



# Mediumship Matters

## Podcast Transcripts

Spirit Social Meet The Creators Edition

### Season 8, Episode 11

## Karen Elle on Healing, Discernment and Becoming the Medium You Thought You Had to Be Born As

Guest: Karen Elle

Host: Hannah Macintyre

### Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by Karen Elle, evidential medium, energy healer and intuitive reader based in the Netherlands.

Karen's journey into mediumship did not begin with childhood visions or spirit encounters. Instead, it began with burnout, chronic illness and a refusal to accept that her life would be defined by limitation.

This is a conversation about fibromyalgia, healing, discernment, ethics and the powerful realisation that mediumship is not a gift reserved for a chosen few. It is an ability available to anyone willing to show up and develop it.

### From Corporate Burnout to Spiritual Awakening

Karen grew up fascinated by the spirit world. Tarot cards, crystals and films like *The Craft* sparked her curiosity as a teenager. Yet she believed mediumship was something you had to be born with. It felt magical, but inaccessible.

Life took her in a different direction. She moved from England to Amsterdam, built a corporate career and immersed herself in a busy, outwardly successful life.

After the birth of her second daughter, everything changed.

One morning, Karen woke in severe pain. Her body felt as though it was on fire. What followed were months of medical investigations, stress and uncertainty, eventually leading to a diagnosis of fibromyalgia, a chronic pain and fatigue condition.

Rather than accepting this as her permanent reality, Karen began searching for alternative ways to support her healing.

### Rediscovering Spiritual Tools

Meditation, energy work and alternative therapies slowly re-entered her life. What began as a desperate attempt to feel better became a doorway back into spirituality.

Through energy healing training, podcasts and spiritual study, Karen immersed herself in learning. A video featuring medium Susan Giesemann shifted everything. For the first time, she heard someone say that mediumship was something you could choose to develop.

The belief that only the "gifted" could become mediums dissolved overnight.

Karen made a decision. If mediumship could be learned, she would learn it.

# Mediumship Matters Podcast Transcripts

## The Discipline of Development

Karen dedicated years to consistent, focused development. She showed up repeatedly, even through doubt, frustration and periods of feeling like quitting.

Her advice to beginners reflects this:

You are a medium. You just do not know it yet.

Development, she emphasises, is not always glamorous. It is often 90 percent personal growth and 10 percent technique. Old wounds surface. Imposter syndrome appears. Lessons repeat.

But if you keep showing up, progress happens.

## What Mediumship Feels Like

When Karen's mediumship is flowing well, she describes entering a state of focused surrender. She remains fully aware of what she is saying, yet does not analyse it.

Information moves through her quickly. Often she does not understand its significance. That is for the sitter to recognise.

The energy between medium, sitter and spirit builds. It can feel electric. Healing becomes visible.

It is not about performance. It is about connection.

## How Her Mediumship Has Changed

In the early days, Karen received a lot of visual imagery. Over time, this shifted into a quieter, more efficient knowing.

As trust increased, the need for dramatic sensations reduced. The connection became subtler but stronger.

She now works with greater clarity, speaking more succinctly and holding less back.

Confidence allows her to deliver evidence without over-explaining or softening it.

Trust, she explains, is everything.

## Ethical Mediumship and Responsibility

Ethics sit at the centre of Karen's work.

She actively discourages dependency and does not encourage frequent repeat readings. Ideally, she would see a client once, offering reassurance and empowerment rather than creating reliance.

She educates clients about how mediumship works, explaining that spirit are always present and willing, but interpretation depends on the medium's frame of reference.

Her goal is empowerment, not gatekeeping.

If a reading is not working, she will stop and refund. Integrity matters more than ego.

## Energy Healing and the Physical Body

Karen's experience with fibromyalgia reshaped her relationship with her body. She now views the body as the vessel that houses spirit.

Looking after that vessel is not optional.

Nature walks, rest, disciplined energy management and trance healing for herself form part of her self-care practice. She recognises her tendency to push hard and is learning to balance ambition with integration.

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Mediumship requires grounding as much as expansion.

## Platform Mediumship and Being Seen

While comfortable in one-to-one readings, Karen feels increasingly called toward platform mediumship.

With that comes fear: fear of being seen, fear of public failure, fear of vulnerability.

Rather than avoiding it, she is working through it deliberately, investing in public speaking skills and stretching her confidence gradually.

Platform, she admits, is addictive. The energy of a room, the shared experience of evidence, the collective healing. It calls her forward.

## Signs, Evidence and the Magic of Specificity

One of the most powerful readings Karen recalls involved a client's dog in spirit. During the session, she shared the phrase:

"He knows he left such a hole in your heart."

The client was stunned. She had spoken those exact words to her dog shortly before the reading.

For Karen, moments like that never become ordinary. They remain astonishing.

Specificity is not about impressing. It is about reassurance.

## Lessons from Spirit

One of the strongest messages spirit has repeated in Karen's life is this:

No one is coming to save you.

Far from bleak, she experiences this as empowering. Spirit will support, guide and nudge, but action must come from her.

Growth is collaborative, not outsourced.

## Quick Reflections

- First word for spirit: All-seeing
- Morning or evening: Evening
- Favourite grounding practice: Long baths and time in nature
- Core lesson: Surrender builds strength
- Biggest ongoing growth edge: Trusting herself to fully let go in every reading
- Philosophy: Consciousness survives physical death

## Where to Find Karen

Karen offers evidential mediumship readings, energy healing and intuitive sessions in person in the Netherlands and online.

Website: [MediumKarenElle.com](https://MediumKarenElle.com)

Spirit Social: Medium Karen Elle

Instagram: @MediumKarenElle

# Mediumship Matters Podcast Transcripts

## Final Thought

Karen's story is not one of destiny. It is one of decision.

Mediumship was not something handed to her at birth. It was something she chose, developed and refined through dedication.

Her journey reminds us that healing and mediumship often grow from the same place: the moment we decide we are not powerless.

Transcribed and adapted for accessibility and SEO from the original interview recording.