

The Role Of Spiritual Seers (a.k.a 'Psychics') – Suggestions For Lay People On Being Careful



My Dear Friends,

Welcome to my second newsletter. This newsletter is about psychics and suggestions for lay people seeking and using the services of psychics. This is a somewhat sensitive topic as the field itself is treated with much healthy scepticism, which I support. The sceptism, cynicism and disbelief in psychics and fortune tellers has been around for many ages and centuries, and in my view this is for good reason; how do you know that the person you are seeing and paying money to – is not a fraud or a charlatan? For every genuinely gifted medium/sensitive seer, there may well be ten or more fakes.

As a psychic medium myself I am conscious of my own responsibility in my work and my apparent non-independent position in trying to warn people of signs of risk in other mediums. This newsletter thus includes anonymous accounts of others.

What does *psychic* mean?

The word *psyche* comes from Greek mythology and literally translates to mean the spirit of the human soul and consciousness. Famous psychologists such as Carl Jung (although translations of their writing must take into account language differences) and Freud have shared their views on what this means, and separated them into consciousness and unconsciousness, personality, ego, super ego and so forth.



Many more modern psychologist writers have also sought to clarify interpretations of psyche and soul as the basis of psychology, psychotherapy and psychoanalysis. It is unclear however to what degree or at all, modern psychology services openly acknowledge and embrace the reality of our soul and God although there are some very good modern psychologists who are openly acknowledging and writing about the fundamental essence of love and God at the heart of psychology. Psychics may be seen to provide a similar service to psychologists and psychotherapists; people who are troubled and challenged, who feel they need help, go to these people, seeking answers through therapy and counselling to help them work through their troubles and challenges. However most psychiatrists, psychologists and psychotherapists would be quick to distinguish themselves from psychics. The professionally regulated psyche professions undergo formal education in tertiary institutions, and most require ongoing formal registration under government laws and oversight by independent professional bodies, to hold a licence certificate that

must be renewed before being allowed to provide services to clients and charge fees. These professionals usually must hold professional negligence insurance, so that if their services cause harm to clients due to lack of reasonable foreseeable care by failing to meet recognised 'standards' set by peers –clients can sue them for compensation under applicable laws. The regulations are there to protect the general public.

This sort of formal regulation does not yet apply to psychic mediums – meaning that anyone can set up shop. However in my view, the risks of harm to clients are similar between the professions, because emotional or other damage that might be wreaked by psychics, can be similarly done to emotionally vulnerable clients of recognised formal psychiatry and psychology based professions (see for example, court reported decisions in Australia and overseas).

In my experience and view, the role of sensitive seers a.k.a psychic mediums is to encourage you to reconnect with your spirit and your soul and to help you remember why you are here and to help you see for yourself, how you can evolve your consciousness and grow. In short – to bring light onto darkness, to help expose lies and reveal innate truths.



A true psychic medium is here to provide a service of love – by empowering you to see the truth in any situation and in yourself, to ignite compassion, understanding and forgiveness, and to help overcome the fog left by past

traumas, experiences and conditioning. In essence, a true psychic medium is someone who themselves has a loving connection to the one consciousness of God (what I call *God Consciousness*) that transcends religious dogma and divide, that is available to all people and all life. The role of a psychic medium is effectively to help you – remember to love yourself and to learn to overcome the temptations in this life-time, to forget you are love.

A medium has the capacity to exist at a frequency vibration that can see and hear that which most people cannot. There is nothing unusual about this – dogs for example, can hear sounds at a frequency that the human ear cannot. Many animals have vision and the capacity to see and sense things that humans cannot.

Mediums are people who are born with this innate gift – and whilst most people in fact have sensitive abilities, my view is that only those who are actually born with the innate extra gift should be consulted. Although I am aware many people offer medium psychic services via shops and with the use of aides such as tarot cards, balls and devices, I personally do not engage this and nor in my view, does any genuine medium psychic with a natural born gift - need to do so. I refer to those who are not born with an innate psychic gift as lay people – whether or not they claim themselves to be psychics, appear on television or have published various books on the topic.

Some psychics have different skills – I can see and hear those in spirit, who have crossed over, but also those who have died but remain trapped in this world (otherwise referred to as 'ghosts'). I can see and hear angels (who were

never humans on earth) as well as spirit guides (who are those who did live on earth before, but now function as guides for those of us here).



Some psychics can only see those souls who have died but for whatever reasons are still trapped here (ghosts); their life's work is to assist the crossing over of those souls. Movies like the 'Sixth Sense' and 'Ghost' capture to some degree, what happens when souls died but feel unfinished business or a restlessness that causes them to remain trapped in this world.

Other psychic mediums can only see and hear those who have crossed over; but they cannot hear and see ghosts. Their role is often about passing messages from loved ones who have 'died' to those who are still 'living' (although see my first newsletter on the *truth about death*), to help heal pain and loss and to bring closure and peace. Many psychic mediums also possess the capacity to act as conduits for healing energy which often manifests as a hot burst of real energy that the client can feel emanating from the hands of the psychic healer.

Psychic mediums are ultimately here as messengers and conduits of love – God. They are here to help dispel darkness and fear in this world. Another phrase you may see in media and literature are 'light workers'. They and we are here to deliver messages of truth, reassurance and love. We



however are human as well and go through our own challenges. The work can be challenging and sometimes controversial, given the similar territory we walk with religious and the psychological based institutions. Society is accustomed to paying monies to churches and professional psychiatric professionals; but understandably, there is healthy scepticism about the psychic/medium 'professions'. It can be noted however that even amongst certain hierarchy of exorcists in the traditional Christian churches, leading authorities recognise the existence and validity of 'sensitive seers' – that is non-ordained priests *born with* the natural gift of sensitively seeing and hearing that which others cannot. Often, these are people who began seeing visions when they were young – but have endured many years of internal and sometime external struggle in coming to terms with the fact they were born with an innate psychic sensitivity.



I have the capacity to see and sense negative dark demonic energies which are real and active in the world. I work only with authority from the divine. Authors such as Tolle (2009 *A New Earth*) refer to such autonomous energies as 'pain bodies' and even the late famous American psychiatrist M. Scott Peck, undertook his own assessments of exorcisms to conclude that the existence of dark negative energies is real.

But who exactly has the capacity to genuinely see and dispel such energies, is questionable and this is one of the hazards of the 'new age' movement which though referring to a shift in universal consciousness that God is within and not outside of us, has attracted activities of the occult, witchcraft and other forms.

Anonymous account

My mother had her palm read by someone, who said she had a very long life line. A few months later, Mum passed in a sudden accident. The lady who read her palm was devastated because she had got the 'reading' totally wrong.

Psychic mediums who have the strength and the capacity to see and confront otherwise hidden dark energies and lost souls/ghosts, assist those who feel they need help to dispel them. This can occur when someone feels an extremely evil presence, periods of great anxiety for no reason and a pervasive sense of doom and panic or sudden adverse changes in behaviour and moods. Voices and thoughts of suicide can all be signs of an evil dark presence of energy which requires fear and anger charged situations and people, to feed itself (for more information see the list of suggested reading at the end this newsletter).



There is however a fine and delicate line between these signs of an autonomous negative energy, and physical mental illness – and this is where and why the public must be careful when seeing psychic mediums who advertise in walk in side street shops or operate in market stalls. Unlike movies such as ‘Ghostbusters’ however, no machine gadgetry is involved! Seeing someone who is dabbling in witchcraft, tarot cards and psychic services, after training themselves in short courses, undergoing weekend workshops or self-reading skills from do it yourself books – can thus be dangerous. It goes without saying, playing with ouija boards and party trick séances and gymics, is tantamount to lighting a match to a kindle of dry forest within yourself and your life – don’t do it! Also do not play with or improperly use holy water and do not be tempted to throw out or discard holy icons.



Indeed this is where a new form of danger can enter – because by seeing psychics who are engaging in the occult, such as via cards and tricks and techniques, whether or not they use that term, can invite in and attract more negative energy into one’s life and environment. Psychic mediums do not foretell of people’s deaths or forecast tragic events by putting people in fear. That is not a psychic medium’s role and they are not here to tell you that your life is doomed no matter what you do and nor should they leave you with more questions than answers, with a sense of inadequacy and dependency that you need to keep going back to them. Nor are psychics supposed to snoop

on other people's lives to give you information to which you are not entitled. Those who feel they cannot read or see anything for you, should be up front and honest and send you away to another person if they can, without charging you.



Above all a psychic medium, whilst keeping a healthy professional boundary, should have you leaving with a feeling of love, and a great sense of inner capacity of love within yourself. What they tell you and what you tell them should remain confidential. If they make a tape recording, they should not be keeping copies stored up at their premises, without abiding by relevant privacy laws. The request that you sign a formal written disclaimer form to prevent you from suing them - is also a warning sign that the person is probably a charlatan or fake.

Sometimes repeat visits are helpful – but only with the end in sight. Psychic mediums are there to set you on course again and to see you fly. After a one off visit or each other visit, you should leave feeling more self-empowered, with an increased sense of true wholeness and completeness within yourself and a burgeoning consciousness that life, no matter what situation you are facing - is just perfect the way it is and that you will have the inner strength to deal with it and handle it just fine.

A psychic medium would also impart to you a truth of knowledge that you are on a road to full healing, but that this does not depend on someone else or someone else giving this to you, although you may work collaboratively with others (such as good surgeons and good doctors) to achieve this. Their role is to help you understand that life's journey is about tapping into the innate wisdom and strength already there within yourself. Thus in my view, anyone, whether they be a psychic or a psychotherapist, who tells you that you must just live with your pain, whether it be a past emotional or physical loss or both –should be avoided.



Suggested Warning Signs

- The psychic requires you to sign printed disclaimer forms at the beginning of sessions.
- The psychic asks you more questions than you ask them.
- They encourage you think and ask a list of specific questions about life situations in form based categories such as: health, job, romantic love, travel. Although these are all categories of human life situations - this is not what spiritual psychic guidance is about.
- The psychic repeatedly asks you 'does this mean anything to you? Is this right?'
- The psychic repeats information about you – which can be easily found by googling your facebook account, work website or LinkedIn Profile.
- Most psychics will not be 100% accurate but will reveal themselves by stark errors such as saying 'I can see your father appear in the room in spirit' when your father is still very much healthy and alive!

- Their responses are vague and general which could apply to anyone.
- They make you feel disempowered and reliant on the psychic to keep going back;
- They pressure you to use their services which leaves you feeling scared if you don't agree to see them or follow their advice.
- They charge more than say \$150 per hour and insist you come back for more readings and sessions.
- They predict and forecast disasters, tragedies and death that are beyond your control to change.
- They leave you feeling unable to make your own decisions about your life and that your life is a pre-determined book.
- They have no history of being born with an innate gift but claim to have got into psychic readings because they were interested or hooked on the novelty of the practice.
- They make no reference without your prompting, to their connection to divine love and God.
- They treat the consultation like an impersonal medical or other form of professional appointment.
- They have a reputation for providing psychic services for novelty parties or media entertainment.
- They run appointments to a clock and rush you out the door telling you that if you have more questions you need to come back and make a fresh appointment and pay a new fee.
- They profess to supply multiple types of services all in a one-stop shop: palmistry, tarot, pure readings, crystal readings, geometry, astrology, hypnotherapy, dreams, angel readings etc, to capture the entire 'new age psychic market' and then charge different fees for different 'services' all offered by the same person.

Suggestions Of What To Look For

- Check out you tube or other interviews on the internet or social media with the person you are considering – do they resonate with love or do they seem clinical and impersonal?
- Are there any client testimonials on their website? Are their independent clients willing to speak with you and be contacted

independently, to give a first-hand private account and reference of their experiences with the person?

- Do the person's voice on the phone, their emails and their energy when you meet them, leave you feeling – safe, calm and at peace? Do they use a lot of gadgets, accessories or aides? Or is their work based on calm meditation, stillness, reflection and prayer?
- Are they are able to give you very specific information – that only you could know where the chances of their finding that information before your visit are extremely remote and certainly not available through public social or internet media?
- They stick to a few topics and only talk about the most important for your life at that time. They do not give non-option negative predictions, or rake open old past issues that are already resolved, which then leave you feeling powerless to make choices to create and determine your future.
- Money is not their main motivation as genuine healing medium psychics will reduce their fee or freely assist you if they realise you are without financial means to pay at the time, and really need their help. Although bear in mind, that this is usually their only source of income and living.
- Have they published any books, articles or videos? Read and watch them; do they resonate with a sense of authentic agape love and compassion for mankind, or do they sound – cold, clinical, technical, and impersonal involving training exercises and techniques?
- They will tell you private and personal things about you and your life at the time, that they could not possibly know and which cannot be easily found out (without for example going to great lengths to hack into your email or mobile phone account, conduct a private investigation into you before your visit, or find your address and rifle through your garbage bins!).

Anonymous account

I was going through a long period of great trauma in my life; health tragedies, a legal battle and career job loss, plus the breakdown of various relationships with friends and family. I was desperate for answers to help resolve all my battles and hoped that seeing a clairvoyant would give me information, like a mirror over a high wall as it were to see the other side of a fence.

The person I saw had published many books, appeared at many 'festivals' and dabbled in all manner of 'services'. However he was not born with a natural gift and his publications made no reference to God, love or divine guidance; just lots of exercises and techniques. I tried him anyway because a friend of a friend said he performed well at a book event.

When I arrived he made me sit across a desk from him as if in an office and then I had to sign a disclaimer form that said I agreed not to sue him and that no matter what he said, I agreed I have total free will. He then used tarot cards and told me to ask specific questions; he laid the tarot cards on desk and I was to touch them to leave my energy on them.

I asked him about a legal battle I was enduring and all he said was 'well your side has secrets and the other side has secrets – okay, what's your next question?'

He then proceeded to predict one disaster after another for me: I recall asking him about a major event I was appearing at in a few months and he said the whole thing would not happen as it would all fall through and there was nothing I could do to prevent this. He also predicted that I would lose my job, have my heart broken and have more major health troubles.

I remember sitting in his rooms overlooking a sunny garden, yet feeling as if I was with something (rather than 'someone') that was dark, sinister and dirty. He had a clock nearby and eventually told me 'time's up – no more questions. If you want more answers you need to make a fresh appointment and come back another time'. I remember strongly feeling as though I immediately needed a shower to wash myself.

The future event was not cancelled and I was a great success; none of the other tragedies forecast ever eventuated. When the CD recording later arrived in the post – I went straight to the beach and threw it in the ocean!

Final points – do you really need to see a psychic?

As more and more people see psychics in an age of confusion and diversion, there are increasing traps for unwary vulnerable people to become victims of exploitation and manipulation. My encouragement is to go within and pray, in the way you feel is best for you to seek divine spiritual guidance on whether and if so who to see. Intuition is that innate sense of knowing, but formed after obtaining as much information as you can first – a gut feeling, a strong hunch of whether something is right or wrong. You will know whether the hunch is right or wrong – because if it's

right it will leave you feeling peaceful and with a state of acceptance of truth. If it is wrong, you will feel an anxious sense of foreboding, strong tension or spasm even, often perhaps in your stomach, solar plexis region (above the navel but just below the chest) in your chest itself or even a headache.

Don't see psychics to get a quick fix, to solve your problems or to snoop on other people's lives. Only seek them out if you feel an evil presence in your home or around you, and or if you want to ultimately, see and handle your life situation or challenge – with a sense of empowerment, forgiveness and love of yourself and others, in order to release guilt, worry and fear.

With love,

Caterina xoxox

Suggested further reading:

The Australian Ghost Whisperer (Caterina Ligato 2012) *When Ghosts Speak* (Marianne Winkowski 2009) *People of the Lie* (M. Scott-Peck MD 1983) *An Exorcist Tells His Story* (Fr Gabrielle Amorth 1999), *Loveability* (Dr Robert Holden 2013) *A New Earth* (Eckhart Tolle 2009).

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