



# Mediumship Matters Podcast Transcripts

## Season 7 Episode 18 - Mediumship, Mindset & Motivation with Annmarie Lord

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👋 Welcome to Mediumship Matters with Hannah Macintyre

In this episode, I'm joined by the inspiring and vibrant Annmarie Lord, known as the Motivational Medium. Based in sunny Australia (though originally from the UK), Annmarie is a successful intuitive coach, medium, podcast host, and author of *The Grateful 3 Approach*. We dive deep into her journey from nursing to spiritual work, how gratitude saved her life, and her unique blend of mediumship and coaching that empowers clients to transform their lives.

👉 From Nurse to Medium: A Journey Guided by Spirit

Annmarie worked in nursing for over 30 years, much of that in palliative care. She always had a strong intuitive sense—even as a child—but kept it quiet, especially during her nursing career. "I used to swear people to secrecy after a reading," she says, worried it would impact her professional credibility.

However, word spread organically, and spirit had other plans. After moving to Australia, Annmarie began exploring Reiki, and spirit communication started flowing more freely. "People came for Reiki but would ask to talk to their dad in spirit," she laughs. "I didn't plan it—it just came out."

📖 "Coming Out" as a Medium

Annmarie shared that transitioning into spiritual work full-time was terrifying at first. "I was worried about judgement—especially from my Catholic family," she admits. She likens revealing her mediumship gifts to "coming out of the closet," and even joked with her cousin, "No, I'm not gay—I just see dead people!"

Despite the fear, she leaned into her calling and created a Facebook page to share her services. Over time, that leap of faith became the foundation for a thriving spiritual business.

👁️ Intuition from Childhood

Reflecting on her early life, Annmarie described her psychic awareness as feeling like having a "third arm"—something that had always been there. "I didn't realise other people couldn't sense or feel what I did," she says. As a child, she saw spirals of energy, something she later recognised as a visual representation of spirit or chakra energy.

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## The Grateful 3 Approach: A Simple, Powerful Practice

Annmarie's book *The Grateful 3 Approach* introduces a mindset-shifting method centred on gratitude. "Gratitude changed my life," she says. "Even when I had nothing, I started with 'I'm breathing' and 'I've got legs.' That's where I began."

She breaks it down to a simple daily practice: on waking, think of three things you're grateful for. This activates the brain's Reticular Activating System (RAS), helping you notice more things to be grateful for throughout the day—just like how you suddenly see a car everywhere once you're interested in it.

Her method is based on science, lived experience, and simplicity. "Start where you are. That's all that matters."

## Coaching Meets Mediumship

Annmarie combines her background in nursing, NLP, coaching, and mediumship to help clients—especially business owners—step into their full potential. "I never separate my roles. I show up as me," she says. Her intuitive coaching often includes messages from spirit, but is rooted in practical strategy and mindset work.

She lives by the mantra CAN I—Continuous And Never-Ending Improvement—and encourages her clients to stay in curiosity and growth, even in tough conversations.

## The Motivational Medium Podcast

Annmarie also hosts *The Motivational Medium Podcast*, where she shares mindset tools, spiritual insights, and interviews with inspiring guests. Originally launched as *The Spiritual Life with Annmarie Lord*, she revived it with the help of her VA—who is now a podcast manager thanks to the success of Annmarie's show!

## Advice for Developing Mediums

Her advice to those just starting their spiritual journey?

- Keep learning.
- Find a mentor or teacher whose energy resonates with you.
- Don't worry if someone doesn't align—you'll still learn.
- Study others, but stay true to yourself.
- And most importantly: just start.

## Rapid Fire Questions with Annmarie

- One crystal forever? Rose Quartz – for love.
- Guilty pleasure? Chocolate cake.
- Spirit guide theme song? "Always Look on the Bright Side of Life."
- Surprising fact? She's an introvert.
- Dinner party guests? Her mum, Auntie Mae, Auntie Rose—and Nan if she can sneak a fourth!
- Secret dream skill? Singing (she admits she's tone-deaf).
- Weirdest message? Mushrooms at work—turned out to mean "kept in the dark and fed crap!"
- Spiritual ick? The stereotype that mediums have to be "woo-woo" or dress a certain way. "We're normal people!"
- Tarot card energy? The Fool – always jumping into new adventures.

## What's Next for Annmarie?

Annmarie is launching a new workshop focused on energy, psychic work, and staying vibrationally aligned. She's also working on her second book, *Motivational Medium*, and planning live events across Australia.

- Find Annmarie Online: Website: [annmarielord.com](http://annmarielord.com) Podcast: *The Motivational Medium*
- Instagram: [@annmarielord](https://www.instagram.com/annmarielord)