Señorita Vega Turns Lifelong Paranormal Experiences Into Horror-Rock With “I See Dead People”

Tuesday 6 October, 2026

LIVERPOOL, UK — OCTOBER 6, 2026 — Horror-rock singer and songwriter Señorita Vega is turning a lifetime of unusual and unsettling experiences into music with her latest release, “I See Dead People.”

Inspired by her own reported experiences with what she describes as the paranormal, Señorita Vega combines horror, rock, humour and visual storytelling to explore some of the strangest moments of her life.

She says her experiences began during childhood, when she would refuse to sleep with the lights off or stay alone in a room, telling her parents that she could see people who were not there.

“There’s a woman staring at me right there. I don’t want to be alone with her.”

One childhood experience became particularly disturbing. Señorita Vega recalls waking her cousin in the middle of the night and telling her that an actress they both admired had appeared to her in the bathroom mirror and waved at her.

“My cousin told me I was crazy. She said the actress was in her bed, sleeping, and that I should go back to sleep too. The next morning, we heard the news that the actress had died that night. My cousin looked at me and called me a witch. I just cried, completely confused. Little did I know, that was only the beginning of my experiences with what I perceived as the paranormal.”

Years later, another experience left an even deeper impression. Señorita Vega says she learned about the death of one of her childhood friends through a dream before anyone had told her what had happened.

“I dreamed that I was marrying him. Suddenly, he turned to me, screaming, ‘No! I’m not dead!’ His face was deformed, and his mouth was unnaturally large, like the way ghosts are depicted in horror films. I woke up terrified. Later that day, I called my mother, and she told me the terrible news: he had been killed. Nobody had known how to tell me over the phone because I was travelling at the time, and he had been very dear to me.”

Señorita Vega says that throughout her life she has experienced what she describes as premonitory dreams, encounters involving deceased people, and other unexplained incidents witnessed by people around her.

One particularly memorable incident happened while she was watching a horror film with her former boyfriend.

“When the film ended, I immediately said, ‘I’m never watching this film again. There’s something really diabolically wrong with it. Can’t you feel the energy?’ As soon as I finished saying that, a glass sitting on a table literally exploded. I just remember looking at him and seeing his eyes wide open. I have so many stories and witnesses to the strange things that have happened around me that there are simply too many to mention.”

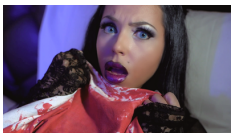
Whether interpreted as paranormal encounters, coincidence or something that remains unexplained, these experiences have had a lasting influence on Señorita Vega's creative work.

Her fascination with the unexplained eventually led her towards paranormal investigation, horror cinema and the occult. She has travelled to reportedly haunted locations in search of answers and to explore stories of people who believe spirits remain connected to particular places.

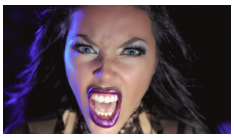
Today, she channels those experiences into her music and music videos.

“My experiences made me travel to many of the most haunted places in the world, trying to communicate with spirits that are said to be trapped in these places. Now I use horror and the occult in my songs and music video aesthetics to depict some of my experiences. It’s my way of using humour and art as a form of therapy for some of the traumatic experiences I’ve gone through.”

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“I See Dead People”

“I See Dead People” is one of Señorita Vega’s songs inspired by these experiences. The track takes the iconic phrase associated with The Sixth Sense and gives it a dark, humorous and theatrical twist.

Rather than treating the subject purely as horror, Señorita Vega uses parody and humour to turn frightening experiences into something entertaining and empowering.

The accompanying music video continues that approach, combining horror imagery, dark humour and parody to create a visual representation of the artist’s fascination with the supernatural.

“I See Dead People” forms part of Señorita Vega’s growing catalogue of horror-inspired music, alongside other songs exploring dark themes, supernatural imagery and the stranger side of life.

Through her music and social media content, Señorita Vega hopes to connect with people who have experienced unexplained phenomena themselves, as well as horror enthusiasts and audiences drawn to the darker side of music and entertainment.

About Señorita Vega

Señorita Vega is a Brazilian-born, UK-based horror-rock singer, songwriter, filmmaker and performer. Combining her passion for horror cinema with rock music, humour and visual storytelling, she creates songs and music videos inspired by the worlds of horror, the paranormal and the macabre.

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