



HABITAT-INHABITANT HARMONISATION®

10 Keys to Heal Your Home to Heal Yourself

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*"Your home is a coded mirror of yourself.
It reveals both your psychic disturbances
and your deepest unconscious.
But conversely, it can also reveal
your hidden spiritual potential..."*

Introduction

When we discovered the principle of “habitat-inhabitant harmonisation”, we had no idea of the adventure that lay ahead.

It was Easter Monday 2006, and the memory of that day will stay with us forever. Gilles had just returned from a trade show in Lausanne, where for five days he'd been manning/running a stand in a world of concrete and passive visitors who blithely paraded past the exhibitors. He was tired, flu-ridden and tense. Rose had taken on the role of cook, in addition to her full-time job as a school teacher, for a group that had rented our premises for a training course.

She too was feeling the negative influences of the atmosphere in which we found ourselves immersed.

And yet, a year earlier, life seemed to have given us this place, designed to host training courses and seminars, on a platter. Everything was going well, our relationship was building on solid foundations, the project was financed by a bank, and we were dreaming of settling into this new phase of our lives.

But after six months into our business, we were tired and uncomfortable in our new location. It seemed to us that we were reproducing the patterns of the previous inhabitants, and that everything was getting worse by the day.

That Easter Monday, we decided to take our rods, also known as dowsing rods, to see what was wrong with our home.

Thanks to this tool, Gilles had previously practiced geobiology, and in particular the approach to sacred places, a method that immediately fascinated him. Rose, too, had been fascinated by this tool for dialoguing with the invisible. Together, we travelled

the world, from Machu Picchu to Romanesque churches and megaliths, either on our own or with groups.

So naturally, instead of “looking” for something, we began to “listen” to our place, as we had done when approaching sacred sites.

And so the method was born. An “spiritual Intelligence¹” seemed to guide the rods and converse with us.

Of course, it showed us the areas to be cleansed to remove the “wall memories”, but only after making us understand that we had flaws in our own psychic constructions, flaws which created echoes of these pollutions.

This intelligence proceeded by symbolic rebus, showing us objects, symbols, so that we understood the meaning of the message it wanted to give us. Then, towards the end of the harmonisation, “She/it” revealed three zones that symbolized the “body-soul-spirit” trinity, and on which we felt the same effects as during the activation of the sacred places we were about to visit.

It was so overwhelming and unexpected that it took us several similar experiences to accept this unknown (or forgotten) fact: the sacred could exist in every living space, provided the inhabitants were willing to “bring it to life”.

The next day, all our painful symptoms had disappeared, and the place breathed with a new energy that all our regular visitors noticed. Even a water leak in the cellar staircase spontaneously began to recede.

For years, we have been successfully experimenting with “habitat-inhabitant harmonisations” in locations as varied as apartment blocks, houses, apartments, castles and farms. Everywhere, the same presence guided the rods towards a solution that systematically met the needs of the occupants, whether owners or tenants.

We then discovered that the same thing worked in workplaces, such as companies, shops, offices, school classrooms, administrative or private buildings, provided there was a legitimate request from the occupant. Last but not least, we’ve been called upon to harmonize farms, in connection with the farm animals and plants that provide a livelihood for the farmers.

1. Intelligence: we’ve decided to call this Intelligence “the spirit of place” or “the soul of place”, in reference to feng-shui. But a religious person might call it “God”, a psychotherapist “the collective unconscious”, and a physicist “the quantum field”. It doesn’t matter, as long as we define the concept we’re naming. N.B.: feng-shui is an age-old Chinese art whose aim is to harmonize a place so that its occupants feel at ease.

At the same time, we began teaching the method, and realized that anyone could easily practice it, whether for themselves (personal development, for example) or for others (learning a professionalizing technique).

Finally, we have described habitat-inhabitants harmonisation in a number of books, making our discoveries available to everyone.

Today, we're including this method in a larger whole that we've named "La Médecine "Symbolique[©]" (Symbolic Medicine[©]).

But don't be fooled. The essence of our practice is still based on harmonizing the habitat, because that's where the great secret of our discovery lies.

As life is made up of interlocking fractals², the habitat is merely a symbolic representation of our body. Entering someone's home is like entering their body, their emotions and their psyche: everything is imprinted in the invisible.

In fact, the real question is whether this method has any limits. For our part, we're increasingly convinced that this discovery has opened up a whole new field of medical practice³, and that we're only at the beginning of this exploration.

However, there is one area that we urgently need to put back at the heart of our personal and social lives: spirituality. The time for collective spirituality, notably through established religions, now seems past. *The time has come to develop a personal, secular and individual spirituality.*

This is the path that life has taken us on with habitat-inhabitants harmonisations, and it seems urgent to share it, given the collapse of current systems.

As a result, this book proposes a 10-step process that will enable you to make the transition from a conventional life as a creature subjected to phenomena to a responsible life, in which each and every one of us can assume our role as human beings, in particular by acting correctly and autonomously in our immediate environment, whether at home or at work. Finally, we can make these spaces sacred, as

2. Fractals: objects with a similar structure on all scales. They are used to make geometric figures, but can also be observed in nature, as in romanesco cabbage.

3. Medicine: means "the art of healing". Medical techniques are legion, even if their modes of action often remain mysterious, as demonstrated by the placebo effect!

Habitat-inhabitant harmonisation

conscious creators, and take part in the emergence of the new world
to which today's collective aspires...