

Heidi's Healings 

- ☞ Clairvoyant Readings
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 **House Healing with Heidi**
 HEIDI PETERSEN

Are you drawn to houses from a specific era? This story illustrates why some time periods may be more attractive to us than others.

My client recently moved from her dream home in the mountains to a suburban home outside of Denver in order to experience a greater sense of community. She chose a house that had been built in the 50s, and that held the energy of surface friendliness, combined with structure and rules. This era and energy are familiar to my client; she grew up in a house that was built the same year as the one that she had just purchased. My client (unconsciously) felt that she had to choose between the isolation and freedom that she experienced in the mountains, and the community and rules of her childhood. Of course, she is seeking to establish a new combination: community and freedom!

The energetic-level agreement in my client's neighborhood is to keep the 50s-style atmosphere alive. Her neighbors had been over to introduce themselves and to welcome her to the neighborhood. Indeed, community spirit lives in this neighborhood! However, the 'shoulds' and 'have tos' are thick as well. This

Transcending Time

energy offers a sense of comfort and stability that comes at the price of personal expression.

My client, wanting to fit into her new neighborhood, was successfully matching the energy. She was so steeped in the protocol of the time period held by the house and the neighborhood that she was arranging her home to please others, rather than organizing it to suit her own comfort.

I am reminded of the movie *Pleasantville* in which two contemporary teens from a single-parent household wish to return to the more structured times of the 50s. Once they



Pleasantville 1950s

get their wish, they uncover the many drawbacks of that era, and inadvertently — just by being themselves — begin to bring new ideas and attitudes to the time, forever changing it.

Having tasted the freedom of living in the mountains, my client quickly realized the trap into which she had fallen. As we shifted the energy in the house to reflect her present-time vibration, she began to question, for example, whether she really wants to devote her second bedroom to a guest bedroom that will be used only occasionally? Maybe she would rather use that room as a creative space, and let her guests sleep downstairs?

This house is her opportunity to heal the feeling or belief that she cannot have community and friendship while maintaining her freedom. As she finds herself within her new house and her new neighborhood, she simultaneously escapes the confines of her childhood. And, as happens in *Pleasantville*, she provides the people in the community with permission to express more truly as well. What a gift!

It's nice to notice what kinds of houses and neighborhoods call your name. I realized after providing this house healing that I, too, live in a house that may have been built the same year as my childhood home.



Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy, and helps people to clear blocks in their personal lives, their relationships, their homes and their businesses. She can be reached at 303-652-2491

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In the past, people's communities were the center of social activity. You

knew your neighbors and cared for their children, had backyard barbecues, and brought over hot, fresh casseroles when sickness descended. Our community consisted of our extended family, as well as our friends and neighbors.

In our lives now, we commute miles to work, stay connected with family and friends by email and ignore our 30-minute lunch companion when the cell phone rings. We are afraid of our neighbors because we've never met them. Our children have few role models besides what is seen on billboards and in movies. We isolate ourselves from the community. Then what happens? In my office I hear a variation of "I feel so disconnected" nearly every day. This complaint may lead to a variety of health concerns such as depression, anxiety and irritability. Additionally, the stress involved may exacerbate existing conditions or even be the impetus for the onset of another health condition.

So what can be done? Many of us are either not willing or unable to toss the cell phone and pager, and still must commute long distances to make a daily living. Household chores and work-place duties cannot be ignored or dismissed. What is a solution to this modern day dilemma?

At the center of feeling disconnected is a lack of a feeling of cohesion. A lack of a feeling of belonging somewhere. So within the core of the problem must lay



Katheryn Plummer & Deirdre Koloski

a clue to the solution. How do we build feelings of connection? How do we feel like we belong?

The health of an individual extends far beyond the self. No matter what your spiritual beliefs, we as living creatures are only as healthy as the community we live in, which includes our immediate household community, the neighborhood, the town, even the country and the world. For the health of a single person, there must be a strong community. For a community to remain healthy it depends upon the contributions of its members. Who can contribute? What needs to be done?

The beauty of performing community service is it seems to be a solution for all the above-mentioned ills. Volunteering helps build the community by providing services for those who are in need but do not have the resources to fulfill that need. Anyone can volunteer, and those who do gain valuable, résumé building experience as well as a feeling of belonging and contributing to the community. Ideas for volunteering include serving at a soup kitchen, driving for Meals-on-Wheels, helping at your local library, being a big brother or sister, building a community garden, helping out at the local hospital or reading to an elder in a nursing home.

None of these acts need last longer than what you can afford to provide. Even one hour every other week is helpful. This type of service is heart warming and nurturing to

both the recipient and the giver, and may provide a service enabling a member of our community to remain independent just a little longer. By helping others we help ourselves by building community, making friends, sharing smiles and spreading the wealth of goodwill. The strong hold of depression and anxiety's grasp may simply fall away. And they would not be missed.



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Dr. Plummer and Dr. Koloski were trained at NCM in Portland Oregon. While attending NCM, Dr. Koloski completed the Master of Science of Oriental Medicine (MSOM), a separate three-year academic and clinical program. Before attending NCM, Dr. Plummer earned her degree as a Certified Massage Therapist.

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