

HEALTH

CLEARING HOUSES

Space – the final frontier.

Dating agencies and the Lonely Hearts columns in this very magazine are full of people seeking someone special to spend their lives with. But according to energy worker and reiki master, Chris Colgan, many of those who are looking for love may be living in an environment that is blocking them from doing so.

'Often we are stuck in the past because of the things that we keep from former relationships,' says Colgan. 'Parents and ex-partners can have a huge influence on us, and no matter how ready we might be to move on, it's difficult when you're surrounded by possessions that hold you back energetically and sub-consciously. Things like pictures, letters, books, paintings or ornaments are often chosen by someone else with whom there are still unresolved issues.'

'People sometimes keep things they

don't even like because they were a gift from their parents,' he adds. 'As well as the usual problems between parents and children, their possessions may also carry the energy of the parents' relationship with each other. Also, people try to start a new relationship in the same bed they shared with a previous partner. I was able to show one couple, who were unable to conceive, that there were more than two in their bed because it had been chosen by the husband and his ex-girlfriend.'

Colgan moves around each room, feeling the energy of the space and everything in it, using his hands and his senses, picking out the objects that make him uncomfortable. Almost always they have their own story to tell, and it often involves troubled or unfinished business.

He frequently senses the energy of a home before he even goes inside: 'The energy will differ from room to room, but very often homes themselves can be uninviting or even actively opposed to a positive relationship or the introduction of children. I went to one house where I didn't even want to go into the bathroom, and when I did

there was a heavy atmosphere of fear and suffocation. Apparently, the owner had bought the property 18 years earlier from an old lady who didn't go out much and didn't see people. She died in the bath, but she wasn't found for several weeks.'

In homes like these, Chris performs 'space-clearing' ceremonies, inviting those in the house to join in. He blends together both Native American and Eastern rituals and processes, to clear negative energy and make the space more positive and beneficial to the occupants and their new lives.

'We invoke intention throughout the house,' he explains, 'for how they'd like each room to feel – lively in the dining room, quiet and reflective in the study, loving in the bedroom, working together to heal their homes. I can also work on the individuals themselves to clear unblocked emotions, allowing them to move on in relationships and find happiness.' *Frances Ise*
*Chris Colgan (020 8660 3889/
chris@spiritwarrior.co.uk). Chris charges £195 to space-clear a one-bedroom flat, and £285 for a three-bedroom house.*

