

# Oli Cox

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## SPEAKERS

Hannah Macintyre, Oli Cox

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**H** Hannah Macintyre 00:02

Hello, and welcome to mediumship matters with me, Hannah Macintyre. And today I am joined by yet another special guest. I have got the incredible Oli Cox joining me today. And Oli has got so many different strings to his bow. I don't know where we're going to start with this. But we've got power yoga, he's a psychic, he works with mediumship. He does Tarot. And he's also got his own podcast that has just launched. Welcome, Ali.

**i** 00:32  
Hello.

**H** Hannah Macintyre 00:34

Hi, Leon. I'm really, really excited to talk to you. Now I know you listen to mediumship matters. So you probably know the structure of how it's gonna go. But I always like to start with how did you start? How did you get in to this crazy way of living?

**O** Oli Cox 00:51

Um, I guess it started with, I guess back in the day when the secret come out. And I read the secret and You are the universe. So this idea of there's something in your I don't know, I'm not religious. So I wasn't really? I don't know. I don't know what I was connecting to. But yeah, the the universe just fitted right. I went to see a psychic, I think I was about 16. And I'd never even I didn't even know you could go see a psychic really it was just quite new to me. And she said quite a few things that was just really accurate that needed to hear. But then she also said your immediate house a sleight of typing so and then. Yeah, just basically from there, I just sort of meditated. And you end up meeting loads of different people, don't you? And then quite a few years later, I was in a circle during regions. And you just think like, it just it just happens. And it's Yeah.

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Hannah Macintyre 01:49

Good. And I love that because we have, I was just talking to somebody before I came into this session with you, I was doing a reading for someone. And we were talking about how met so many of us are held back by the idea that if we were a medium, we'd be visited by effigies of spirits. And you know, that we would know, we would know from childhood that that was our path, we would know from our lineage that that was our journey. And you're like me, kind of just fell down a rabbit hole got hypnotised by it. So I love that. So you're in this reading your your with this psychic, she's telling you, you're going to be a medium. And obviously, you're working on the meditation and stuff. But how did you find the circle that you ended up going to? And did you stick it the first circle you went to? Or did you try lots of different ones? How did it work?



02:42

So I have tried a few different ones. Actually the first circle that I joined, I was in Australia. And I was quite, I was going through a bit of a strange time in my life, I was going through a really rough breakup. And I needed to find some sort of I didn't know I don't know what I was looking for. But I knew that there was a website or app wherever it's called called meetup. And I just typed in spiritual, bad or yoga or something. And then there was like, oh, yeah, you can join the circuit was like an open circle. So I went along, and they do like meditation. And there were people like giving readings to each other. And I was just looking at, oh, my god, like they don't even how do they do this? And I've never really seen it sort of be done in an open setting like that. So yeah, that was sort of the first one. But it was just, I don't know, it was just so surreal. And my time sort of in Australia ended so I've come back here and joined another circle fit there was one in Herne Bay, it was just like a 12 week course I Googled it. And that was it was amazing. Like we just sort of covered all different parts of psychic work crystals mediumship psychometry, just different bits. And I didn't know it. It was kind of like, I felt like I finally oh my god, this this is it. Like it was just so excited. And I remember getting the train up there every week and it was just like yeah, and then I did my Reiki I did my level one and met some people through that and then ended up joining a circle that was more local to me. Just went from there really love

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Hannah Macintyre 04:20

it. Do you know that the first circle I've went to is in Herne Bay, right? Yeah, that is so funny. I'm just sitting here laughing going this is how we found each other. Either of us from Kent originally both now living in Kent and that it's just I love it. I love it. That's so funny. So you, you start you know you're in this circle you're going through this massive transformational energy which I'm sure there are many listeners listening to this and just go that's like me it just switched on and there I was and then you just can't get enough of it. Can you It's addictive and you're a year in What? How did you start taking that leap into working as a medium and being a professional? Because that's the big chasm to jump, isn't it?



05:09

Oh, definitely. I feel like I think it was just before I went to Australia, I got some tarot cards, my friend had some and she was just like, I don't know, I kind of had always been interested. But I had this idea that you have to be gifted your first set, so I never ended up buying some, but she did give me them. But later on, I realised like all of that it's just, it's all you can call she can buy your own tarot cards, you can do whatever you want. And it's like the Oh, it's very, all you have to do this. It's all this like, yeah, spooky, whatever. But anyway, and I think they were the Aleister Crowley, Thoth, and I was looking at them. And I had no idea what they meant. And I think to this day, if I think I might have a deck still, they're so dark and complicated. I mean, I'd love to be able to read them, but I just can't like, but I ended up swapping them with someone as you do. And I just had these tarot cards. So then I was just like, well, I don't even know how to read these either. And then I had a telephone course I think you've just did read through the court cards. I think it was 35 pounds. And it was like an hour, she sort of went through the court cards. I was like, Well, that's all I can afford. So I'll have to just make do with that. And so I've got a book, and then taught myself and then was just reading for friends really. And when I was in Australia, I'll just what I said I was going through a bit of a crap time. And it's just like a counselling isn't it. And I know you probably shouldn't do it every day. But I was sort of teaching myself and learning and I met friends there. And I was just reading for them and talking to my friends back home reading for them. It just went like that. And it becomes sort of like my little thing. And it was just, it was just terror. I wasn't doing mediumship or anything. But I think the psychic stuff does come into it. And I feel I was quite tapped into my emotions. When I didn't fully understand my emotions, but it all sort of looking back, I can see that there was that psychic side. And I didn't really understand just what that was. And then yeah, and then the circle sort of brought out the mediumship side. And I think I started reading Tarot for like, 10 pounds. I was just doing it. Yeah, just to like, yeah, and eventually, yeah, and eventually don't need the book, but you need people, new people that are not friends that you've never met before. And I think I was out of work. And I was like, You know what, 10 pounds, not. If it's if it's a load of rubbish, then they've not really lost out much. And so we just kept it as that sort of attitude, I try my best. And it just sort of progressed from there. And then slowly sort of up to the price was then able to link in tarot and Tarot link in mediumship. And it's a psychic information, and it just sort of just built naturally, I suppose.

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Hannah Macintyre 07:56

I love it. And that is such an important story for people to hear. Because I think there's more of us that come to it at unexpected point and don't believe that we can do it and then fall into that trap. I mean, I was saying to you, before we hit record about you know, yeah, it's great to have done lots of courses, but then it can also hold you back doing courses because you can not work in the way that is your way to work and your experience. So it's it's really refreshing to hear someone just say well, you know, I just went for it. I did it. I'm not surprised you didn't get on with the Aleister Crowley ones because you're too light. You've got too much brightness in you like that, you know, I'd have liked those in my sort of coffee angsty stage of but then I'd have found it harder to communicate with spirit because I'd have been sitting in my misery listening to the foreigner and wearing too much eyeliner. So you've got to find the lighting it and I love that you swapped it like Pokemon cards. It just cracks me up.

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08:59

I just thought well, this woman liked it. She was she was doing me a reading for him. So I was like let's just swap it just yeah when hilarious

like, let's just swap it just year, which hilarious.

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Hannah Macintyre 09:06

I love it. I love it. Yeah, I know. It's so funny because you were gifted them. And I was you know, I just went out and bought mine but I'm more of an oracle cards girl than a Tarot just because I'm lazy. Exactly. Like you say, I can't learning all of the meanings is and but now it's funny because I was with Amanda and she bought a set of tarot cards. And I was I was just seeing what I could pick up on them. And then she was checking it against the book. And it wasn't bad. Actually, it wasn't too bad. But it's just again, finding what works for you, isn't it and what you're comfortable with. And

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09:41

I don't think it's wrong to have a book there and to use just if you're just sitting with friends and it's sort of in a relaxed atmosphere and not a relaxed atmosphere, but you're not. You're not trying to get a I don't know. But you get reading from a book is not the end of the world. I think that's a I think that's a good one. way to start so even if you, you could just slowly sort of learn the symbols and I think anyone can pick up a book, can't they? They can be drawn to any tarot deck. I mean, it's good to have the certain. I'd say the Rider Waite is a good start. Because some of the other decks, they've got complete different symbols indicate it. Yeah. You don't know what sport but yeah, I've Yeah, I think anyone can can do it. If you've Yeah, if you've got the interest, obviously, but also oracle cards, like I love, I love. I love all sorts of cards. They're

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Hannah Macintyre 10:34

addictive, aren't they? Again, I've got so many different packs, I'm just staring over here at my shelf of guilt where the shelves are bowing under the weight. And I've got two new packets that I just bought on a whim. You know, it's a problem. So you you're doing your tarot readings, your psychic, how does mediumship start for you, then how does that that start?

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10:56

Um, so I feel like it was in it was in that circle in handbike. They did this exercise where we were meditating, and then turn on a TV and picture the screen. And we set the intention, and all of that. And we had the client in front of us, well, not the client, it was the person we was working with. And just describe what you say and literally was just like, describe this man, I could see his face. I really remember it. And I could see it was more like a picture. I could see like a brick wall behind him. Or like a moustache. I think I had a book and was writing bits down I think, George or something. It was just a couple of little bits. And I sort of sent it back to the lady after and she was like, That's my dad. His name's George. And I was like, I was so shocked. And I think I told her to shut up. She was about 84. Thought I was really shocked. But it was like, well, like, and I feel like, I didn't really believe it. And it's never always as clear is it's always very different. But I feel like that just gave me the so it is possible then. And like it's just not how I pictured mediumship it wasn't how I pictured I was going to send spirit, or like I was going to picture a ghost to stand there. And and I'm just going to say everything that they're saying. But it's not like that. For me.

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Hannah Macintyre 12:28

I wish it was not. It's not like that for anyone I've ever met. I wish it was. But yeah, even when I start my podcast story, even when I started my podcast, and I had loads mediums, I was still expecting somebody to say this is how it is for me. But it's not like that for anyone. No,



12:47

yeah. And I think slowly, like as time went on, I realised that I feel spirit and to ask them to come close. And then we would ask for like a calling card. I think there was like a Tony Stockwell CD or wherever used to listen to and it was like calling cards, so then my ears would start popping. So that was my little calling card. And then I could differentiate male, female. And just, that's how I, that's how I work now. And it's like, I wait for that little pop. And sometimes my it doesn't pop, and I'm sitting in the clients in front of me. And I'm just like, come on spirit. And the my ears don't pop. And I'm like, do I need to just go for it Do you like because I feel like I can feel someone there but they're not close. And I've now also learned that maybe that means that the spirit isn't immediate family law, I'm sort of trying to build up layers of as to why they're why they're further away, or, or whatever the it doesn't always work as you know, but sometimes it does. And it's just, I just try to just be as open and honest as I can.

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Hannah Macintyre 13:51

Absolutely, it's, um, you know, having my booking system, it's an energetic experiment Results may vary, because there are so many different aspects to it. But it's so funny because as you talk about your ears popping, I had the little thought in my head of I wonder how long that will last because I would kill for some physical phenomena. You know, when they first used to come in us to get a tingle, I feel like a hand was on my face or a warmth on this side. And you know, nothing now, nothing at all. But I think that happens as you get used to working with spirit because you're used to it, you're more open to it, there's less of a sensation as it as it happens, but then you know what you wouldn't give to just have that comfort.



14:35

Like, I used to get like little taps as well. And I feel like for about two years. I would even talk to my partner be sitting there like just watching the film. I'm like, look, look at my arm is twitching that was just a twitch. I'm like no, no, it's a post and you could see it going in. And like I was I used to get it quite a lot and I don't get that barely at all anymore. But I feel like I needed that I needed that to believe in spirit and I needed them to be so out there, because I am sort of, I'm a bit sceptical, like I want it to be sort of. So maybe that is all just so we believe ourselves and can sort of sense them. But yeah, now I guess you just have to trust and yeah, see,

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Hannah Macintyre 15:17

I think they've proven and they're like, right, we've given you enough. So that's it. That's your

I think they've proven and they're like, right, we've given you enough. So that's it. That's your your lucked out. Now, we've proved ourselves to you. Now it's time for you to work on faith. And I'm like, like, if I go to film orbs, I will get loads any I mean, I've had them in pub toilets, like any place anytime, orbs, except when I'm about to demonstrate. And you've got this massive room with all these chairs laid out and you're absolutely breaking it. And you're like, spirit, show me you're there. And you go to film and you get nothing. And I'm like, and the you know, it isn't about that being in that vulnerability of trust. They're not gonna keep making me comfortable. It's about discomfort. But yes, thanks.



16:00

And so Watson got a magic trick as well, spirit, probably just testing you to say like, just trust us like, yeah, exactly,



Hannah Macintyre 16:07

exactly. We've given you enough proof. Now, lady, just get on with it. And I'm like, no, please, please make it comfy and safe. So what are your top tips for somebody that is wanting to develop their mediumship wanting to expand their connection to spirit? What would you suggest that they do? And



16:28

I would definitely say, go with what feels right for you. And there's not like one size fits all. Someone can say this is, this is how you do it. I've also found that the best way to do it is the way it comes naturally. Maybe working on the different senses and trying to see or trying to feel or I don't know, setting up an intention with maybe a meditation and asking them to come close and just talking to them. Even if you're not getting a response. Just talk to them. I need you to come close spirit. I need you to come close, please. Sometimes I forget to talk. I just feel like it's a mental thing. Are they listening? And I feel like I need to actually say something in my head because I just wait for them. And yeah, I don't know. But I guess it's just that openness, isn't it just trying to be as open as possible and try to not get yourself in the way because we've got this monkey mind, haven't we? And yeah, maybe learning to slow that down. I'm still trying to learn how to do that. But



Hannah Macintyre 17:35

I haven't, I haven't. But then I also think that's not necessarily a bad thing. Because I think it depends what you want from your mediumship. So for some people, they want you know, they're big on visualisations and meditation. And that's very slow. And that is great. Don't get me wrong. I love an occasional visualisation. But I'm not a great meditator. I don't do it loads for that, and, but I think when you go to see mediums, you don't want to really slow medium you because it's like someone telling you the story of their dream, it takes forever. And it's really like and they're like, and then I walk down the tunnel. And you're like, Oh, God, whereas I prefer mediums that are a bit more spicy a bit more, you know, on it. And that is where your monkey mind is your friend because you will work faster and quicker. So it's



18:26

sort of like a creativity, isn't it? It's just that's the same part of your mind. That's that. But like you say, I don't meditate as much as I'd like to say, I sit there and do it every night. I don't teach yoga, and I do a meditation at the end of that. And that's probably the only time I meditate. Yeah, that's really awful to say, but I don't feel like I. I mean, when I would meditate, it really helps me and I'll do Reiki or do a little meditation. And I'll just calm down. And I love it when I do it. But like you say, when we do readings and stuff, it's just, it's just there isn't it? You just you just go because it's, it's fast. It's because I feel like it comes it comes in and it goes as quick as it's gone. It's like remembering a dream. It's like you're trying to remember it. And the more you try to remember, it's gone. So you just have to just say it. And then the next bit comes in the next bit.



Hannah Macintyre 19:11

Absolutely, completely agree. And I think it's, it's important to be honest, I remember forcing myself to meditate, like taking my medicine because I felt like I had to be a medium. And if I didn't, I was letting everybody down. And as soon as I let go of that everything just got so much easier. And so you have to find what's right for you. If you enjoy meditating, by all means do it. If you're like me, and you do it and you go, Oh, this is brilliant. I'm going to do it every day and then don't do it again for another three months. C'est la vie. It's not going to stop you connecting. So what is something that you wish that everybody if you had like Joe Public and there was something that you wish that everybody knew about mediumship the spirit world what was it? What is it you would want to say to them?



19:59

I'd say it's accessible to everyone. I know that some people are not always connecting with their own spirit or, or their emotions and stuff. But I do feel if you've got an interest that that's enough, that's enough to be able to, in your own way, because everyone will do it completely different. Yeah, I would just say that it's accessible. And it's not just like for select people that are born with this halo and of light that just emanates from. It's just, I try to just be as normal as I can. And, yeah, I mean, I don't really talk about it that much in my everyday life. But as soon as you do, everyone's just like, looks around. I don't know. So just keep it a little bit quieter. But um, yeah, I would just say that it's accessible. And just start with where you're at. And just, yeah, just trust.



Hannah Macintyre 20:56

I love it. I love it. So talk to us about power yoga, what is power yoga when it's at home?



21:05

Well, it started off, I would go to this class, and it was like power yoga. Wow, this is so cool. It's like the first type of yoga that I even ever come across. And he's like vinyasa, but it's just very fast paced, not very fast. But it's faster than some classes, you only get like five moves in the

fast paced, not very fast. But it's faster than some classes, you only get like five moves in the whole class. Yeah. And you just go, it's all about breathing and stuff is like, there's a place for all of it. But I just found like the exercise sub part of it, where it was so fast paced, I felt very energised. And you do build up this power while you're doing it. And yeah, I've kind of like added on my own little Reiki, meditation, breathing thing to it. Because I just think, why not? Like isn't there's no harm in like, to generating this power. And at the end of then just do like this light meditation of and then protecting your power. And I sort of incorporated it that way. I don't know if you're meant to do it like that. But I think well, why not? It's not hurting anyone is helping them. And release emotions and stuff. And yeah, but I mean, people like to come just for the fitness side. They don't like all the spiritual stuff, you get a lot of men, but then there was a class I did there was, I think there was just men that turned out there was there was four people. And I just missed the meditation at the end, because I thought, I'm not doing that. I'm not doing that. Because they're just laugh at me. And I will just say, Oh, we've come for the meditations. I was like, oh, sorry. So we did it. And I just feel like they've heard about it. And so you just you never know, you never know, just

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Hannah Macintyre 22:36

shows that shows that you are doing the right thing. And that, you know, people are enjoying it. And also, I mean, isn't that so valuable? Because I don't know what your experience with spirituality is, obviously, being a man. But from, from my point of view, like men are few and far between, like, you have an audience, and there'll be 130 women and two men sitting there normally looking like they don't want to be there being big. So we you know, and it's a real thing, we desperately need more men to get involved with mediumship and spirituality. So that is great if you've managed to get a whole class of them.



23:15

Well, there was four, there was four, that's still it's at the sheppy fight Academy. So a lot of them are like do kickboxing and boxing and whatever else they do. So I guess they just was given a try. But it's not I swear, it's sort of like, yeah, it is I don't, it's not all fluffy. And this and this. And very slowly, I think where it's fast paced, it's more of like a fitness element to it. And I'll just sort of just sneakily put in the spiritual bit at the end, so it just disguises it. So they're not like in the face, sort of get

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Hannah Macintyre 23:46

them in the sneak attack. Yeah. I love it. I love it. So you teach power yoga, you are offering your readings out there to people. And you've just started your podcast, talk to us about your podcast, what's it called?



24:04

So it's called Spirit nonsense. And I, yeah, basically, I think last year, I quit my job. And I started being a driver. And I was listening to loads of podcasts, and I was listening to your podcast. And just, I've always had this idea that I needed to do something with social media, I needed to do videos or something, but I just don't know what it is I get quite nervous and anxious. And any



video that I've done, I look back and I just can't, I don't know, I just look back and I'm like, Oh, just delete, delete. So a podcast just seemed like a really good way I could talk. And I could interview people and like yourself. It's just, it just felt right. It just felt right and yeah, so I'm only a few episodes in just sort of started just before Christmas, but it just feels like a good direction that I can take at my own pace. And yeah, I've don't feel I just feel like it will fall into the right is and the right people will listen. And the people that don't like it, they don't have to listen. And I feel like that's just how it hopefully can progress. Yeah. Are

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Hannah Macintyre 25:11

you saying I love it? So what is next for you? What have you What are you planning in 20? I mean, we're recording this early 2024. I'm not sure yet when it's going to be released. But what are your plans for 2024? What's, what have you got your eyes on next?

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So I've been to the Arthur Findlay College a few times, I've done a few courses, but I'm just sort of keeping an eye out for a course that I want to, I don't know, I just feel like I want to do something a little bit different and still with mediumship. But I feel like I want to do like a public speaking or something that's connected to I want to do platform. Yeah. I mean, I've done it a couple of times, and I just don't enjoy it. Like, I just get so nervous. And so and it's like, I feel like I'm on the verge of telling everyone to go home. I just I could scream and be like, I'm not enjoying this go home. But and I think that's not a good place. Because I'm so nervous. So we need to work on that. And if I can do some sort, of course, I know they do public speaking courses. But yeah, maybe our Finley College, do like a something there. Or I don't know, I want to slowly progress to doing platform. And I know I want to do it, but just I feel I just need to work on my nerves. Like, that's just Yeah, that's the next part, I think. But also

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Hannah Macintyre 26:30

understand that they won't

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go know

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Hannah Macintyre 26:33

that. That is the thing, like I spent ages waiting to know that I was ready because I thought if I was ready, my nerves wouldn't be there. And it's actually about understanding that you have to push through them. So yeah, the more you practice it, then the more more confident you get, when I first started, I would be on the microphone, I could hear a sound like a goat, because I was so nervous, you could hear it in my voice. And then I still get that now. But I'm willing to give myself the grace of a breath to settle it. Whereas before I'd just keep pushing it. I'd be like this for ages, because I'd be scared. Whereas now I go, Oh, God, there's that quiver. And I go,

and I let it out. And it's much easier. And then I'm in much more in control. But it was one of the greatest gifts to me was Lim Parker at AFC, where I put my hands up with a question and just said, How did you get over your nerves? And she was just like, they haven't gone anywhere? What are you talking about? I'm still absolutely petrified. And it was such a watershed moment for me because I thought, oh, because I just kept waiting and waiting and waiting for that apps because it's crashing stabilities so hard, and



27:53

go and get really like, worked up and then I'm like, I don't want anyone to talk to me. And I'm like, no, no, no. And then it's like, I think I can't do that on stage.



Hannah Macintyre 28:02

I see I get everyone to talk to me. I arrive and I'm like I say to Amanda and Kim who helped me just talk to talk at me just talk let's not stop because if I stop that's when it really gets hold on me. Like I tried to meditate once before I went on stage and it was horrendous. Because all I did was just sit percolating like a pickled onion and vinegar in my fear. Just absolutely. It was horrendous. So yeah, but yeah, good. I see. I love platform. I love it. It's my fav



28:34

icon to see you. I think it was last February. I think it was in fashion. And it was amazing. It was and it was it the old brewery?



Hannah Macintyre 28:43

Yeah, I love it in there. Yeah. I'm back in there soon. Can't remember some point.



28:51

I'm just gonna go. Oh, no.



Hannah Macintyre 28:56


Absolutely not. If there's come along, let's come along and do it. Because this is, this is the problem when you're not part of a church. I always think that when you're in a church, you can stand up, you can do one link, you can sit back down, you've got an audience ready made for you and me. You have to you know, get people out. And then you can't just do one link and sit back down because you've got a whole bloody audience, you know, they've come out for you. So it is it is high pressure, no doubt.



29:01

 29:21


Maybe one day I'll take you up on that. Oh, yeah, go on.

 Hannah Macintyre 29:24

It's there when you want it. It's there when you want it. But yeah, it is. It's something I love and especially if you've got a busy mind and you love power. You see you love power yoga, you love the energy because it's so big. And you know, I'm not saying that every night I walk offstage and I'm buzzing, but the ones that you are making it worthwhile. I do get offstage and cry sometimes, too. It's a mixed bag. It depends. Oh, amazing. So Ali, if anyone would like to book a reading with you, or power yoga, where can they find all your details?

 29:59

So I've got a website, Ollie Cox dot code at UK. And also you can find me on Facebook or Instagram. Ali Cox psychic medium or Instagram feeds Ali Cox psychic so yeah you can find somewhere there.

 Hannah Macintyre 30:14

Excellent I will put a link to your website on the show notes so everybody can go and check you out. But thank you so much for talking to us.

 30:22

Thank you for having me.