



Mediumship Matters Podcast Transcripts

Season 1 Episode 28

Interview with Trudie from One Grounded Angel

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Welcome to Mediumship Matters

Hannah Macintyre: Hello, lovely listeners, and welcome back to Mediumship Matters with me, Hannah Macintyre. Today, I'm thrilled to be joined by the fabulous Trudie from One Grounded Angel. I've been following her on Instagram for a while now, and her practical, down-to-earth approach to spirituality really resonated with me. Welcome, Trudie!

Trudie: Hi, Hannah! Thanks so much for having me. I'm excited to be here.

Meet Trudie: The Journey Behind One Grounded Angel

Hannah: So, Trudie, tell us a bit about yourself and your work.

Trudie: I'm originally from New Zealand but now living in Australia, just north of Sydney. I started One Grounded Angel because I felt there was a lack of spiritual voices that resonated with me. My background is in journalism, which influences how I share messages—clear, direct, and relatable. I work as an energy healer and angel card reader, helping people all over the world through Zoom. My aim is to get to the heart of the issues people face, uncover the energetic blocks, and guide them toward personal transformation.

Discovering the Spiritual Path

Hannah: How did your spiritual journey begin?

Trudie: It all started when I was working for a magazine in Australia. They needed staff to submit questions for an angel card reading column, and I volunteered. The reading blew me away with its accuracy. That experience opened the door to my spiritual journey. I bought my first deck of angel cards in a bookstore in Dublin, started experimenting, and things evolved from there. What began as a personal exploration slowly turned into a professional path.

Energy Healing Explained

Hannah: For those unfamiliar, how would you explain energy healing?

Trudie: Energy healing works with the energy field that surrounds us—what some people refer to as the aura. This field stores our experiences, emotions, and even past-life energy. Blocks in the energy field can manifest as emotional or physical challenges. My work involves identifying and clearing these blocks, often using angel cards to gain clarity. It's like an energetic reset, helping people feel lighter, more balanced, and aligned.

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Combining Angel Cards with Healing

Hannah: How do angel cards fit into your healing work?

Trudie: Angel cards provide insight and clarity. They help identify the root causes of issues, making it easier to focus the healing. I started with angel card readings and realized I wanted to support people beyond just delivering messages. That's when I integrated energy healing, allowing me to guide people through both understanding and transformation.

Profound Spiritual Experiences

Hannah: Have you had any profound spiritual experiences that stand out?

Trudie: Yes, one that stands out is an experience with Archangel Michael. I was struggling with relationship fears early in my now-marriage. One night, I asked for help before bed. I woke up in a semi-conscious state, seeing a figure at the end of my bed surrounded by blue and purple light—Michael's colours. I wasn't scared, just calm. The message was clear: "Go back to sleep, we're working on you." The next morning, I felt an incredible shift—lighter and less burdened by fear. It was transformative.

Challenges on the Spiritual Path

Hannah: What challenges have you faced on your spiritual journey?

Trudie: One of the biggest challenges was moving from a rigid, rule-based mindset (thanks to my religious upbringing) to embracing spirituality, which has no fixed rules. It was scary at first, navigating without a clear roadmap. But over time, I learned to trust my intuition, which is really the heart of spiritual growth.

Advice for Spiritual Seekers

Hannah: What advice would you give to someone starting their spiritual journey?

Trudie: Trust your intuition. There's a lot of information out there, and not everything will resonate with you—and that's okay. You don't have to believe everything or follow one specific path. Explore, experiment, and see what feels right for you. Grounding practices, like spending time in nature, can help you stay connected and clear.

Favourite Oracle Decks & Daily Practices

Hannah: What are your favourite oracle cards?

Trudie: I love the Goddess Guidance Oracle Cards and Daily Messages from Your Angels. Both are great for clear, straightforward insights. I also enjoy Wisdom of the Oracle by Colette Baron-Reid—the imagery is stunning and helps deepen the connection to the messages.

Hannah: Do you have a daily spiritual practice?

Trudie: Yes, although I'm not perfect at it. I have a morning ritual where I sit by my altar, call in supportive energies, clear any limiting beliefs, and set intentions for the day. It helps me ground and align, especially before working with clients.

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What's Next for Trudie?

Hannah: What's next for you?

Trudie: Honestly, I don't know—which feels right. My journey has been organic, evolving naturally over time. I do feel a book might be in the future; I've started one but haven't finished it yet. For now, I'm focused on expanding my healing work and continuing to support people on their paths.

Final Thoughts

Hannah: Thank you, Trudie, for sharing your journey. Where can people find you?

Trudie: You can find me at www.onegroundedangel.com and on Instagram and Facebook as One Grounded Angel. I offer Zoom sessions for people worldwide, focusing on energy healing and angel guidance.

Hannah: Thank you again, Trudie. To our listeners, thank you for joining us. Until next time, keep shining your light!