

THE LONG ISLAND MEDIUM CAME TO NEW JERSEY!

by Karen E. Herrick, Ph.D.

On Saturday, July 7, 2012, Theresa Caputo, HLN television personality and medium, presented two sold out shows at the Count Basie Theatre in Red Bank, NJ. After Theresa's two hour performance, it would be difficult to remain a skeptic about her mediumistic abilities. She used the words spirit, loved ones and soul interchangeably during the evening.

She educated people at the beginning by stating that "Spirit is always with us willing and able to communicate. I was born with this wonderful gift and it is also possible for you to communicate with spirits. The main thing I had to learn was how to understand the symbols and signs that are given to me. These change with each person who 'comes in'. I can feel the symptoms of how someone died when they come through to me. For example, if someone died of lung disease, I'm not breathing very well as they communicate."

She explained that she asks only for the ability to give people the gift of healing and she only wants information that's for the highest good. This means, to her, that the souls who speak through her are the ones who walk in God's white light. "If you walk away tonight with the feeling that your loved ones are with you, this is what it's for. You will hear tonight what you need; perhaps, it will not be what you want to hear."

She further explained that her life was and is a lot like the *Sixth Sense* movie only with less gore. The movie *Ghost* also explains a great deal of what it is like to be psychic.

She stated the following information on how spirits "talk" to us:

- Spirits communicate to us through our feelings.
- Anything odd or a meaningful coincidence happening in your life is your loved one/s trying to communicate with you.
- If you find dimes for instance, believing this is a "sign" of your loved one, this is true for you. The spirits do not place the dimes there. They prompt you to look at them.
- Many spirits come through to thank their loved ones for giving them permission to leave at the time of their death.
- Feeling chilled means you are feeling your loved one/s.
- She used the term "piggy backing." This is when as she's talking to someone in the audience "reading" them, another spirit will come in piggy backing on a term or word that was being used in the first reading and then the second reading will start.
- She stressed that spirit doesn't tell you what to do or not to do; however spirit can acknowledge that they support you in your decision/s.
- She twice mentioned that deceased grandparents had held their grandchild on the other side before that child was born.
- One of the scariest moments for her as a medium was telling parents about a senseless death of their adolescent. "It was an accident. Your daughter wants you to know that it wasn't anybody's fault. We were just being silly and stupid and I was killed."

- Your loved one's soul gets you to turn the radio or television on at the moment they want you to hear a certain song or message.
- Spirits are able to show themselves to us in a physical form for a short time.
- When you dream of a loved one, it's usually a visitation.
- In photographs, smoke, cloudiness, a shadow or an orb means that the camera is picking up your loved one's energy. One spirit of a mother stated to her daughter through Theresa, "I was at your wedding. Didn't you see the orb in the photograph? That was me."
- Sometimes, during the evening, Theresa would "forget" what she was saying because, "These are not my thoughts, feelings or emotions. They are just coming through me."

A man who had been dead for 38 years was the oldest person to come through during the performance. One compelling moment that night was when Theresa stopped in front of a family in the balcony section. There was a mother, father and two sons who looked to be ages 12 and 14. Theresa told the 12 year old boy: "You know things that other people don't know, right? You see things, too and feel weird because no one else does?" The boy shook his head, "Yes." She continued: "Always stay with your gut feelings and follow them. Don't allow your peers to steer you in the wrong direction." "OK," was his answer. His mother cried during this exchange and his father said, "What you're telling him explains so much."

Many of the messages were the same, such as: "It happened. Accept it. I am at peace," and "You have to find a new normal for your life." It seemed, from the performance, that our dead ones love us and that love is the most powerful force in the universe since they continue to want to communicate with us.