



# Mediumship Matters Podcast Transcripts

## Season 4 Episode 26 - Interview with Desiree Diaz

Exploring Plant Spirit Medicine, Womb Healing & Spiritual Connection with Desiree Diaz

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

I am so excited for today's episode because we have an incredible guest—Desiree Diaz of Sacred Wise Magic. Desiree is a healer, teacher, and intuitive practitioner who works deeply with plant spirit medicine, womb healing, energy healing, and intuitive wisdom. She also incorporates witchcraft, oracle card readings, retreats, and spiritual community-building into her practice. There's so much to explore, so let's dive right in!

### Desiree's Spiritual Journey: From Tarot to Healing

Desiree's connection with spirituality started early, thanks to her mother.

- Her mum practiced tarot and divination openly, making it a normal part of her life.
- She grew up surrounded by spiritual teachings and was encouraged to explore whatever resonated.
- She always felt a deep calling towards healing and intuitive work, which led her to explore different modalities.

She describes herself as a lifelong spiritual seeker, always learning, evolving, and deepening her practice.

“I've always known I was meant to do this work—it's part of who I am.”

### Growing Up Spiritual in a Traditional Culture

Desiree spent part of her childhood in Italy, a place where spirituality outside of religion was often met with scepticism.

- She kept her practices quiet and private, knowing it wasn't widely accepted.
- She longed for a spiritual community, a space where she could be herself.
- As she grew older, she made the choice to embrace her true identity and stop hiding her gifts.
- This longing for connection led her to build the community she once wished for, helping others find belonging in their spiritual journeys.

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## Plant Spirit Medicine: Healing Through Nature's Wisdom

One of Desiree's most powerful practices is plant spirit medicine, which isn't just about herbal remedies—it's about connecting with the spirit of the plants themselves.

- She explains that plants have their own consciousness and energy.
- Rather than simply ingesting them, she teaches people how to connect with their energy and receive healing.
- She works with infusions and ceremonies, allowing the plants to guide the healing process.

"Plants want to work with us. They've been here for thousands of years, holding wisdom we've forgotten."

She emphasizes that plants growing near us often hold the exact medicine we need—which is why working with local, abundant plants can be even more powerful than using exotic ones.

## The Intelligence of Spirit & Allowing the Right Energy to Come Forward

One of the most fascinating aspects of Desiree's work is how she trusts spirit and plant intelligence to guide her.

- She doesn't "choose" which plants to use in a ceremony—the plants choose themselves.
- She often realises after the ceremony why a specific plant came forward—it always aligns with the needs of the group.
- This mirrors how spirit guides work—they step forward when the time is right, and we don't need to control the process.

"The right plant, just like the right spirit, will always show up when you need it most."

## Womb Healing: Releasing, Reconnecting & Restoring Power

Desiree also specializes in womb healing, a practice that helps individuals reconnect with their inner wisdom and release stored trauma.

- She shares her personal story of struggling with excruciating period pain.
- Mainstream medicine only offered birth control as a solution, which didn't work for her.
- Through yoni steaming, herbal medicine, and energy healing, she was able to completely heal her symptoms.

Her womb healing sessions incorporate:

- Shamanic journeying to explore and release stored energy.
- Drumming and sound healing to shift deep-rooted blockages.
- Herbal medicine and yoni steaming to nourish and restore balance.

"We store so much in the womb—grief, past relationships, ancestral trauma. Healing this space is life-changing."

She encourages everyone with a womb to experience this at least once—the transformation can be profound.

## The Role of Witchcraft in Desiree's Work

Desiree proudly identifies as a witch, and her practice is deeply woven into everything she does.

- She was raised with witchcraft as a way of life, learning to connect with nature, divination, and energy work.
- Witchcraft, for her, is not about control—it's about deep spiritual connection.
- It guides her healing work, allowing her to tune into what each client truly needs.

"Witchcraft is the golden thread that weaves all my work together."

She believes that embracing magic and intuitive wisdom helps people step into their true power.

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## Retreats: Deep Healing & Sacred Connection

One of the most exciting aspects of Desiree's work is her immersive retreats.

- The inspiration for them came directly from plant spirits, who instructed her to create these experiences.
- Each retreat is guided by the plants, who determine the themes, the healing, and the journey.
- Participants learn how to make herbal medicine, connect with nature, and experience deep spiritual transformation.

She describes them as life-changing experiences, with many attendees forming lifelong connections and continuing their spiritual growth long after the retreat ends.

"We've forgotten how to work with nature—these retreats help us remember."

## What's Next for Desiree?

Desiree has so many exciting things in the works!

- Launching a new Oracle Wisdom Course – A 6-week journey into deepening intuition, working with oracle cards, and trusting spiritual guidance.
- Creating an online womb healing program – A way for more people to access this transformative work.
- Developing an Oracle Deck & a Book – She feels them coming but is waiting for spirit to guide the process.
- Planning more retreats focused on witchcraft, goddess energy, and deep feminine wisdom.

Her work is constantly evolving, guided by spirit, intuition, and the energy of the collective.

## Final Thoughts: Trust the Process & Step Into Your Power

This conversation with Desiree was absolutely fascinating, powerful, and deeply inspiring. Here are the key takeaways:

- Plant spirits are conscious beings—they want to work with us.
- Healing is about remembering, not forcing—it's already within you.
- Your womb (or energetic womb space) holds immense wisdom—listen to it.
- Witchcraft is not about control—it's about connection and empowerment.
- Nature, spirit, and intuition will always guide you if you allow them to.

I loved every moment of this conversation, and I know you will too!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Plant spirit medicine, womb healing, energy healing, intuitive wisdom, herbal medicine, sacred ceremonies, spiritual retreats, witchcraft, oracle cards, ancestral healing, goddess energy, divine feminine, yoni steaming, soul connection, spiritual community.