



Australia's Ghost Whisperer

An Interview with Caterina Ligato

By Brad Gaylard

Psyhic Healer, Caterina Ligato, is hesitant to attach herself to the New Age movement. Rather, she considers herself a Christian Mystic, drawing on her faith and psychic abilities to help those in need of her services. Regardless of how her talents are categorised, she's a remarkable woman who has chronicled her fascinating life story into her book, *Ghost Whisperer*.

Caterina is quick to point out that her life story is quite removed from the dramatised television series that many people are familiar with. "These are all my own stories - it is not anything to do with the television show," she says. "The show does represent some similarities, as it is about a girl with a gift who is able to communicate with the deceased. But I have been able to take it to another level with healing."

Caterina is often called upon to clear people and places from the effects of paranormal interference – from

cleansing auras of spirit attachments, helping lost souls to cross over, dealing with the effects of occult rituals and even exorcising demons.

Many people have experienced some form of contact with the spirit world, most commonly in the form of lost souls who have not crossed over and continue to haunt a place. Caterina says that the events that create these situations are often rooted in a deceased person's physical life.

"Some people have a great deal of fear for dying and they get caught up in that misunderstanding of the whole process," she said. "Therefore they remain in the physical reality, because no one is going to force them to cross over, and because that is what they are familiar with. Most of the time, they will eventually cross over on their own accord, but sometimes they just need a bit of encouragement."

"There is always a guardian angel or someone who has crossed over earlier

that is there for the soul to help them. And this doesn't happen to everyone, but there are the instances where a soul may need a little extra encouragement - they may have unfinished business that they need to finalise before they make the transition."

For many people, ghosts are a staple of horror movies and stories – a source of fear and mystery. But for Caterina, they aren't frightening, rather, she sees them merely as people who need her help.

"They are still people. They might not be in our physical world, but they are still people. I guess that is more of the Hollywood thing, making ghosts and the deceased as something very scary. Making movies about haunted houses and scary scenes from those sort movies have increased the fear of the deceased," she said.

"Often, some of the souls in the movies can be a bit devious, but they were probably like that before they

“Some people have a great deal of fear for dying and they get caught up in that misunderstanding of the whole process.”

were deceased. What we are like in our physical reality will stay with us in our deceased state. Sometimes, you have cases where they really are quite disturbed, they are being disruptive because it is their way of calling out for help, and it is their way of trying to get someone to hear them. They want to be released from that state, and because I can see them and communicate with them, I kind of understand why they are in that state, and they are trying to get through.”

According to Caterina, it is not only the spirits of deceased persons that can manifest in a place, but also residual energies from the living.

“There are scenarios where people have had drug addictions, or arguments, depression, or may have been very ill; and these sort of negative feelings crowd the atmosphere within their environment,” she said.

Caterina says that there is a perceivable difference between the energies left by the deceased to those left by the living. “With someone who is deceased, whose presence hasn’t crossed over, their presence is still very much within the home. They are trapped within the home, they’re roaming, they’re caught in a state of limbo, they’re feeling very lost and fearful and don’t quite belong in the physical world, yet they haven’t accepted their new state of reality. So, often when I connect with them, it’s a gradual stage of pacifying them, and helping them acknowledge that there has been a transition, and that crossing over isn’t going to be so difficult or a fearful process for them.”

“In the situation of a place where there has been a great build up of violence or arguments, it can be a very draining and depressing type of energy. All of these energies I need to deal with according to what is going on in the home. Sometimes I go in and it is a whole cocktail of energies. There could be a deceased person, or rooms where there were a lot of



arguments, so I deal with each room or each particular area in accordance to what sort of energy that it is giving out. There is no one formula for dealing with it.”

Having a room cleansed of negative energies has an immediate and apparent result. “It is really nice, once I have finished doing a home it feels much brighter and clearer,” Caterina said. “And clients will always say to me, ‘my house feels much lighter and clearer than it ever has.’ They are able to fill their own home with their own presence and not have to feel bad energies.”

When it comes to exorcisms, Caterina stresses you can’t believe everything you see in the movies. “Exorcism, is not a nice word,” she said. “It is type of healing I apply when there is a definite attachment that is not physical. But it is always done in a very gentle way, where I bring in a lot of light and a lot of energy, because the more positive energy, I can get flowing through the persons body, the nasty dark energy is not going to feel very comfortable, and will eventually leave. It’s not like the movies, where there are heads spinning, that is a bit exaggerated. But there are many stages of possession, when we are talking about someone who has something attached to their aura, then that is not completely possessed.”

“I have found people who have tried to do their own healing, without a proper understanding of how to open

up, connect to or close down to get the balance back in. And then leaving themselves wide open, and at the same time they are becoming more and more drained of their own energy.”

In her line of work, it is natural that Caterina experiences a fair degree of scepticism from people who are dubious of her abilities. She realises that this is natural and encourages people to be cautious when seeking the services of a psychic healer.

“I’m lucky that I have had a great result with word of mouth, most of the people that come to me already feel comfortable with me, because someone has suggested they see me. I always say to people, if you go to a healer, or if you go to a reader, do be careful, because if it doesn’t feel right or you go home and it doesn’t feel right, then don’t go back,” she said.

“Be wary of healers that want you coming back again and again. I have had people thinking they need to bring in their childhood and past life stuff, and it is all exaggerated. I wish there could be more regulation of the field, but that leads in to a whole other conversation. But I always say, if you’re going to go see someone, make sure it feels right and you feel good about it.”

Further information on Caterina Ligato and her book can be found at www.caterinaligato.com ■