



# Mediumship Matters Podcast Transcripts

Season 1 Episode 17

## Interview with Sue Quigley

Welcome to Mediumship Matters Podcast!

Hannah Macintyre: (cheerfully) Pressing the button... and we're live! Look at that, technology working like a charm. Thank you all for joining us today. I'm ridiculously excited because I get to interview my best friend, the fabulous Sue Quigley from Heart Core Healing. We're diving into her spiritual journey, energy healing, and all things woo-woo. Welcome, Sue!

Sue Quigley: (laughs) Thanks, Hannah! I'm thrilled to be here, though slightly nervous because, you know, talking about myself is both my superpower and kryptonite.

Meet Sue Quigley

Hannah: Let's kick things off. Tell us a bit about who you are and what you do.

Sue: Sure! I'm Sue Quigley, founder of Heart Core Healing—small but mighty. I'm an energy healer, soul reader, and colour intuitive. Most of my work is online now, including energy healing sessions, soul readings, and spiritual assessments. I'm trained in Usui Reiki and Angelic Reiki, though I lean heavily into the angelic side. Over time, I've crafted my own healing modality because, well, why not? I also run chakra healing circles and, pre-lockdown, co-hosted events in Herne Bay and Whitstable with the brilliant Maria Ryan, who does incredible crystal sound healing.

Sue's Spiritual Journey: The Call That Wasn't Obvious

Hannah: So, how did your journey start? Was there an obvious 'calling'?

Sue: Ah, the million-pound question. Honestly, it was more of a cosmic game of hide-and-seek than a clear calling. I spent my 20s and 30s feeling like I was searching for something—thinking it was 'out there'. I did my first Reiki training in the early 2000s but didn't connect with it the way I expected. Fast forward to 2012, my dad passed away suddenly. That loss cracked me open. It was the unexpected beginning of my real journey, though I didn't know it at the time. I started learning about mindset, did NLP training, and met incredible mentors like David Shepherd, who introduced me to more esoteric teachings. Years later, I felt an inexplicable nudge to redo my Reiki training. People told me, "You don't need to retake it"—but I knew I had to. That decision changed everything. It wasn't love and light—it was messy, emotional, and transformative. But absolutely the right path.

What Are Spiritual Assessments?

Hannah: Explain spiritual assessments like I know nothing about them... because I probably don't.

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Sue: (laughs) Think of it like a spiritual performance review but without the awkward office vibes. It's an energetic appraisal—where you are now, where you've been, and what's possible next. I connect with your energy, blending psychically and spiritually to identify your strengths, potential, and areas you might explore further.

It's brilliant for people on a spiritual path who feel a bit 'stuck' or unsure of their next steps. Maybe you're meant to be a healer, medium, or something completely unexpected, like working with herbs or colour therapy. It's all about possibilities. Plus, spirit often gatecrashes with their own messages because, let's be honest, they love to get involved.

## Most Profound Spiritual Experience

Hannah: What's been your most profound spiritual moment so far?

Sue: Oh gosh, so many. But one stands out: the week we spent at Arthur Findlay College. I originally signed up thinking it was a fun week with my mate, but surprise—it was a mediumship course. Cue imposter syndrome! But within an hour, I knew I was in the right place.

The standout moment? Watching Tony Stockwell do a trance demonstration. I literally saw his physical features shift—his face changed shape before my eyes. It wasn't belief anymore; it became knowing. I couldn't speak afterward. It was beyond words—pure, undeniable magic.

## Navigating Rapid Spiritual Growth

Hannah: I know your work has evolved rapidly recently. What's that been like?

Sue: It's been wild. Lockdown forced me online, which I thought would be limiting. Turns out, it deepened my work. Energy flows without boundaries, and connecting via Zoom has been surprisingly intimate. There's a collective awakening happening, and people are feeling the nudge to explore their spirituality—even if they don't fully understand why. It's like the universe has hit the 'accelerate' button.

## Advice for Your Younger Self

Hannah: If you could time-travel, what advice would you give your younger self?

Sue: (laughs) Probably, "Don't do live interviews on Zoom!" But seriously, I'd say, "You are enough." Stop searching outside yourself. The answers aren't 'out there'—they're within. I wish I'd known that sooner.

## How Has This Work Changed You?

Sue: It's completely transformed me. I'm not the same person I was in 2012. I'm more peaceful, joyful, and less materialistic. I find magic in the little things now. Spirit has taught me that happiness comes from within—though, yes, I cry more often (but mostly happy tears).

## What's Next for Sue?

Sue: I feel like I'm on the edge of something big. Right now, I'm focusing on deepening my readings and assessments. I also want to guide a group of people in building stronger connections with themselves and their spirit teams. It's all about nurturing that relationship with spirit—because they do the heavy lifting when you let them.

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## Final Thoughts

Hannah: Sue, it's been an absolute joy, as always. If you've loved this chat and want to know more about Sue's work, check out Heart Core Healing. Thanks, Sue!

Sue: Thank you! This has been wonderful (tech glitches and all). Bye, everyone!

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