



# Mediumship Matters Podcast Transcripts

Season 2 Episode 22

## Interview with Emily and Her Stars

### Introduction

Hannah Macintyre:

Hello and welcome to Mediumship Matters! Today, we're diving into astrology, the Akashic Records, and all things spiritual with the brilliant Emily from Emily and Her Stars. I've been following Emily all over Instagram, and I'm thrilled to finally have her here.

Emily, welcome!

Emily:

Hi, Hannah! I'm so excited to be here today.

### Meet Emily: Astrology, Mediumship & the Akashic Records

Hannah:

Emily, let's start with the big question—tell us a little bit about yourself!

Emily:

Of course! I live in Colorado, though I'm half Canadian, half American, so I've always had an affinity for different cultures. I'm a medium, intuitive astrologer, and Akashic Records practitioner. My work focuses on soul evolution, helping people understand their purpose, past life patterns, and how to navigate life through astrology.

### Astrology: More Than Just Your Sun Sign

Hannah:

Astrology is something I find fascinating, but also a bit overwhelming! How did you get into it?

Emily:

It all started with my grandmother, who used to cut my yearly horoscope out of the newspaper and send it to me. After she passed, I missed that connection and decided to get an astrology reading. It blew my mind—the astrologer told me things about myself that I hadn't been able to articulate. That's when I knew I needed to learn more.

Astrology can seem complicated, but it's all about patterns and elements—fire, earth, air, and water. If you understand that foundation, everything else makes more sense. I love breaking astrology down into practical, easy-to-understand insights.

### The Akashic Records & Past Lives

Hannah:

You also work with the Akashic Records—how did that unfold for you?

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Emily:

It started with astrology. The north and south nodes in a birth chart show past life karma and future destiny. As I did readings, I started intuitively picking up past life information, which led me to explore the Akashic Records.

The Akashic Records are essentially a universal energy field containing the history of all souls. It's not a physical library in the clouds—it's an energetic imprint of everything that's ever happened. When I access the records, I receive information in a slower, more layered way than when working as a medium.

## Mediumship: Connecting to Spirit

Hannah:

Tell us about your first experience with Spirit.

Emily:

It happened in my sleep! I'd been helping a friend research her family tree, and one night, I woke up to a man standing at the foot of my bed saying, "Thank you for helping my granddaughter." It was surreal. The next day, I described him to my friend, and she confirmed it was her grandfather. At first, I dismissed it as my imagination, but as I delved into astrology, my mediumship abilities naturally expanded. It was a journey of trust and development.

## How We Choose Our Life Path

Hannah:

Do you believe we choose our lives before we're born?

Emily:

Yes! I think we select our astrological blueprint, which includes our strengths, challenges, and growth opportunities. It's like a toolkit—we're given certain attributes, but we have free will in how we use them.

For example, if someone struggled with speaking up in a past life, they might choose a birth chart that encourages them to find their voice in this lifetime. It's all about balance—each life builds on the lessons of the last.

## Signs from Spirit & Deja Vu

Hannah:

Many people experience deja vu or feel drawn to certain places or time periods. Do you think that's linked to past lives?

Emily:

Absolutely! Deja vu is often a nudge from Spirit, confirming we're on the right path. If you feel a strong connection to a historical period or location, it could be a past life memory surfacing. The Akashic Records reveal so much about why we resonate with certain experiences and people—it's like putting together pieces of a puzzle.

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Advice for Spiritual Seekers

Hannah:

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

Emily:

- Trust your intuition – Spirit speaks in subtle nudges, not grand pronouncements. Pay attention to the little things.
- Keep a journal – Write down synchronicities, dreams, and intuitive hits. Over time, you'll start noticing patterns.
- Find your own path – Don't feel pressured to develop like someone else. Your spiritual journey is unique to you.

Working with a Medium: What Clients Should Know

Hannah:

For those looking to book a reading, what should they know beforehand?

Emily:

- Be open-minded – Spirit gives us what we need, not always what we expect.
- Research your medium – Not every medium is the right fit for every client. Find someone whose energy resonates with you.
- Spirit is always with you – You don't need a medium to connect, though a reading can validate what you already sense.

Emily's Podcast: Things That Make You Go Woo

Hannah:

You also have a podcast! Tell us about it.

Emily:

Yes! Things That Make You Go Woo explores the intersection of history, science, and spirituality. One of my favourite episodes dives into the origins of witches—why they wear pointy hats, use cauldrons, and ride brooms. Spoiler: it's linked to women brewing beer in medieval times!

I love uncovering the deeper meaning behind spiritual concepts, and the podcast is a space to share those discoveries.

What's Next for Emily?

Hannah:

What's next for you, Emily?

Emily:

So much! I'm working on:

- A foundations of astrology course to help people understand their birth charts.
- A third-eye library, where people can explore different spiritual topics.
- Investigating forensic mediumship to assist with missing persons and cold cases.

Closing Thoughts

Hannah:

Wow, Emily, you have so much to offer! Listeners, if you're interested in Emily's work, check her out at Emily and Her Stars on Instagram. Thank you so much for sharing your wisdom with us!

Emily:

Thank you, Hannah! It's been a joy.

SEO Keywords: Mediumship, Astrology, Akashic Records, Past Lives, Spirit Communication, Intuition, Energy Healing, Spiritual Growth, Birth Charts, Soul Purpose.