

Praise for HouseHeal

I highly recommend the HouseHeal teaching if you are ready to make changes and have a better life. Sara has a deep understanding of the way our homes reflect how we are. She gently and compassionately guided us through the steps for change. The process that she has created is a thoughtful and perfect progression of actions that have already changed my home but also the way I feel about it and myself. Sara held a safe place for me to share my thoughts and feelings and helped me to relate them back to my home. She encouraged me and gave me hope with her kind wisdom and many ideas and techniques. M.P.



HouseHeal took me to a place I could not have imagined prior to taking the course. The tools given to me from each session are helpful and so positive in living all aspects of life to the fullest. Our home is our small contribution to making the bigger world a better place. I looked forward to each class with enthusiasm to share my new awareness, to listen to the others' discoveries and to laugh and learn in a warm, loving and non-judgmental environment. Thanks so very much Sara. P.M.



I experience the change in perspective developed through your course daily. D.S.



My experiences throughout the course were life-changing and eye-opening. Wow!! I feel like a whole new person, ready to welcome all the positive and happy things (and people) into my life that I am destined to have. I am so grateful and thankful for Sara coaching me through my challenges. My home will be a better place to live in as I move forward, accepting the changes and inner peace that come with real self-discovery. A.H.



The content of your program is both amazing and wise. I now understand what has been missing for me —the spiritual context for “de-cluttering”. K.F.



Motivational, inspirational, life-affirming and life-changing! Sara's passion, dedication and love of the guiding principles take you to a journey of self-discovery and oneness. S.B.



I feel that I have been given the tools to make positive changes in my life now and forever. K.P.

HouseHeal

HouseHeal

Transform Your Life through the Power of Home

Sara Brown Crowder



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He is happiest, be he king or peasant,
who finds peace in his home.

-Johann von Goethe

For Jackson, my angel

*To my teachers, past, present and future, who
helped me to trust the healing power of unconditional love,*

*to you who read this book, for you will bring love and healing
not only to your own home, but to the world,*

*to my loving friends and family who believed in
what I was doing even before it took shape,*

to Gary, for your endless love and support,

thank you.

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Table of Contents

Introduction

How HouseHeal Came to Be xv

Part One: You and Your Home 1

Chapter 1 - The Connection between You and Your Home 3

How to create a beautiful home that supports living a
life you love 5

What do you think is stopping you? 6

Chapter 2 - Show Condition vs. Receiving Condition 7

Show Condition 7

Receiving Condition 10

5 Distinctions between Receiving Condition and Show
Condition 11

How Receiving Condition works in your home 15

Part Two: The 3 Keys to Living in Receiving Condition 19

Chapter 3 - Key #1: Awareness 21

Awareness of how your home looks and feels 21

Awareness of how energy works in your home 23

Awareness of your thoughts and feelings 32

Thoughts and emotions carry energy 35

What now? 40

Summary of Awareness 41

Chapter 4 - Key #2: Desire 43

What do you want? 44

Clarify your Desires using the details of your home 48

It's time to put your Desires on paper 50

Receiving Condition and the Law of Attraction	60
Desire is Key #2—what's next?	66
<i>Summary of Desire</i>	67
<i>Chapter 5 - Key #3: Willingness</i>	69
What Willingness requires from you	69
What Willingness feels like	70
Taking the next step into Willingness	70
Are you Willing to look at your Red Zones?	71
Are you Willing to look at your Yellow Zones?	73
Are you willing to acknowledge and nurture your Green Zones?	75
<i>Summary of Willingness</i>	77
Part Three: The 3 Keys into Practice	79
<i>Awareness, Desire & Willingness into Practice</i>	81
<i>Chapter 6 - Shifting a Red Zone</i>	83
Decide where to start	83
The Golden Rule of Action	84
Make an action plan	84
Know your power is right here, right now	84
How resistance can help you	88
Affirmations	91
Don't be a martyr or a hero—get help	94
Dramatic action can work, too	95
Clean and tidy before all else	96
More tips and guidelines for shifting your Red Zones	99
<i>Chapter 7 - Shifting a Yellow Zone</i>	109
What shifts a Yellow Zone to a Green Zone?	109
General considerations to boost a Yellow Zone to Green	114
Affirmations to shift a Yellow Zone	121
Actions to jump-start you from a Yellow Zone	121
<i>Chapter 8 - Maintaining and Expanding a Green Zone</i>	129
Guidelines for maintaining and expanding a Green Zone	130
Affirmations for maintaining and strengthening your Green Zones	130

Purchase only what truly calls to you	131
Original art: a powerful way to raise your home's vibration	132
Listen to what's in your home	133
Healthy Awareness is vital to a Green Zone	134
<i>Chapter 9 - People, Money, and Thoughts</i>	135
Other people in your home	135
Children know	141
Money is great, but happiness first!	143
If it feels like you're trying to "fix" something, stop	144
Drama equals resistance	145
"Just the way things are"	145
Putting the "heal" in HouseHeal	147
How to know when you are putting The 3 Keys into practice	147
Align, trust and allow	148
Are you worried about who you will be?	148
<i>Chapter 10 - Moving Forward from Here</i>	151
Just the beginning	151
Higher and higher	152
About the Author	155

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Introduction

How HouseHeal Came to Be

HouseHeal emerged shortly after my husband Gary left a corporate executive job and became a realtor. Gary's real estate business grew quickly, and by his second year, I began going with him to consult with people on how to get their houses ready for market. I had been through two major home renovations, knew something about decorating, and was keen. I loved the house-prep work from the start and began working with Gary to prepare clients' properties for sale. I had a ball. I discovered gifts I didn't know I had.

From the very start, I was amazed that people allowed me into their homes in their raw, natural state. Clients trusted me with their largest financial asset and with their intimate personal space. I felt honored, and at the same time, I felt a huge sense of responsibility. For the first time in my life, I saw peoples' whole houses: closets, basements, and bedrooms *au naturel*. It was a privilege, and it was an eye-opener.

I was surprised by what I saw. In nice homes of lovely, intelligent people, more often than not, repairs and maintenance were not done. The decor was outdated and there was too much furniture and too much "stuff," as well as varying degrees of mess and dirt. Even in homes that were clean and tidy, often something was missing or "off" in the look and feel. I found that people were living in various levels of chaos or "stuckness." Because of all the books, magazine articles, and television shows about decluttering, organizing, decorating, renovating, and feng shui, I somehow

expected that people would be on top of things. For the most part, they weren't. That was my first surprise.

My second surprise was how quickly a house could be transformed to get it ready for sale. With the incentive of getting more money for their property, people sprang into action. They rented storage lockers for their excess stuff, called junk-removal people, made trips to charity drop-offs, and painted whatever we recommended with whatever color we advised. They hung curtains, worked on the garden, put down new sod, put up new mailboxes, replaced outdated light fixtures, re-tiled floors, fixed broken windows—whatever was on the to-do list. One homeowner even cut the lawns of neighbors five doors in either direction and cleaned up graffiti in the nearby children's park!

Clients willingly and enthusiastically let us into their homes and move their furniture around. They allowed us to bring in our “staging” stock of furnishings and home accessories—throw pillows, rugs, bedding, towels, pictures, mirrors, lamps, tables, chairs—whatever was needed. Even if people resisted the changes at the beginning of the process, they jumped in when they saw the results and thought of the extra money they could get from the improvements.

It worked. The properties sold for excellent prices, often far beyond what the homeowners dared to hope. Clients raved about what we did to help them. They told us they wished they had made many of the changes and improvements earlier.

When people started to ask me to consult with them in their homes independently of the real estate business, I was thrilled and flattered. I loved the prep and thought that doing additional projects on my own with people who were *not* selling their houses would be the perfect fit. Then came my biggest surprise.

After only a few consultations, I realized that working with people who were not selling their houses was a totally different experience from prep. Rather than being a fun, creative, organized, adrenalin-pumping, time-sensitive, money-driven project, it was personal and emotional and there was no momentum. I discovered that when people were getting rid of stuff permanently, it was not the same as putting it into storage. I saw that choosing a paint color became a personal discussion rather than a professional decision—sometimes a very long discussion with no resulting

decision! Even something as simple as recommending a new lamp could reveal a client's aversion to shopping or resistance to spending money. The fun disappeared very quickly.

Instead of simply advising people what to do and bringing in whatever "stuff" I needed for show, I now had to help them figure out what they wanted for themselves and nudge them to make decisions. I was part organizer, part decorator, part therapist, and part coach. It was a whole new world for me, and I didn't like it. It drained me. Not only that, but I didn't feel I was helping people in a way that would make a lasting difference to them. I knew people needed to have a stronger sense of what they wanted for themselves and learn to notice the details of their own homes without me having to point them out. I wanted to help people to make their home a place they felt good in, but I needed to find a new way to do it.

As a long-time self-help and healing enthusiast, I recognized that more was going on with people than what I saw in the house. It wasn't really about the house, at all. I knew that whatever was making people feel stuck, tired, frustrated, overwhelmed, discouraged, resigned, disconnected, or helpless in their house was present in other parts of their lives, too. If I was really going to be able to help people shift, I had to find a way to teach them to think for themselves, want things for themselves, and find their own power. I knew that simply having me or someone else consult with them or tell them what to do was not going to give them what they truly needed. It was going to take something deeper, something more powerful and personal. That's when the inspiration for HouseHeal came to me.

As you take yourself through the pages ahead, you will be inspired by a powerful new perspective on the connection between you and your home. I will show you not how to live in "show condition", which is for selling your home, but rather in what I call "Receiving Condition". When you live in Receiving Condition, your home supports you in "receiving" what you want to have and experience at home. You will learn the three keys essential to living in Receiving Condition that, once you understand them, will move you into action at home with ease. There are no rules for you to memorize, just principles, guidelines, ideas and examples to help you make changes in your life, step by step, beginning where you have the most influence: at home.



Part One:
You and Your Home



Chapter One

The Connection between You and Your Home

Some people say that your home reflects who you are.

Surprise! It doesn't.

Your home might reflect your taste, aspects of your character and personality, or your current circumstances, but it does not reflect *who you truly are*. It couldn't possibly. You are so much more than your home.

Your home says a lot, though, about *how* you are.

Your home and how you feel about yourself when you're there speak volumes about how connected you are to who you really are and how well you are taking care of yourself.

Look around the space in which you live. What do you see? What do you feel?

You and your home are connected energetically. What you see and feel in your home can tell you some important things about yourself right now.

The energetic connection between you and your home works something like this:

- If your home is filled with things you don't use, want, or need, your life will include things you don't want or need.
- If your home feels "not good enough" to you, you will feel "not good enough."
- If your house is a chronic mess, some aspect of your life will be a mess.

- If your house is in disrepair, some part of your life will be in disrepair.
- If your home feels overwhelming, your life will feel overwhelming.
- If your house is stuck in time, parts of your life will be stuck in time.
- If you can't relax and enjoy yourself at home, you won't be able to relax and enjoy your life.
- If you are concerned about what other people think of your home, you will be concerned about what people think of you.
- If your home looks perfect and beautiful but you feel no joy there, your life will look perfect on the outside but you will feel no joy inside.
- If you feel like you have no say in your house, you will feel like you have no say in your life.
- If you don't recognize and appreciate the good things in your home, you won't be able to recognize and appreciate the good things in your life.

And so on.

Before you start to analyze yourself or your house and jump into action, take a deep breath. It is important for you to understand the connection between you and your home and how it works. There is a lot more to it than you might think.

First, let's look at why your home is so important to your well-being.

If you want to love your life, feel good about yourself, and be genuinely happy, consider this question: How important is it for you to feel good where you live?

I hope you don't have to think too long on that one!

Whether you live in a mansion or in a tiny apartment, feeling good about yourself at home is vital to your overall well-being. Think about it. Your home is where you sleep, eat, and spend time with your family and friends. It's where you make love, read, listen to music, play with your pets, and take care of your body. It may also be where you work, write, or engage in creative projects. Your home is where you go for shelter and comfort when the rest of the world feels like too much. It's where you go to feel safe.

If you don't feel good about yourself at home, if you don't feel uplifted, supported, and loved at home, if you don't feel relaxed and comfortable and

in control at home, what chance do you have anywhere else? No matter what personal or professional activities, relationships, or interests you have outside of your home, your home is your base, the foundation for your day-to-day living.

Now ask yourself: Where else in the world do you have as much choice and influence as in your own home? Everything in your home, including the people in it and your relationships with them, is what you have created for yourself. The look and comfort of your furniture, the feel of your sheets, the color of your dishes, the thickness of your towels, the art on your walls, the rugs on your floors, the clothes in your cupboards, and even the food in your refrigerator, are what you have chosen. What you do at home and how you spend your time there is your choice. You choose the people you invite in, the music you listen to, the books you read, the television you watch, the phone calls you make, the food you eat, and the websites you visit. You choose them all. Most important, you choose what you say, what you think, what you believe, and what you *feel* at home.

It's all your choice. Physically and energetically, your home is filled with what you have created, chosen, drawn to yourself, and allowed into your life. That's why your home and how you feel about yourself when you are there gives you more direct feedback about you than any other place in the world. And it's all within your direct influence and control.

How does it feel to know that you have influence and control in your home? Does it feel exciting? Or does it feel overwhelming? If you have that much influence and control, you might wonder why your home doesn't look and feel more like you want it to, especially if you have been intending to make changes.

How to create a beautiful home that supports living a life you love

I will guide you through a powerful process that will help you to see the degree to which what you experience at home is yours to choose. Through the details of your home, you can learn to recognize what you want and see how easy it can be for you to get it. Once you understand your natural ability to bring about changes at home, you will feel more confident to make all kinds of new choices for yourself, in every area of your life.

What do you think is stopping you?

You might think that you don't have the time, money, taste, power, ability, or energy to make changes at home. Think again! The best bumper sticker I ever saw said "Don't believe everything you think."

What you think and believe can keep you living in compromise, frustration, resignation, and disappointment. Wouldn't it be a lot more fun to live in creativity, self-expression, love, possibility—and action?

HouseHeal will teach you how to start loving your home and your life at a whole new level. If you can create a home that feels good, a home where you feel good about yourself, where you feel safe and can be your best self, it will serve you in every area of your life.

The HouseHeal process is simple, but you need to be ready. If you are ready, and apply what is here, you will be unstoppable.

Are you ready?

Let's begin.