

# HAUNTED?

By Sheena Baillie

**H**ave you ever felt the hairs on the back of your neck stand to attention? How about cold shivers up and down your spine? Perhaps you have felt an overwhelming sense of fatigue or sluggishness? Chances are you have encountered a place prone to psychic interference. Australia's 'Ghost Whisperer' and renowned Psychic Healer Caterina Ligato, provides some insights into the world of the paranormal and explains why house clearings can give you a new lease on life.

When individuals experience an untimely death or a reluctance to cross over from the physical world, they can become confused and disorientated during this transition period. As a result, these souls often roam the physical world, forging strong links to environments and people who they feel familiar with. So do these hauntings result in our seeing something that would remind us of a scene from Hollywood blockbusters such as *The Sixth Sense*? Very rarely. The likelihood of our 'seeing dead people' in that dramatised form is slim. The connection that lost souls make to this physical world is more likely to manifest in more subtle ways such as the flickering of lights, the movement of physical objects, hearing footsteps and experiencing things that go 'bump in the night'.

Our subconscious often stores information that can act as a beacon or indicator of supernatural activity that we are likely to encounter in our everyday lives.

Caterina has heard many stories from clients who tell her they have returned home at night or woken in the morning to discover that objects seem to have moved around their home. Despite these movements occurring on a regular basis, often their first reaction was to discount these uncanny events by rationalising a response like 'Oh I must have moved that candle, glass or whatever it may be when I last tidied'. We need to learn to listen to our inner voice so we become more willing to accept that the interaction between the spiritual and physical world is a reality rather than our mind playing tricks on us.

However, in some cases our homes can be the centre of extreme supernatural interference, making it virtually impossible to rationalise away the actions of a lost soul. One client asked her to clear his house due to quite undeniable paranormal activity. Having hung a large 10 kilogram decorative metal plate on his lounge room wall, the client, on several occasions, became most distressed when he returned home to find the plate had been moved to different areas of his house! Upon visiting the house, she encountered a soul who was unhappy with the way that the new owners had arranged the furniture. As he was unaware of his own passing, this soul believed he still inhabited the home and was therefore entitled to arrange the furniture the way he liked it! By having the house cleared, this soul was helped to cross over, and any residual negative energy that may

have lingered due to his inhabiting the home, was discharged. In its place, a clearing helps to fill the home with positive and happy energy, allowing an individual or family to experience a more harmonious living environment.

Making sure that your home or office is full of positive energy not only helps lost souls to move on but plays just as important a role in protecting against dark or demonic forces. Cases of possession are often the result of individuals being susceptible to negative energy or supernatural activity. These dark forces are attracted to environments that contain low or negative energy, which in many cases is generated by our own actions; a little more on that later. If we contribute to the creation of these ripe environments for dark souls by partaking in activities that damage our natural balance, we can experience traumatic events that can include demonic forces attaching themselves to our homes or even to ourselves. A number of clearings that Caterina has conducted have focused on the removal of a dark force rather than the moving on of a lost soul. Yet in these circumstances, by conducting an appropriate clearing, the results are the same, namely the removal of negative and destructive energy being replaced with bright, positive and calming energy that radiates throughout the home.

There are many benefits to conducting a house clearing and raising the energy in our homes. People who have experienced a clearing often say they

# MAYBE IT JUST NEEDS CLEARING!

are amazed at how different their homes feel. The most common changes that people report include a dramatic change in the atmosphere of their home. Their living space immediately feels calmer, less oppressive and more welcoming. It also allows individuals to raise their own energy to a higher and positive plane. Living or working in these cleared spaces has even resulted in some people reporting an improvement in their health due to the removal of emotional blockages that invariably trigger a physical ailment.

Individuals are not the only ones that benefit from a clearing. Businesses can also profit from ensuring that the environment and atmosphere is positive. Just like our homes, work is a place where many people often congregate, bringing with them their own personal energy. This collective energy can sometimes result in the creation of a negative or flat environment, which stifles the development of collaborative work practices or achievement of outstanding organisational results. Conducting a clearing can help rid the office of the built up levels of anxiety and conflict that most businesses experience from time to time. Business owners have reported improvements in productivity, employee morale and lower levels of employee absenteeism as a result of conducting a clearing.

Clearings have become very popular for businesses in the hospitality industry due to the transient nature of their

clientele. Pubs, hotels and restaurants all experience a high volume of people with different energies coming in and out of their doors, which can affect the environment or atmosphere that surrounds these establishments. The residual energy left by customers can result in the creation of an oppressive or unwelcoming atmosphere which customers can find unappealing. I am sure many of us have gone to dine out at our favourite restaurant, or stayed in a hotel on a special occasion, only to encounter a less than appealing atmosphere which spoiled our experience. We are not the only ones who end up disappointed.

The proprietors of these establishments are relying on our patronage to create a living. Sometimes, despite their best efforts to 'spruce up' their restaurant, pub or hotel rooms, customers refrain from frequenting these establishments because of the built up, unwelcoming energy. Conducting a clearing can help make these environments more enticing and attractive, and thereby restore these establishments to places of enjoyment and fun - a 'win/win' outcome for both patrons and business owners.

The mythology surrounding haunted houses has its origins in tales of hotel rooms being inhabited by previous guests or lost souls. Like all myths, there is an element of truth to these tales. Hotels are built on the transient nature of people travelling from one place to another. Therefore hotel rooms absorb a

flux of different energies that move in and out of the same space over time which can create a murky atmosphere that we find unsettling. Clearings help to restore the atmosphere of these establishments back to their natural balance.

Hotels can experience periods of low occupancy resulting in many rooms lying dormant and undisturbed for long periods of time. This can cause the natural energy or atmosphere of these rooms to become flat or lifeless. Lost souls may find themselves attracted to environments that give off a low atmospheric vibe as it makes it easier for them to attach themselves to the physical world. Again conducting a clearing in a particular room or floor of a hotel can safeguard against these souls from congregating in one place by helping them to move on.

Often our concept of spirituality is constructed around notions of an inner being or soul. There is no denying that growing spiritually and restoring balance are crucial to finding the real you. However, we need to understand that achieving this balance requires more than just looking after our physical self. We need to ensure that the environments we build our lives in are charged with positive energy that helps us on our spiritual quests. Our homes are a place where we create fond memories, share precious times with loved ones and rest from a hectic day at the office. In effect, our homes become a place imprinted with the types of energies that we have



encountered throughout the day. If we are feeling depressed, anxious or worried, we are more likely to attract and project negative energy in our homes.

Due to many of us feeling time poor or burdened from bigger issues, we are likely to neglect the general tidiness that our homes require. This leads to our homes becoming cluttered which inhibits the flow of positive energy around the home by creating a 'spiritual speed bump'. Negative energy vibrates at a much lower level, generating a heavy and oppressive atmosphere in the spaces we inhabit. This in turn creates a 'snowball' of negative energy that can stifle our spiritual growth as well as impair relationships with loved ones. This can often lead us to feel that we have taken 'one or two steps forward and ten steps back' which can leave us even more frustrated.

Most Australians see their home as their 'castle'. Historically castles were well built fortresses used to fend off foreign invaders. Our modern day homes should be viewed the same way. They are a place where we seek refuge from day to day pressures as well as spiritual invaders. In order to maintain high levels of positive energy, we need to take a disciplined approach to 'housekeeping' matters so that negative energy doesn't threaten the sanctity that our suburban 'castles' provides us with. Clearings help to lift the general vibration found in the home by funnelling in positive and uplifting energy, thereby strengthening the protection that our homes give us when we find ourselves 'under attack' from day to day pressures or something more sinister.

Ensuring that our homes are infused with positive energy can also enrich the lives of those who we choose to invite into them by providing those people with a safe and welcoming haven.

The benefits of conducting a clearing are two-fold. Firstly, clearings act as an important spiritual tool for expelling our homes, offices and places of rest from supernatural interference. We can too easily forget that we share this world with others. Clearings can help to shepherd lost souls through the process of crossing over. As a result, the elevated energy that is generated by these practices can lead to our rediscovering a long lost sense of peace. Purging our homes of darker forces and energies can also be remedied by conducting these types of rituals.

Clearings also help us with our spiritual growth by restoring and maintaining equilibrium to the types of energy that permeate our homes, offices and places of leisure. By creating environments full of positive energy, we will find it easier to meditate, reflect and to recharge our spiritual batteries. This equips us with positive attitudes and a better frame of mind so that we can tackle the struggle and challenges that life invariably throws at us from time to time.

Religions from around the world have developed rituals that recognise the sacred connection that exists between humans and their environments. Through various chants, Buddhists believe they can free their mind from illusion and reach a higher plane of consciousness. A key foundation of this belief is that all matter, whether it be physical or spiritual, consists of vibrations at

various frequencies. By chanting these mantras, the vibrations of the physical environment can be altered. Clearings rely on a similar principle. By using a combination of prayers and channelling of positive energy and light, they can bring about dramatic shifts to the ambience of our homes. By remaining committed to carrying out rituals that care for our mind, body and soul such as clearings, we can achieve greater harmony and equilibrium in our homes.

Most of us would be familiar with the saying 'home is where the heart is'. That is because we often find ourselves forging strong emotional attachments to our homes. Like the other things that we cherish in our lives, we need to look after the 'structural integrity' of our homes by ensuring that high, positive and calming energy radiates throughout the places where we congregate with loved ones. Being steadfast in maintaining rituals such as clearings can also help to fend off unwanted spirits. So the next time you notice that objects have mysteriously moved around the house or you feel that your life is out of kilter, don't despair! See it as an opportunity to re-ignite your commitment to those rituals that can enhance your life and ensure that your home plays host to a healthy and happy heart.

*Caterina Ligato can assist you with your house/business clearing. Visit [www.caterinaligato.com](http://www.caterinaligato.com) or call The Soul Centre on 02 9518 0170. ■*

### TIPS FOR MAINTAINING A 'HEALTHY' HOME



#### **Focus on displaying a positive attitude.**

Build healthy relationships with friends and acquaintances before inviting them into your home.

**Avoid having arguments or conflict within your home – take it outside and allow the negative energy to dissipate into the atmosphere.**

Keep your home clean and uncluttered.

**Allow your house to 'breathe' by ensuring there is fresh air circulating.**

Create an enticing and calming atmosphere by adding colour, using aromatherapy oils, burning candles and playing music that you find soothing.