

# Quote Unquote

# The Exorcist

Psychic healer Caterina Ligato on spinning heads, Satanists and winged demons

WORDS: JAMES JENNINGS PHOTOGRAPHY: DEAN HAMMER

## How does someone become possessed?

People can open a door to the spirit world in a number of ways – playing with ouija boards or doing lots of recreational drugs that open you up in a very unnatural way. Every time an unskilled person opens a door to the spirit world they are likely to connect to dark entities that are looking to wreak havoc in any way they can.

## How do these dark entities possess someone?

The challenge for them is to connect to a physical person. Eventually the person begins to take on the personality of the evil entity and acts out what the entity is guiding them to do, which can escalate to horrible crimes. Sometimes it is mental illness, but other times it's possession. Most psychiatrists don't acknowledge possession, but a few I've spoken to are beginning to and have referred their patients to me.

## Is there a way to tell the difference between someone who's possessed and someone who's just a bit of a wanker?

A good sign is someone who is beginning to change their personality and they're not acting as nicely as they used to. They might be behaving unusually and you might begin to feel quite uncomfortable around them, or feel a chill when you're near them. The person may not be sleeping very well and might be a bit more emotional. They might be confused and not sure why they're angry all the time.

## Do you ever meet possessed people who try to be friendly to make you think there's nothing wrong with them?

Yes, but because I'm psychic I can see when an entity is attached to them – they can't hide it from me.

I don't fall prey to that because of my gift.

## Do you have a special exorcist tool kit?

No. I'm a psychic and it's just me working with the realms of light in the spirit world and allowing them to work through me. I bring the light into the physical world and that is what infiltrates the darkness. I'm like a conduit to the spirit world.

## How was your first exorcism?

It was a young girl, maybe 12 or 13, who had a lot of emotional issues because her father had abandoned her. She had been experimenting with the supernatural and had attracted this very dark energy – for her it was like a false power because

horrible. She was screaming and hysterical, spitting at me, trying to pull my hair and crawling on the floor like a wild animal. She was frothing at the mouth, her eyes rolling back in her head. I felt like a vacuum that sucked this dark entity out of her. So, that was pretty heavy.

## Do the evil spirits ever set out to attack you personally?

Sometimes they visit me the night before an exorcism to try to scare me off. They say stuff like, "We're stronger than you," and all this crap. But I'm just like, "Sure, whatever."

## What do demons look like?

I've seen demons with tails, winged demons – there are different types who are a creation of darkness.

**“Evil spirits will visit me the night before an exorcism to try to scare me off. I'm like, ‘Sure, whatever’”**

she felt so emotionally deflated. When she saw me she went ballistic, screaming and swearing. Her mother had to lock the door so she wouldn't run off. I had to put my hands on her and channel light into her to expel the evil spirit. The light is like setting them on fire or firing a bullet through them – they hate it.

## Have you ever had an experience like the one in *The Exorcist*?

The worst case I ever saw was a woman who'd done a lot of drugs. She knew she was carrying this demonic energy – she was trying to stop herself from hurting people. During the exorcism the demon took a really strong hold, so I put my hands on her and had to pull the demon out of her through my body. I absorbed it from her, which was

## Have you ever had to prevent a possessed person from trying to kill someone?

This family had bought a remote farmhouse where a man had murdered his wife with an axe. This man was roaming around the farmhouse; he thought he was still alive and he was still trying to kill his wife. He connected with the little boy who had moved in, and tried to get him to axe his mother – she'd wake up and see her son standing over her with an axe. That's when the parents called me – they were completely hysterical. Their sweet kid was taking on the behaviour of this vicious old man. I crossed that man over, but it wasn't easy.

## Have you battled Satanists?

I had a case where a cult was trying to influence a guy from a rich family

who could potentially come into a lot of money. The plan was to wipe out his brother, who controlled the family's finances, and for the Satanic cult to take it all. But this guy has a glimmer of love for his brother, and that was enough for me to be able to liberate him from the dark forces.

## Have you seen Satan?

I've been in the presence of God, but not Satan.

## Let's go through a few of the stereotypes: Have you ever seen anyone levitate?

I've had people where the entity has a firm grip on them and they're squirming so much that they're lifting up a bit from the ground. So it happens a bit, but nothing like someone floating.

## Have you heard people talk in tongues?

Often I hear a Latin-type language and people's tongues begin rolling about. I've had people swear in the most horribly graphic ways, and often it's got a real shrill echo to it – not like a normal human voice.

## Have you seen someone vomit pea soup?

I've had people vomit, yes. Because the darkness is coming out of them it's like a natural reaction, a purging. Not pleasant.

## Any head spinning?

Impossible. Your bones would break.

## Oh right, yeah. Finally: does it bother you that some people think you're totally full of shit?

It doesn't bother me. There are people who are charlatans and people who abuse their gifts, but I know who I am and I'm not trying to prove anything to anybody. People are scared of what they don't understand. **FHM**

For more info, visit [caterinalligato.com](http://caterinalligato.com)



Caterina turns demons into evening wear