



# Mediumship Matters Podcast Transcripts

## Season 7 Episode 16 - PTSD, Spirit Guides & Divine Intervention with Gray Wolf (Carl Roberts)

Mediumship Matters – Season 7, Episode 16: A Conversation with Carl Roberts (Grey Wolf)

Hannah Macintyre:

Welcome back to Mediumship Matters! I'm Hannah Macintyre, and today I'm joined by the brilliant Carl Roberts—though many of you may know him as Grey Wolf. Carl is a psychic medium with an incredible story, and I cannot wait for you to hear it. Welcome, Carl!

Carl Roberts:

Thanks for having me! I'm good—really excited to be here, even if I'm still getting used to hearing my real name on platforms like this. Most people just call me Grey Wolf now!

Carl's Unexpected Awakening

Carl's spiritual journey didn't start with gentle signs—it was more like being thrown headfirst into the spirit world. Roughly a decade ago, he was struggling with severe PTSD and trauma flashbacks.

"I was zoning out, seeing faces I didn't recognise. I thought I was daydreaming. It wasn't until I saw people I did recognise—people who had passed—that I realised something deeper was happening."

After his partner booked him a reading, the medium brought through specific information only Carl could've known. That was the turning point.

"I was a total sceptic, but this reading changed everything. After that, signs came flooding in—shadows, orbs, angels—it was like a dam had burst."

An Astral Awakening

Carl describes a profound experience that felt more like an abduction into the astral realm than a peaceful meditation.

"One minute I'm sitting in the garden, the next I'm seeing a nine-foot angel by a bamboo tree. I go upstairs, lie on the bed, and I'm ejected from my body. I travelled through this astral realm—full of colours and energy—and met my brother and sister in spirit, who died before I was born." His journey took him to a golden bridge, a white coliseum, and a powerful spirit guide named Theseus.

"He told me I was a healer, that I'd work with my hands and words. At the time, it sounded bonkers. But it turns out, he was right."

From Window Cleaner to Medium

Before mediumship, Carl was working in catering and as a window cleaner.

"Nothing woo at all! But after that awakening, Spirit had other plans."

His partner suggested he attend a spiritual church, where the facilitators encouraged him to meditate and "say what you see." A now-iconic catchphrase moment.

"That was it. From that night, it clicked. I realised I'd been seeing things all my life—I just hadn't known to trust it. Within six months, I was doing platform mediumship across the country."

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he Name 'Grey Wolf'

Carl's working name honours one of his spirit guides.

"Grey Wolf is a Native American chief and medicine man who supports me in healing work. He helps with body scanning and energy diagnosis during readings. It's my way of recognising that I don't do this work alone."

Mediumship and Trauma: A Healing Intersection

Carl speaks openly about his childhood trauma and how mediumship helped him cope.

"When you've carried that much pain, it's easy to lose hope. But Spirit gave me something else—a new way of looking at life, and healing. Without that, I might not be here."

He believes his journey is a form of divine intervention.

"If people ever ask whether angels really intervene—yeah, they do. I'm living proof."

Dark Nights, Deep Healing

Carl offers a profound message to anyone going through what he calls the "dark soul of the night."

"Forgiveness is freedom. Letting go doesn't excuse what happened, but it sets you free. Sometimes we have to see our parents' pain, their unhealed trauma, to understand our own. It's not about them—it's about your healing."

Spirit Has a Sense of Humour

Of course, not all readings are serious. One of Carl's favourites?

"A mum came through talking about her son getting his 'winky' caught in his zip as a kid. He was mortified—but he knew it was her. That's who she was—cheeky, fun, and full of personality. That's real mediumship."

What's Next for Grey Wolf?

Carl's got exciting things lined up:

- A return to platform demonstrations.
- Writing his next book.
- Launching a set of mediumship cards.
- And exploring public speaking on the connection between mental health, trauma, and spiritual awakening.

"I believe mediumship and healing are intertwined. And I want to talk more openly about how Spirit helps us heal."

Hannah:

Carl, thank you so much for sharing your journey with us. Raw, real, and full of hope. I know this episode is going to help a lot of people.

Carl:

Thank you for having me. It's been an honour!