you *can’t* ignore it. The elephant in the room things will be obvious to you, and are completely different from house to house and situation to situation. The little things I’ll mention here frequently come as afterthoughts to my clients, they’re the ah-haaaaas that tie a minor or ignored odd feeling into the larger picture. These are the things that I look for, because they indicate a problem to *me*, primarily non-conformity of energy.

Indicators

The first thing that I notice in a house is usually Headroom. Some rooms feel as if the ceiling is a foot lower than it should be. I’ll

feel a weight on the top of my head in these rooms, and will ask the client if they are apt to get *headaches* there. Although they rarely notice the height problem, they often do get headaches or feel uncomfortable there, making the room one to be avoided.

Pressure Difference is another related symptom that I look for. Going through a house, some rooms will feel as if the atmospheric pressure is denser than others. Of course, one has to account for temperature and air flow, but in rooms that are affected, the sluggish sometimes taffy-like quality has no physical cause.

Everyone has seen a spooky movie where a **Cold Chill** pervades a room, but when you actually 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, it can be an indicator that something or someone does not want you to share the space.

Far rarer but much more unpleasant are **Smells**. From the old-woman's perfume to the dead guy's cigarette, the fact that the smells of former inhabitants are somehow activated by their presence is one of the truly mysterious and unnerving things about these phenomena. Air cleaner, carpet shampoo, open windows, incense, nothing stops these smells from appearing, out of nowhere, at random times or with clocklike regularity.

Electrical and Telephone Problems, while fairly common on the one hand, are fairly uncommon on the other. When your phone and power inexplicably cut on and off, appliances turn themselves on and off, and the phone and power companies have sent technicians over that have found nothing, it's not about the wires. The houses that have had the worst incidence of this, that I've seen, were the sites of suicides. In fact, in almost all the cases of poltergeist activity (physical movement of objects) that I've worked on, there had been a suicide in the house.

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Feeling Unlike Yourself, specifically anxious, possibly depressed, may also be an indicator. It's a pretty broad statement and I'd hate to hang my profession on that per se, but what I've ascertained from my clients is that when these feelings are specifically related to being in their new house, felt only when inside the house, don't resolve over time, and result in adaptive behavioral changes they may be related to something other than your true self.