



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 14

Annie T on Reiki, Evidential Mediumship and Trusting the Process

Guest: Ann Traynor

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by returning guest Annie T, Reiki Master, teacher and developing evidential medium based in Dublin, Ireland.

Since her last appearance on the podcast, Annie has moved through intense growth, energetic shifts and a renewed commitment to evidential mediumship. This conversation explores dark nights of the soul, mental health awareness, Reiki teaching, mediumship development and the courage it takes to trust yourself fully.

It is an honest and grounded conversation about doing the work, not just talking about it.

Expansion, Dips and Energetic Cycles

Annie describes the beginning of the year as challenging, describing January as feeling like a condensed “dark night of the soul.” Rather than resisting these dips, she has learned to lean into them.

Where once she might have stayed stuck for longer periods, she now recognises that energetic lows are temporary. They are not failures. They are part of growth.

The key shift has been mindset. Instead of asking “Why is this happening?” she now asks “How is this happening for me?”

This perspective has made her braver, more confident and less reactive to the natural ebb and flow of spiritual development.

From Healer to Teacher

Although Annie initially entered Reiki for her own healing, teaching has become the part of her work that feels most natural.

She now runs:

- A closed development circle
- A weekly open spiritual development circle in Dublin
- Online Tarot workshops through Spirit Social

Teaching was not something she planned. It unfolded organically. Standing in front of students, she feels confident and aligned. The greatest reward is watching students experience their “aha” moments, realising they already possessed intuitive ability.

- For Annie, teaching is not about being special. It is about facilitating remembrance.

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Reiki as Foundation

Reiki remains Annie's grounding force.

She openly acknowledges that she is still learning about Reiki and does not claim mastery. In fact, she believes that thinking you "know it all" is the moment growth stops.

Reiki One often brings fear to students. Annie recognises this because she lived it herself.

Healing requires facing yourself, unpacking memory, guilt, shame and emotional patterns that may have been buried for years.

Her advice to those considering Reiki training is simple: the fear is normal. And remembering is freeing.

Reiki, for Annie, is not just a technique. It is self-nurturing, inner child work and self-trust.

Moving into Evidential Mediumship

Over the past year, Annie has consciously committed to strengthening her evidential mediumship.

Initially drawn to the magic of tarot and spirit communication, she did not realise evidential mediumship required structured development and practice. When she discovered the depth of the work involved, she felt energised rather than intimidated.

As an earth sign who values tangible proof, evidence matters deeply to her. She was once a sceptic. Being able to deliver verifiable evidence of survival validates both the sitter and the medium.

What surprised her most was not the difficulty of linking with spirit, but the discipline required to silence the mind.

Parking the human ego, bypassing doubt and trusting the first impression remains the work.

Learning Through "No"

One of Annie's biggest shifts has been learning to welcome the word "no" during evidential practice.

Rather than fearing rejection, she now sees it as proof of authenticity. A "no" allows exploration, clarification and refinement.

Working in safe practice spaces has allowed her to develop resilience and confidence. Doubt still arises, but she recognises it as the mind doing its job, not as proof she is failing.

Mediumship, she says, has become the greatest mirror for self-trust.

Mental Health and Slowing Down

Annie speaks candidly about managing her mental health.

She now recognises when she is out of alignment and gives herself permission to stop working if needed. Switching off social media, journalling, salt baths, walking outdoors and stepping back from accessibility are all part of her self-care.

This is a significant change from earlier in her journey when she would push through exhaustion and emotional overwhelm.

Her non-negotiables include:

- Daily writing and journalling
- Self-healing practices
- Honest self-reflection
- Writing, in particular, has become sacred. When she struggles most, she writes most deeply.

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Healing, Mediumship and Integration

Annie no longer sees healing, teaching and mediumship as separate roles. They are threads of the same tapestry.

Ultimately, everything she does leads back to healing.

Her work now revolves around sharing what she has learned through lived experience. If someone is ready to learn, she is ready to teach.

Quick Reflections

- One word her work revolves around: Healing
- Teaching or one-to-one: Teaching
- Evidence or feeling: Feeling
- Morning or evening energy: Morning
- A practice she will never stop: Mediumship development
- What grounds her fastest: Standing barefoot outside or running wrists under cold water
- What excites her most this year: Leaning fully into evidential mediumship

Final Thought

Annie's journey is a reminder that spiritual growth is not linear.

It includes bliss and breakdown. Expansion and retreat. Confidence and doubt.

But when you trust the process, lean into the dips and keep showing up, the path unfolds exactly as it should.

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Quick Reflections

- Grief in one word: Lifelong
- Spirit in one word: Omnipresent
- Evidence or presence: Evidence
- Grounding practice: Time with her dogs
- Work energy right now: Exciting and expansive

Final Thought

Jennifer Jeska's evolution reminds us that mediumship grows as we grow.

The more capacity we build within ourselves, the more spirit can work through us. Grief does not need to be fixed. It needs to be witnessed.

And when we allow ourselves to expand, our work expands with us.

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