



RANDOM NOVEMBER 20, 2014

INTERVIEW WITH A PSYCHIC



Do you believe in psychics? I do. I mean, I believe there are *some* people out there that have a sixth sense. I also reckon there's heaps of frauds taking advantage (you know, like that time you went to see a psychic who knew that someone with a name beginning in M was planning a trip to Europe in July. Vague much?) Imagine my intrigue when a publicist contacted me about a psychic she was doing PR for. PR! And said psychic was based in a professional office in a commercial business block. Say what? Why aren't you based in your garage surrounded by purple velvet table cloths that smell like old people? With a whole lot of curiosity and pinch of skepticism I took myself off to meet Caterina Ligato, 'the Australian ghost whisperer', one evening.

I'd planned on interviewing her first, before my reading. I wanted to ask her about her life, her history, and her power. But she had other plans. The second I walked in the door of her office she said "I see wedding bells, I see lots of light, and love, and happiness around you and there is a wedding soon." I concurred, wondering if she'd got that information from my social media channels. I don't wear an engagement ring so it's not like she glanced at my finger, not that she'd had time; I was basically still standing in the doorway.

I sat with Caterina as she continued my reading, trying to remain neutral and nonreactive. She delved further into the details of my upcoming wedding, describing my dress exactly, which is non-typical of my style (right). She predicted I'd wear a hat, not a veil (wrong), and announced the dates of our honeymoon, which isn't directly after the wedding (right).

She knew my birthday (right) and reckons a baby will follow shortly after the wedding (eeeeek!). She continued to tell me about my life, career, a lot of personal things, and my future, and was 90% on the money. After the reading I quizzed Caterina on her own life.

When did you know you had this ability?

"I knew from a very young age, as far back as I can remember. I was always able to talk to people in spirit, although I think I was so young that I didn't really understand that they were in spirit, and that other people couldn't see them. I came to an understanding when I got to the age of five or six that something was going on when my friends or my parents would ask who I was talking with. I was never quite focused at school because I had so many distractions. As I got older, friends would come and ask about their boyfriends, and often messages would come. Not always, but it went from there. Once word gets out, people are at you all of the time to read for them. I've never done a course or anything like that, I was taught by my spirit guides. They showed me how to do healing and work with peoples energy; releasing emotional blockages like anger, trauma, pain."

Did you always want to make it your career?

"For a long time I struggled with doing this kind of work because I felt an immense sense of responsibility that came along with it. It's such a big responsibility because you realise that people are hanging on every word you say. I am not here to play god, and I admit that maybe I could be wrong at times, or that I've received some information that has been distorted. I was really scared of misguiding somebody."

Did you try your hand at a 'traditional' career?

"Oh yes, I tried an array of things. I went into hairdressing for a while, but I wasn't getting through enough clients because I'd be stuck with one giving them a reading. I then sold computer hardware, and I didn't know much about what I was selling but I would get talking with the people about their lives and they would buy the hardware after connecting with them. But there was always a pull. It came from inside me, and I had to listen to it."

Have you ever had any interesting encounters with spirits?

"Oh yes, I've had encounters with demonic entities, I've dealt with spirits who have done a lot of drugs or a lot of drinking and have not loved themselves. I've been spat at and sworn at by people who have been possessed by daemons. At first I found it scary, but my guides showed me that they were always there with me. When I first started I would have fear and bad dreams before a job, and the bad spirits would come and tell me to stay away, but I felt that I was always protected."

Are you able to 'turn it off'?

"Absolutely. I can, now. I have to, otherwise I would go mad. Sometimes I might sense and feel things that need to be said, but I have made a point with my spirit guides that when I am finished for the day, I'm done."

Do you ever receive bad news that you have to deliver to a person?

"Yes, sometimes a woman will come in who desperately wants to have a baby, but I don't feel a baby. That's really hard. I have had to tell a woman that she had a brain tumour, which she did, and I saved another woman who had very aggressive breast cancer who had no idea. Luckily she went to the doctor afterwards. She had to have both breasts removed, but she is alive."

Do you believe that this has anything to do with religion?

"No. I was raised as a catholic, but unfortunately religion is very restrictive. It's full of rules, churches, making people feel like they're sinners. In my eyes, god is everywhere in the presence of love and doesn't judge. Jesus came to this world as an amazing healer who brought peace and love; it was uninterrupted and it wasn't conditional. There were no rules and regulations about how we should be. His story has now been twisted and turned."

Do you think you have any insight into what's to come after we die?

"When you go back into the spirit world, it's like you're being reborn, but without the clinical and medical aspect of a baby's birth. We are reborn into the spirit world, and then reborn into the human world. When it's time to cross over, the light starts to come around to give you comfort and reassurance. A lot of people, when they are getting close to death, will see love ones who have passed away who will tell them not to be afraid. It's a very beautiful experience. It's a calm place of pure love. There is no time, no judgement, and no criticism. You spend time in the spirit world until you're ready to come back and start the journey again."

For more information on Caterina, head to her [website](#).

To learn how to get everything you want, click [here](#).