

INTERVIEW WITH

caterina ligato.

Caterina confronts dark forces in her work as one of Australia's leading psychic healers. *Nature & Health* talks to her about her new book, *Ghost Whisperer*, which sheds light on the phenomena of lost souls, haunting, spirit possession, and occult manifestations.



Unresolved emotions and scars, hate and fear have a huge impact on our mental and emotional health.

N&H: What was the turning point when you decided to become a psychic healer?

Caterina Ligato: One day I visited the late great Australian psychic Margaret Dent, who told me I would be a 'light worker'; an advocate for God. She also confirmed my feeling at the time that I would be involved in very difficult and confronting healing work through which I would help many people.

N&H: Can you explain how your guides trained you?

Caterina Ligato: My spirit guides communicated with me constantly, guiding me throughout my training over many years, to the point where I could confidently diagnose any type of psychic interference. The training included visions of the lower demonic realms of darkness and despair – not to frighten me, but to instil within me a greater knowledge and understanding of the Enemy. Throughout these journeys I was protected by God and hence learned to surrender and completely trust that all I needed to know and see would be revealed to me.

N&H: What happens during a psychic healing session?

Caterina Ligato: My psychic healing abilities allow me to see and feel the energy of a person. I then make an analysis of their condition. I am given to understand the connection between emotional dysfunction and physical illness. I become aware of how an 'attachment' of a foreign

energy can affect a person's emotions, state of mind, and eventually affect their personality to various degrees. Our soul contains our entire life records: physical, emotional, rational, spiritual, and so forth. Every piece of information from every aspect of our life is recorded there. Just as a doctor would look at a person's medical history, through files and x-rays to evaluate and diagnose a condition, I am instructed on how to psychically see the core of a person's soul and read their records when healing is required. Unresolved emotions and scars, hate, fear and unloving aspects of ourselves can manifest themselves and have a real impact on our mental and physical health. This could eventually manifest as a mental illness or imbalance, a physical disease or a paranormal disturbance that may attract an 'attachment' or other types of psychic interference such as possession by a demonic entity or lost soul.

N&H: How can you distinguish a real case of spirit possession?

Caterina Ligato: In cases of possession there is always a common pattern of symptoms with all the victims. Initially they experience a gradual meltdown of their energies, feeling extreme tiredness; a constant draining like someone pulled the plug and their energy was slowly leaking out of them. What follows is a sense of oppression, a shutting down as if a cage is being built around them. A great sense of fear is very characteristic and the ability to have a clear train of thought is increasingly difficult. Dreams can be very disturbing. Foul odours are prominent in their space. Finally, there can be the inexplicable outbursts of extreme rage, swearing, violence, hearing voices

and spitting, along with an aversion for anything holy.

N&H: Can you give an example of an exorcism during your work as a psychic healer?

Caterina Ligato: I got a call from a mother who was at a loss to explain and manage her 17 year-old daughter Jane's increasingly strange and violent behaviour. I advised her I would be happy to come and consult with her daughter and that she should be aware in the lead up to my visit her daughter's behaviour would get even wilder and more unusual. Before leaving for the girl's house, I sat and prayed and made a strong connection to my spirit guides, for the love and protection of God to surround me. The guidance and confidence I needed came. I also sensed urgency. The girl was close to full possession, as the entity was progressively gaining more and more ground. After the vision, my guides assured me I was ready and they gave me a very powerful exorcism prayer. Upon entering the house, the girl wasn't very happy to see me, or more correctly, the demonic entity attached to her wasn't very happy with me being there. I could see the dark entity, staring at me defiantly and dripping with malice but it wasn't about to make its presence obvious to others present for it knew what I was there for. The girl started talking normally and objected to my presence very intelligently, reasoning with sound and skilful arguments. To anyone present she would have appeared as a normal 17 year-old. But no one could see what I could around the girl, so I thought I'd expose it. I sat opposite the girl, silent, and started praying and reading part of my exorcism prayer, though not aloud, but inside me. Soon enough, it

became unbearable for the entity and the girl suddenly burst out in profanities and told me where to go in no uncertain terms. I began to recite the exorcism prayer, and continuously repeat it. A repugnant smell filled the room, the girl's voice changed into a hoarse masculine

steely cold eyes. He mocked me, saying "No matter how good you get at your work, you will never have the one thing you want most. Love!" Next minute my stereo starts playing at full volume a very tragic love song from my Andreas Bocelli CD "This is your song!" said the



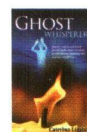
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growl, containing both her own desperate voice and the demon's unearthly screeching. This went on for a few hours until I finally began to disarm the demon. It eventually shrunk in the divine light, becoming small and weak. The girl started gaining strength and slowly opened her eyes. Six months later Jane's life is positively restored. It was the most exhilarating and rewarding experience, and made me realise that this is who I am, and what I am meant to be doing.

N&H: Have you ever felt personally threatened by spirits?

Caterina Ligato: The evening after the exorcism I just described, I was just about to go to bed when the door burst open violently and, standing at the end of my bed, was an evil entity, a dark figure with

entity. "No love, just misery, misery, as the song says." I mustered what strength I had left and yelled over the song, "God help me!" and in an instant a light illuminated my room and everything became peaceful. The next morning I looked in the bathroom mirror and found my forehead scarred with thorn-like marks. I believe this was my personal initiation and the experience served to emphasise that I cannot dwell on my own vulnerabilities if I am to be an exorcist, as the demonic realms will exploit them.



Ghost Whisperer is published by Siddhartha Publishers (ISBN 1-921206-24-1); available at good bookstores or visit www.caterinaligato.com.