



The office exorcist

Sales figures sending shivers down your spine? Dark forces at work in accounts? Consider contacting the spirit world, says psychic healer Caterina Ligato, for every office can benefit from a spot of spiritual hoovering.

INTERVIEW BY SAM TINSON

In an office environment you have to internalise a lot of emotions day to day, so over time a lot of negative energy can build up. The healing I offer individuals is a very relaxing remedy for that. It brings all that excess stress to the surface where it can be released.

I begin by clearing the aura, and then work with the chakras, delivering the healing into the physical body through the meridians. The whole process takes about an hour. People say they feel lighter when get up off the healing table after a session. They continue to feel the benefits over the next few days; [they feel] more focused, positive and connected with themselves. Healings help people to break out of patterns that might be preventing them from moving on in their lives.

When I clear a business I'm essentially doing the same thing. In any business, particularly in offices, there's always internal politics and congested energy, particularly where there's a lot of human traffic coming in and out. Over time, negativity can build up and needs to be cleared. I release all that negative energy, leaving a lovely energy that is very light and positive. This attracts business, staff feel lighter and brighter, and productivity improves. If there are any staff members who are particularly troubled I might suggest a healing, or run a meditation session where they can relax, release any concerns and come out thinking more positively.

I think the business sector would benefit a lot from a greater understanding of the psychic world. People are spiritual as well as physical beings, but we tend to neglect our spiritual side. A lot of people think that spirituality means organised religion or going to church, but it's much deeper than that. It's about feeling centred and finding inner peace. Too many of us are looking outside of ourselves for fulfilment and happiness, and running off every Friday night to drink away the stress of the week.

An average day at work for me might include doing a healing, clearing negative energy from a business, or clearing a haunted house. I've completely transformed people's homes. People have contacted me in a panic, wanting to sell or run, but once I've cleared the space for them they're fine. A haunted house is simply a place with a few lost souls. It's a matter of bringing in the light, helping those souls to understand they're lost, and crossing them over to the spirit realm. There's no ritual or ceremony. I just enter a trance-like state, which allows me to psychically 'tune in' to what's going on in the house. Sometimes I'll speak to the spirits aloud, but often the conversation is silent. I work room by room, closing doors as I go, because the energy in each one varies.

I've done rebirthing, fire walks and other personal strength building exercises to avoid taking on negative energy from my clients. My training allows me to guide them and help them with their stress, but at the end of the day

it's not mine to take home. People react well when I tell them I'm a healer. I've been lucky; I've gained a lot of respect and no one has put me down. I have wonderful friends and family, and peace in my life. How could I not? I run a business, I look after my children, I work out at the gym, and channelling divine light all day keeps me looking young!

People need to be more aware of their divine selves, and have more love and respect for themselves, and stay out of abusive relationships or dead-end jobs. There are always choices, we have freedom to choose, and we can create a life for ourselves that is positive and fulfilling. It's about breaking down those old beliefs and patterns. [I believe] we can create the reality that we desire.

Feeling love and respect for yourself is a great starting point, because then you don't put yourself in positions that are not empowering. It's a feeling of gratitude for life, and for who you are. Life can be very stressful. That's why it's so important to have time for yourself. Once you lose touch with yourself that's when everything gets confusing – you don't know who you are anymore, or where you're going. But if you can keep that connectedness with self, then you don't lose sight of who you are and what you want to achieve. ●

Caterina Ligato runs The Soul Centre in Sydney's Leichhardt. For details on healings and her book, Ghost Whisperer, visit www.caterinaligato.com