

Things to Do

Edited by

Jillian Anthony

jillian.anthony@timeout.com

@jillathrilla

Shine a light

Long Island Medium's Theresa Caputo clues us in on how she talks to the dead and heals the living. By Jillian Anthony



Caputo

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Theresa Caputo's claim to fame is her gift for speaking to those who have passed, and millions of fans of her television show, *Long Island Medium*, are hard-core devotees. Last week, she stopped by the *Time Out New York* office in Times Square (along with her husband, Larry) and held an intimate reading for our staff; lost parents, grandparents and friends showed up, and heavy tears were shed. Before Caputo heads to Brooklyn's Kings Theatre on Saturday 20 to read in front of thousands at *Theresa Caputo Live! The Experience*, we asked her how she hears from "spirit," her term for the dead, and what she has to say to skeptics.

What can people expect at your live shows?

I come onstage and give a quick speech on how I communicate with spirit, then I strictly get down to a good hour and 45 minutes of spirit communication. Spirit is going to guide me through the theater, whether you're in the first row or the balcony. At the live show, it's like watching *Long Island Medium* because you're actually watching

spirit communicate with someone and watching these messages change that person's life right in front of you. People say, "I walked in there thinking, Pick me, pick me, and I left that theater feeling very blessed and realizing there were other people needing to hear from their loved ones more than I." That just shows people really do get it [regarding] spirit's messages and the healing process.

Is an audience full of New Yorkers different than an audience somewhere else?

New Yorkers get my personality, and they understand my accent.

You were a child when you first became aware of your abilities. How did you come to understand them?

I first thought it was normal—I thought everyone sensed and felt what I was feeling. As I got older I realized, no, not everyone was sensing, feeling and hearing everything I was, and then I blocked it for many years. I come from a very spiritual family, and I was always able to express what I was feeling. The best thing my mom ever did was

not make me feel that I wasn't quote, unquote, normal. One day I just put it in God's hands and said, "Look, if this is what I was meant to do, then you will lead the way." And here I am. Fifteen years ago, I couldn't even leave my house. Now I go away by myself, I travel in a tour bus across the country, and it all comes down to loving and honoring yourself.

What do you mean you couldn't leave the house?

I was petrified—I would sense and feel things. The second I would leave my house to go to, say, Target, it would be like someone was standing next to me. Can you imagine if you feel like someone's choking you and nothing's happening? So I'd leave the store, and the feeling would leave because I was leaving the energy. Now the pain leaves me because I deliver my message like I'm supposed to.



You don't share negative readings, and you only communicate with passed people who are "in the light of God."

Do you think you're talking to people from heaven?

That's how I see it. Spirit never tells me, "Theresa, it's hot down here," so I go with, there's no hell. When I found out about my gift, I said to God, "If this is my path, I want to use it to help people." And it was about burdens and guilt and restoring people's faith and being able to live a positive life after the loss of a loved one.

What do you have to say to nonbelievers?

I respect [that] it's an opinion, but how can you tell someone that what they experienced isn't real? To them it is real. That's why I always say witness it yourself.

Theresa Caputo Live! The Experience is at Kings Theatre Sat 20 (kingstheatre.com). \$44.75–\$94.75.