



Mediumship Matters Podcast Transcripts

Season 2 Episode 25

Interview with Medium Lorenda Carr

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the amazing Lorenda Carr, a psychic medium, past life regressionist, and QHHT practitioner. She's been making waves on TikTok, and I've been following her for a while—laughing with her, of course! I knew I had to get her on the podcast to share her journey and her fascinating work.

Meet Lorenda Carr

Lorenda is a multi-talented spiritual practitioner who specializes in:

- Mediumship – Her main passion and focus.
- Past Life Regression – Helping clients uncover deep-seated fears and patterns.
- QHHT (Quantum Healing Hypnosis Technique) – A hypnosis-based technique for exploring past lives.
- Multi-Dimensional Hypnosis (MDH) – A unique method she developed to facilitate healing without the client needing to go into hypnosis themselves.

And, of course, she's a TikTok queen, using humor and authenticity to share spiritual wisdom online!

What Is Past Life Regression & Why Does It Matter?

Lorenda explains that people seek past life regression for a variety of reasons:

- Unexplained fears or phobias – A client terrified of fire with no rational reason may uncover a past-life trauma linked to it.
- Curiosity – Many people simply feel they've lived before and want to explore their past incarnations.
- Healing unresolved energy – By identifying past-life experiences that still impact them today, people can clear emotional baggage.

A key part of her method is asking the higher self: Why did this past life come up? What's the lesson? What needs healing?

One powerful example was a client who was deathly afraid of fire. After a past life regression session, she discovered that her fear was linked to a traumatic past-life experience. The next week, she sat by a fire with her family for the first time—her fear was completely gone.

Multi-Dimensional Hypnosis (MDH) – A Unique Approach

Lorenda and her partner, Sally, created MDH as an alternative for those who struggle to enter hypnosis. Instead of guiding the client into a past-life experience, Lorenda enters the hypnotic state on their behalf.

- This is especially helpful for people who struggle with anxiety or cannot relax enough for hypnosis.

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- The client still receives the healing and insights without needing to experience the regression firsthand.
- It's like having a spiritual proxy who does the deep exploration for you!

Fascinating, right?

The Journey Into Mediumship

Lorenda's mediumship journey didn't happen overnight. She didn't grow up seeing spirit or having ghostly encounters—she was sceptical at first!

- At 22, a medium told her, “You'll do what I do.” She brushed it off.
- Over the years, she noticed that she could sense people's thoughts and pick up on subtle energy shifts.
- A friend encouraged her to start with Tarot cards, and suddenly, messages started flowing!
- Spirit sent her signs, including three separate readings (one from John Edward himself!) where she was told she had the gift of mediumship.
- Eventually, she had to admit—Okay, maybe I am a medium!

This story is such a great example of how spirit works gradually, allowing us to uncover our abilities at the right time.

The Importance of Validation in Readings

One of the biggest things Lorenda emphasizes is validation—real, tangible evidence that a message is from spirit.

- Spirit communication isn't vague guesses—it should contain specific, meaningful details.
- Sometimes, validation isn't immediate. A client might dismiss a message in the moment, only to realize later that it was spot on.
- Personal example: A reading where the word June kept coming up. The client was fixated on it being a date, but a week later, she realized—June was her maiden name! Mind blown.

This is why openness is key when receiving a reading. Spirit's messages might not always be obvious at first, but they always hold meaning.

How to Develop Your Psychic & Mediumship Abilities

Lorenda recommends starting with Tarot or Oracle Cards:

- Tarot is a great way to learn the language of your guides.
- Over time, you'll start receiving additional intuitive insights beyond just the card meanings.
- If Tarot doesn't resonate, explore crystals, pendulums, or automatic writing—whatever draws you in!

Your guides will lead you exactly where you need to go. Trust the process.

Personal Philosophy: Just When You Think You Know... You Don't!

Lorenda has a simple yet profound philosophy: Stay open. Stay humble. Stay curious.

- The moment you think you've “figured it all out,” spirit will humble you!
- Mediumship is about serving, not showing off. It's not a party trick—it's about proving the continuity of life.
- True growth happens when you surrender and allow spirit to guide your journey.

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Manifestation, TikTok, & Future Plans

Aside from mediumship and past life regression, Lorenda is deeply into manifestation—and she's been proving it works!

- Her TikTok started as a manifestation experiment, and it's grown into a platform where she shares wisdom and connects with people.
- She's currently developing new ways to help people unlock their manifesting potential.
- Future dreams? She'd love to have a TV show that makes spirituality fun and accessible. (Spirit, are you listening?!)

Final Thoughts & Advice for First-Time Sitters

If you're new to mediumship readings, here's what you need to know:

- Don't be afraid! No, we won't tell you when you're going to die.
- Release expectations. You might not hear from the exact person you want, but spirit brings through the messages you need.
- Take notes. Messages often make sense later, not always in the moment.
- Be open to symbolic messages. Spirit communicates in ways that might not be obvious at first.

Most importantly—have fun with it! Mediumship isn't just about heavy, emotional experiences. It's also about love, joy, and connection.

Where to Find Lorenda Carr

If you'd like to learn more about Lorenda's work, you can visit her website:

spiritmessagesfromtheotherside.com and follow her on TikTok, Instagram, and other socials (linked in the show notes!).

Thank you so much for listening, and until next time, stay open to the magic of spirit! ✨