

# Seeing the 'other side'

By Ilsa Cunningham

When Caterina Ligato ventures out and about in the Mountains, it's not only living people she sees.

Touted as the "Australian ghost whisperer" for her ability to connect to the spiritual realm, Mrs Ligato says the Mountains is home to many spirits who haven't moved to "the other side".

The recent Leura resident says there is a lot of "old energy" in the Mountains, and she could walk down the street and see spirits which appear as "washed out versions" of people, but she often switches off that ability to maintain her sanity.

The Carrington in Katoomba has a lot of spirits, she says.

"There are men in suits and women in long ballgown dresses. You see them [men] sitting around smoking their pipes," Mrs Ligato said.

Often the spirits don't realise they're dead.

"They're re-creating parts of their life that they enjoyed. Entertainment was a happy time to them."

She's seen some well-dressed spirits frequenting The Paragon cafe in Katoomba and nurses and soldiers at The Hydro Majestic which was used as a hospital during the second world war.

And she's visited Catalina Park in Katoomba on many occasions to help distressed aboriginal souls thrown out of their homes to make way for a racecourse to "cross over" –



**Spiritual connection:** Leura resident Caterina Ligato says the Mountains are home to many spirits. She clears homes and businesses of unwanted spirits and acts as a conduit between our world and the spiritual realm.

encouraging them to venture into the spiritual realm.

"It's a beautiful thing to watch [crossing over]. It's like watching a baby being born into this world," she said.

"Don't ever be afraid of death. It's the end of life here, but when you go into the spirit world there's so much life and joy, more than you can ever imagine and you can embrace your loved ones on the other side."

Mrs Ligato discovered as a small child she could see things most others couldn't.

At first she didn't want to know about her special ability,

but gradually as she came to accept it, she decided to use her gift to help others.

Now she has a business based in Five Dock which has taken her all over the country. She "clears" houses of troublesome spirits, provides spiritual healing, performs exorcisms and can share messages between the living and "the other side".

She has written two books; the most recent, *The Australian Ghost Whisperer*, shares her experience in dealing with the spirit world.

More information at [www.caterinaligato.com](http://www.caterinaligato.com).