

## How I See It

**E**NERGY FOLLOWS YOUR THOUGHT.” SIMPLE as that. We transmit and receive energy signals constantly. Our thoughts transmit energy, our emotions transmit energy, our actions transmit energy. We are in constant energetic communication with each other. Usually projecting our anger or negativity at each other, although our demands and desires take up a large bandwidth too.

While many of us restrain ourselves from verbal outbursts directed at other people, we unconsciously barrage them on an emotional/energetic level with little or no restraint. Over the span of a lifetime, we engage in thousands of negative energetic interactions, primarily on a subconscious level. We feel these exchanges, however, and our fellow humans’ energy (particularly that of those we are close to) can impact us, emotionally, on different chakra levels, and over time work deep into the physical levels of our own bodies. In the same way, we can poison ourselves by holding on to these negative thought patterns.

Training in energy awareness and manipulation allows us to see this held or trapped energy and repair it, be it stagnant energy connections with others, or the bruising and injury of energetic events of their past. When we work with an energy therapist, we ask them to look into the places our system has been compromised by these energetic injuries, release the charge

at the points of impact, and refill those parts of ourselves with our own highest energy.

A home or building, on the other hand, does not have the capacity to become self aware or to heal itself. And within our own home we usually feel the freedom to express our anger, fear, sadness, or grief as deeply as we actually feel it. What I find in the homes I work in is that people's long term energetic transmission sticks in the walls, in the wood, in the furniture, and in the energy body of the house itself. This deeply rooted vibrational energy remains, and affects the people who live there afterward.

While everyone is sensitive to some degree, the intensity and duration of the negative emotion expressed in a home, or even in a particular room, can seriously impair some people's ability to conduct their own energy at their optimal personal frequency. When the intensity of the vibration is extreme, this impairment may lead to illness or disturbed thought forms. In homes where people have faced great loss, long term illness such as cancer or AIDS, intense pain or anguish leading to their death, or other powerful negative experience, the stains that they leave behind can be quite palpable for those trying to live there afterward.

Our human capacity to fully let go of our lives and move on to the spirit plane is also brought into question in my work. In some of the homes to which I've been called it was impossible for the inhabitants that died to move beyond this sphere and on to a higher level. Unaware that they are dead, they remain in their home, expecting things to be the way they were during their life, holding on to the actions that held meaning for them, or desiring to resolve issues with people who are no longer available or even alive. These spirits continue with their daily (or nightly) rounds, and seem to become upset by changes that occur in their living space. Some make their presence known to the living, who to them, are invaders.

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### **Not All About Ghosts**

A lot of people want to ascribe the energetic problems of houses to “ghosts,” and since the release of *Ghostbusters*, there has been tremendous interest in “ghost hunting” as well. Since I first sat down to write this book, there have been no less than a half dozen TV shows committed to Ghost Hunting, but hunting is a far cry from *healing*.

There is a cultural foundation for belief in ghosts, and I certainly find that they exist, but often when I’m working in a house, the situation is not something I can particularly relate to what I would define as such: *a presence that manifests in a location as part of its own intention to stay there, or due to its inability to transcend this plane.*

What I do find, almost invariably, is that the intense emotions or energy states that the former inhabitants emanated while they were living there, *left stains*. These stains weren’t covered by paint, or wallpaper, or removed by remodeling, or any other attempts to alter the feel on the physical plane.