

Interview with Amy Brookes

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SPEAKERS

Amy Brookes, Hannah Macintyre

H Hannah Macintyre 00:03

Hello, and welcome to mediumship matters with me Hannah MacIntyre. And today I'm very excited to be bringing yet another special guest to your ears. Today I'm speaking to Canadian medium, Amy Brooks from intuitive rising, who you may know, from a month ago, two months ago when I was on her podcast. So welcome, Amy,

A Amy Brookes 00:28

thank you so much. I'm so happy to be here.

H Hannah Macintyre 00:30

I'm really happy to have you and to talk about all of your work and get you because you do a lot of different stuff. I've been round your website and having a look, you've got fingers in lots of pies, so I can't wait to pull them all out and have a taste. That sounds weird.

A Amy Brookes 00:46

Am I busy? You're welcome.

H Hannah Macintyre 00:48

So first of all, first of all, I'd be the first question I always ask on my podcast, because I always want to know, how did you start? How did you get into this?

A Amy Brookes 00:58

How did I get into mediumship? Well, it's one of those things that for me, I can see that in hindsight, I've always kind of been very drawn and interested to. And I always, you know, now I would tell another pay attention to those things that continually show up in your awareness or in your life. I've always been I've always known that I had, you know, leaning towards the psychic, or having psychic abilities, I wouldn't have necessarily called myself a psychic back in the day. But I would have said that I was very tuned in I would have said, You know I have ESP, things like that. So I've always been tapped in that way. But in terms of my mediumship connection, that happened, things started to happen in like late 2016. So I had my third baby then. And I made a really good friend at this time who some of you may know you may not even know her. Her name is Natasha Mack. She is also a Canadian medium. Her and I got to be really good friends we were expecting at the same time our last babies and her mediumship her psychic abilities developed in this time. And I really feel like being friends with her being her guinea pigs like she would practice all her readings on me really started to speed up and accelerate my own kind of abilities as well. So things were happening I certainly was experiencing. What I now know was spirit and spiritual visitations. Like if I'd hang out with a friend, I would just kind of pick up on something. But the real thing happened in January of 2018. I live away from my parents, I live about 1500 kilometres away. And my dad went in for routine kind of day surgery, I left the local hospital. And after he was, you know, he was cleared, he was good out of the hospital right now sorry, he wasn't out of the hospital. But he was in recovery, he developed some unforeseen complications. So just a series of random things began to happen. And so he was in the hospital for six days. And on that last night, when he was supposed to be released the next morning, he passed away. Oh, very early, sitting in the chair in other little hospital chairs, sitting there wait with his backpack waiting for my mother to pick him up. And my mother found him. And at that point, we think he might have been gone about 30 minutes or so. alerted the staff, they came rushing in, worked on him for like a half an hour to get his heart beating again, and that they did succeed with that. But I knew that he was gone. You know, it was just his body, his heart was beating, they put him in ICU so that the family had a chance to say goodbye. And I had to do that over the phone because I didn't live close by. And everyone said to me, you know, you're never going to make it here. You're never going to make it here in time. I think it's best you say goodbye over the phone. And then you know if you want to try to make it here afterwards. You can but I think you should do this. So I did. And in those moments, I mean, you can ever prepare yourself for that. But you know, I said what I could say and had to say and in those moments as I was saying goodbye to my father. In my mind's eye, I was being shown the room that he was in so it felt like a bird's eye view of him in the bed. Wow. As if I was like seeing it through his own, like his own spirits eyes. Like I could see his body in the bed. I could see the machines, I could see the door number. I knew what the door number was. I knew what the nurses name was on the whiteboard. I knew what the weather was like outside and I knew who was in the room and what they were wearing. And after I said goodbye I remember sharing this like I was on speakerphone afterwards with the other people that were in the room. So my siblings, my mother, and I kind of was mentioning what I was experiencing. But all of us were kind of in a out of body experience because of this tragic event. So none of us were really like taking it very seriously or putting too much stock into it at that moment that I knew what I had experience And so was my dad's spirit. And he was showing me that he was what he was witnessing. And some of the messages that came through for me from him was, I don't want to go, but I have to. And we all do have that time. And none of us know when it's going to be. But when it's time, it's time. And this was my time. And so he made me, you know, feel at peace about this passing, even though it's traumatic and unexpected, because it was, was going to happen anyways, is what he made me feel like, it's chills as I say that. And then he said, you know, the doctors are gonna say, I'm going to pass today. But in keeping with his personality, which was

very, you know, he had a very strong, stubborn kind of personality. He's like, you know, this is me, so I'm going to fight like hell. So I'm actually not going to leave until tomorrow. But they're not, they're not going to believe that. If you say that to them, they'll say, no, no, no couple hours at most. And he said, I want you to know that I'm around, and I will never not be around. And that you can communicate with me. And so that was a life changing event, and opened this world up to me. And I always laugh. I think it's a really funny kind of cosmic joke. When I tell this story, because my father is now he steps forward as like a guide, especially around my mediumship. I feel like he helps me with my business and making connection with the people. But he was the biggest sceptic. If I would talk about stuff like this, where my mum and I might like, watch somebody online doing this work, you'd be like, but these are like Looney Tunes, right? He thought it was absolutely ridiculous. So, you know, I remember one of the first things I said to him in spirit was who's laughing now?

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Hannah Macintyre 06:44

I love it. Because you get, you get links like that, don't you when you're working? And you know, their loved ones, like I'm hoping they'll come in, but they didn't believe in this. And this is normally a man shuffles in with that kind of Yeah, I thought it was a load of crap. And yet, I want to talk to my daughter. So can I please speak to her, please? And you're like, Yeah, we know. That's an incredibly moving. And thank you for sharing that story. Because that's a lot. You know, it's that situation that surprise and that shock of that passing? Do you feel like because of your dad's personality, because often I find when I'm working evidentially with people that have passed in very quick, unexpected circumstances, their soul often sort of communicates. That's how I wanted to go, I would not have wanted to go in a drawn out kind of fashion. Do you feel like that is? Or

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Amy Brookes 07:40

versus like having a very long drawn out illness and suffering? Yes, I do feel like that.

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Hannah Macintyre 07:46

Yeah, amazing. And so he's still working with you now and overseeing stuff. Anytime

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Amy Brookes 07:51

I have a reading with someone, they'll say, I smell burning wood, which I this is the way that he comes through. It's the smell of campfire, right? And they'll go, oh, Dad's here, right. And the same message, the same kind of things will come through like, he's working as a guide for you. He's doing behind the scenes work. I really feel like my dad and I, we definitely had some sort of soul contract. That the interesting thing is I talked you know, about this experience in this connection to my dad, that's so beautiful and lovely. But my dad and I had a very challenging relationship in life. My dad was not the kind of dad that I wanted, or necessarily, like, needed. So it was not emotionally there, or there was always a disconnect. It always felt awkward. You know, it wasn't the kind of relationship with like, I love you. It was always awkward. I wanted that. Yeah. But we felt awkward around each other. And, you know, there's been so much

healing in communicating with him and feeling his own spirit. Because there's like, no secrets when you're connected to spirit or, or if spirit connects with each other, like, you know that they see each other transparently. And there's like a deep understanding, even if, you know, maybe it wasn't something ideal that happened, but you, you get the person. Yes. And I feel like he gets me and I get him now. So the relationship has repaired and healed itself. And I realised that, you know, he just had trauma. And he had things and that was part of his life path. But we're actually way more similar than I ever thought we just express it in two different ways.

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Hannah Macintyre 09:29

Isn't that interesting? And that, I suppose, must really help you in your mediumship as well, because you do get those sitters who really want to hear from someone but equally don't want to hear from them at the same time because of the relationship. Or like I've had in a demonstration where I had someone. Yeah, no one was taking it and people were trying to take it and they were saying, Yeah, but I can't take this and I was like, No, this is right. And yeah, I could take it but I can't take that and I was like no, I've got to hold it. And then someone goes Oh, it's me. But I don't want to talk to him. And you can understand then all aspects of that very complicated choice in healing because you could have chosen to say, I don't want you as a guide to talk to you. Yeah. Yeah. Wow.

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Amy Brookes 10:15

I don't want your help.

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Hannah Macintyre 10:16

And what about the rest of your family? Because then they have watched this be this trigger and this Springboard in a complete change? What did you do before mediumship.

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Amy Brookes 10:25

So my back, like my education is in psychology. So I always had a plan to like be a therapist, but then like baby number one and baby number two happened and I was a stay at home mom for many, many years. I've worked in health care, but like as in in min kind of way, administrative way. Human resources, community health. I've always been very connected. It's funny, I've always worked in a hospital. Whenever I have worked, I've worked in hospital, but always been drawn to that energy, but like, didn't ever want to be like a frontline worker or nurse. But, ya know, I was a stay at home mom at the time that this happened, which is

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Hannah Macintyre 10:59

the hardest job in the

A Amy Brookes 11:00
world. Geez. Yeah. Yeah.

H Hannah Macintyre 11:02
Any job offer

A Amy Brookes 11:04
than that? I know. And at the time, my youngest was only two years old when this all began for me. So yeah, but I also feel like that allowed me just for my own personal path allowed me to kind of have that time to process into absorb and really kind of tinker and work with it. Yeah. Because my oldest two were in school at this point. So I just had my little guy, and he was very independent, and just kind of like to do his own thing, even though he was a toddler. You know, if I had been working full time, or you know, very busy, otherwise, I might. I always say like, everything happens for a reason. I truly believe that, for me at least. So maybe I wouldn't have maybe I wouldn't have had the awareness or been as, like, open to receiving that information. I don't know. How, who knows, right? Yeah, my family has been my mom is very interested. The first reading I've ever done actually was for my mother. Um, I've done readings for my siblings. Everybody's very interested in it. Nobody was kind of like, oh, you're nuts, or you're crazy. Just like, okay, that's Amy. That's when Amy does. And everybody's been interested in it. I do believe that this comes through my my mother's line. My mother is quite intuitive, but doesn't fully feel confident in it. But I see that in her. And her mother, my grandmother who just recently passed away. She was very intuitive. And I've known right from the get go when this started. I'm like, this comes from nanny. And I'll tell you about four years ago, she just randomly told me out of nowhere, you know, did you know that my grandmother who raised me. So this is my grandmother telling me about her grandmother was a medium and a tea leaf reader. And I said, Excuse me, you're just telling me this now? Yeah. And she said, yeah, she used to, you know, like, people would come in at night through the side door, and I'd pretend I was in bed, but really be sitting on the stairs listening in on what was happening. And I'm like, be firm that like leak through that maternal line. Because my grandmother would always say that we had ESP as my mom and I always say to each other as well. But there's more than that.

H Hannah Macintyre 13:10
I love it. I love it. Now, do you think that see, I love this because I was into psychology. I started a degree in psychology, which I dropped out of and then drank my student loan. But that's a different story on my on Hannah's journey, but I was interested in it. And the scientific nature and you know, if you've got a sceptical father as well, because recently I've been exploring on the podcast about the link between a healthy bit of scepticism actually pushing you a bit further in your mediumship. Do you feel like your dad's Spirit brings that? Do you feel like your scientific background brings that?

A Amy Brookes 13:46
Yeah, I would. I haven't thought about that. But I would say that and I also have gone on record

in spite, saying a few times, publicly that although I'm open to this, and I deeply believe there's also like a hinge of natural scepticism with me, which is why it's so important for me and why my intention has always been to be an evidential medium, because I want that. I want it for me, but I also want it for my client. I want that. And so I think it's a little bit of like, ah, or, you know, there's always a moment after I do a reading. I just do you know, where did that come from? How can I do that? And we still get really excited when things come through. Yeah. Even though we're doing it every day, right? It's, oh, like, wow, that was so cool. How that came through. Yeah, yeah. And

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Hannah Macintyre 14:31

that sort of, sort of soul destroying, fun sucking element of pull it all apart? Was it good enough? Was it evidential enough? You know, especially I find in demonstrating, you know, was that specific enough that it is that person in the room that it resonates with and taking it to that next level? So I love that you've got your dad on your team helping you out with that as well. You know, if you are a non believer, Dad, give me the evidence that would have made convinced you let See it

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Amy Brookes 15:00

regularly? Yeah, yeah. And he does. Yeah, it does. Yeah,

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Hannah Macintyre 15:05

no doubt. I love it. Now, you are a published author, aren't you amongst your many hats that you wear. Tell us about your book.

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Amy Brookes 15:14

I wear a lot of hats. And you know, I used to that used to be an insecurity of mine. That was part of my shadow. I thought I was too flighty. I can't stay with anything. I've got my hands in too many pots, which means I can never really master or become an expert in any one thing. Because my brain is like, recently, my spirit guide said, Amy, your brain is like a six lane highway. And I don't want you to stay in one lane. weave in and out, right and do it all. So I've learned to see that as a gift. Yeah, the journey into authorship. That's if you want to ask me when I was 10 years old, what do you want to be when you grow up? It would have been a published author. I wanted to be a novelist, for sure. journalism was exciting to me as well. In fact, when I started university, in the first year, I was in a public relations degree. And I took a first year psychology and fell in love. And that was the end of it. I had to be used psychology. And I've always wanted to be a published author. And I have a tendency to get overwhelmed with like the steps of how to make things happen. Right? It's like, I'll get all excited, and I'll have all that energy of like, I'm going to do this. But then it's like, the how to figure out how to do it is the thing that stalls me. So that's something that I really have to work through. But I have this, this, I think it was all synchronicity I do I do see this but there was a something randomly, somebody randomly showed up on my Instagram feed one day. And she happened to own a company called the Great Canadian woman. And at that time, it was a podcast, as

well as she had like a book series, where she was taking stories of Canadian women who were doing, you know, exciting, amazing things in their own field. And then bringing them to the public through a podcast decided to do a book series. I started following her because I thought she was hilarious, just as I started following you, because I thought you were hilarious with your videos I would see on Instagram, and realise that she had this book series in his second the second edition, she was looking for authors for the book. So I was leaning towards doing it. And then another friend of mine who's also a Canadian. I was offering like a card poll on Instagram. You know, when people are like, yeah, yeah, just comment and I'll pull a card for you. So I said, Yes, please. And she pulled up. This is a little bit of synchronicity, because I know you had Rebecca Campbell on the podcast recently. Yes, one of Rebecca Campbell's cards she pulled for me. And I think the card was something about leaping or a portal. And like saying, yes, can't remember the exact card. And I took that as a sign. Okay, I meant to do this as the same. Yes. And the choice is yours, essentially was a card like that. Yeah. So I decided to do it. And so that it was about a six month process of, you know, slowly writing it's a it's a book. It's a chapter that I've published. So it's a book like a collaborative books. Yeah.

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Hannah Macintyre 18:05

Love.

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Amy Brookes 18:06

Yeah. And I channelled that information, I know I did. I sat down. And I'm telling you, some people were taking months and months and months to do it. Right. I sat down in an afternoon and wrote the whole thing. It just flowed out to me, even the name of the chapter came to me intuitively, I named it running towards the dragon. Wow. And I did that because the Dragon for me represented the things that kept me small. And my if the story is about my lived experiences with anxiety, postpartum, but also throughout my life, and grief and miscarriage, and how I, you know, dealt with all and coped with all those things, and how I learned that, you know, the dragon, all those challenges in my life was really there to help fuel me and push me forward. It wasn't there to take over. It wasn't there to lead me astray or to harm me. It was there to kind of wake me up. That's what I wrote about and I'm actually working on my own book right now. It's in the baby stages, but I'm going to publish my own my own book very soon. I'm hoping in the next year and a half because I have a goal for age 45. And I'm 43 and a half right now.

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Hannah Macintyre 19:25

Oh, he is on? He does. Good. And is that gonna be a biography? What do you know what the theme is yet? Yeah, I

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Amy Brookes 19:35

haven't a title. I'm gonna I'm gonna keep that mum for a little bit longer. I have a title. It's going to be like my own story. And, and even stories throughout, like clients stories and things that have happened, but also there's going to be teaching in it right. So I wanted to be able to

help people that there might be things on the Claire's you know, and then I'll share a story of how out works, how that works. I think I'm going to weave teaching with my own personal story. Amazing.

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Hannah Macintyre 20:05

Good. Sounds fabulous. Good luck. I am also writing a book. And it's it's certainly a labour of love, isn't it?

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Amy Brookes 20:14

It really is. Yeah. Oh, yes.

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Hannah Macintyre 20:17

Good. Well, that's really good. Now. I saw on your website that you had an NDA aged six. Yeah. Can you tell us about that? And what that did to you for you?

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Amy Brookes 20:30

Yeah. So I always jokingly say that I must have like, an angel sitting on my my shoulder because, honestly, you could make a Lifetime movie about things that have happened to me in my life, especially in the first 20 years. Where I could have died. And I didn't. I recently learned that I have Jupiter in my 12th house and my astrological chart, and often people will say that people that have Jupiter in the 12th house have literally have a guardian angel, or someone that would keep them very safe. There's that little stroke of luck, like, huh, you're, you're, you're safe. And I think that's totally true. Because I think I'm on my eighth life. When we talk about the Nine Lives cats have nine lives. So I was six, about six and a half or so. It was a weekend my mum was like cleaning the house, or something like that. And I remember so vividly. She put on Annie, you know, the original Annie for four or five on TV. And she gave me a snack and it was an analogue. Do you know what an analogue? Yes,

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Hannah Macintyre 21:26

that is. Now that is a bit of synchronicity. If you'd asked me yesterday, I would not know what ants on a log is. But I saw it on a meme earlier. And it's celery with peanut butter and raisins on it. Yes. This morning. How weird is that? Very heavy guy. So yes, I do know. Yeah. Sorry. Carry on.

A

Amy Brookes 21:48

That synchronicity. That's a universe. Yeah. Connecting and speaking. Yeah. So she gave me them. And she said, Don't jump around, you know, make sure like sit up. She was always worried about me choking. I don't know if I was like laying down or jumping around. Or when I

was doing the next thing I know. I'm choking on a chunk of celery. And it's kind of blurry. I don't remember exactly what happened. But the next thing I know I'm owed on the front step of our house. We lived in a townhouse and across the street, it was a big high rise apartment building. And she was giving me the Heimlich. And I like I did with my dad, when my dad gave me this bird's eye view of himself. I was getting a bird's eye view of myself. So this is I was like, I was looking down on the scene. And I could see my mom's face and I could see my face and I could see that my lips were purple. I could see that I was you know, losing colour. And she was like freaking out. You know, like she was panicking and trying to get this out. I remember going how pal pal up and there was somebody across the street that lived in the apartment building that hurted a nurse that was like on her way over. But I remember in that moment, I could see everything I could experience everything I knew it was happening, I could feel my mom was panic. I didn't feel scared. And I also didn't feel anything that would have been going on in my body. So it's not like I was feeling the pain or you know that the thing lodged in my throat, I was outside of my body. And I remember feeling very safe. At the time in my mind's eye like I experienced mediumship I saw, you know, like a bunch of people around me. I could see them all surrounding me and they were older. And I didn't recognise anyone at the time. But one woman stepped forward an older woman and she said it's not time you have to go back. I was like but I don't want to go back I don't want to go back even though I didn't know her and I was only six years old. It was felt so safe. I didn't want to go it's like warm and flow. It was like you're floating in warm air. That's the how I can describe it. And everything was very bright colour. Have a quote that spirit gave me the first thing I ever channelled was this quote, why live in black and white when you can live in technicolour? And that reminds me of this because it was technicolour. Were that, wow. And the next thing I know I'm back in my body, I'm coughing, I can taste the blood in my mouth. And that was that, you know, we've never really talked about it further. It was just kind of like, Man, that was scary, you know, and it was like back to business. But we I didn't talk about my experience with anyone. But after that I got a little bit more like philosophical, I guess you would say for a child. Like I remember standing in the school like a lineup we had just come in from like recess or lunch and we're waiting in line to go back into school. I might have been in grade three or four. And I was talking about reincarnation, like talking about how I felt there was an infinite number, or sorry, a finite number of souls and we just you know, we could be more than one person at one time and different timelines and all this kind of stuff. And it's just like such a clear memory in my mind. I remember Talking about this and the other kids be like, okay, you know, like, totally over their heads. But it was just like, I have this deep understanding of what happens. So I so when I say like I was a little bit of a natural sceptic, I just kind of wanted like, show me show me show me. It wasn't like, prove it, prove it, prove it. It just like show me more. Show me more. Show me more. Because I experienced what I believe was kind of the spirit world. Maybe it was the in between. I don't know what it was. But I know it wasn't in my body anymore. And I certainly wasn't afraid. Yeah. Yeah. So are you saying

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Hannah Macintyre 25:37

absolutely incredible. And do you believe that that was instrumental in making you the medium that you are today? Do you feel that that was a necessary process?

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Amy Brookes 25:48

I believe so. And I will tell you also, that is not the only time I choked. In my childhood, I choked three more times. I almost drowned once. I was in a car accident once and I was almost

abducted when I was a teenager. This is when I say it could be a Lifetime movie. Like I went walking to work when I was 17 years old, in the dead of winter. Okay, this is like off topic, but not really don't have to work. I had my headphones on. I was listening to my Walkman. We're talking about the 90s here. And it was there was snow banks, right. So I'm on the sidewalk, there's a snow bank. And then there's the road. And so I didn't hear anything and my heart hearing also, I will say that had my headphones on. Next thing I know is somebody's grabbing me from the inside of the car, grabs the pocket of my winter coat, like leaning under the car to grab me. And because of the snowbank and because of the my coat, my coat ripped like the pocket basically like ripped off. And I was pulled kind of in the still snowbank and this caused a commotion, right. And they took off. They took off as best they could, they didn't get me in a wet I went to work. I was obviously like, freaking out. I remember feeling like I was having an out of body experience. And I called the police. And you know, later I found out that they were some not so nice people that were trying to pick up, girl. Ah, not so nice purposes. Those kinds of things. Like just weird things happened in my life. Right? Because I

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Hannah Macintyre 27:18

have this weird vision right now, right of being your spirit guide and being like, right, she needs to have an NDA. And like trying to jam a bit of celery and peanut butter down your throat. So you choke like, yeah, like it's, yeah.

A

Amy Brookes 27:31

And then like, let's have her have this brush with death and this brush with death, and this brush with death. And I really truly believe that was all purposeful. And I also feel I was saved from it because it makes no sense that I would have that many brushes. But what potentially could have taken me and I live to tell the day and I was not seriously harmed or injured. Like, you know, like I definitely that I think about that often. And I think about just how lucky I am to be here. And when I get down on myself or feel like not confident and like there's a reason I'm here. I wasn't taken. You know, it's not to be high on myself. But it's just like there's a reason I'm here and it's to help. I think this is what this is why I'm here. Yeah,

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Hannah Macintyre 28:12

I'm behind. But I just I just can't imagine your guides like pulling short straws and going yeah, oh please. I am I jam the salary and the throat. Don't make me line up the adult abductors and then fill up with someone's got to do it. Harold, come on. Oh.

A

Amy Brookes 28:26

It's so funny. You say Harold. That's funny. That's funny. Is that? Yeah, non spirit guide but yeah,

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Hannah Macintyre 28:36

interesting. So you do a huge number of different types of readings, but obviously, eidetic

interesting. So you do a huge number of different types of readings, but obviously evidential mediumship is your seems to be your passion. Is that right? Is that the yeah,

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Amy Brookes 28:49

that's my favourite. That's like kind of the bread and butter. I get excited doing mediumship 100% evidential mediumship is my thing. I just it just feels so beautiful to be in the company of spirit, doesn't it? Yeah. Yeah, I have trouble. Like, I have to set boundaries with myself because I have to be like, Okay, this session is ending I need to stop because I would just like like to be in that energy for way longer. Yeah, yeah. The session is Yeah,

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Hannah Macintyre 29:13

yeah. For me that very much depends on the setup.

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Amy Brookes 29:18

And how you're feeling? Yeah. You so you do a lot of events. So you're like with a lot of different Yeah, I haven't branched out into the event yet. Like I've done virtual events. I haven't branched out yet to in person events. So mostly I work with one on one clients. But when I started doing this work, I was people sometimes were like, me and you just like kind of don't dove right in. Right. It was like You realise you're a medium and then like two months later, you launch your business like what the heck right? And I didn't do any mentorship or anything, it just like, I'm just gonna do this is what I can do. Um, but I think for me, I think that you know, all of those things that have happened before, prepared me for that. I also think that I've been probably doing this For many lifetimes, and that has come up in a past life reading for me. Yeah, but this is how I don't I used to view it as kind of impulsive, like just jumping into that, but I don't know, it just felt so right. It felt it felt so natural. Well,

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Hannah Macintyre 30:16

I mean, look at your reviews. It can't be. You can't be bad, can it? You know,

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Amy Brookes 30:21

and oh, I forgot where I was going with that. I'm sorry to interrupt. I just realised the point of that story. It was and now at least my head again. Does that ever happen to

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Hannah Macintyre 30:31

you? Oh, my God. Yeah. The more you work with spirit, because you have to turn your brain off to work with spirit right now. And now I'm barely functioning.

A

Amy Brookes 30:39

Yeah, yeah. Like, I'm so scattered. It's like, okay, there's the point it cut drops back in, and then it leaves again. Oh, I was afraid people would say, Were you ever afraid of working with spirit? And I'd say no spirit, lovely, lovely bunch of folks. I love spirit. It's the people, the people I was scared of, for sure. As you should be. Right. So I because I'm such a giver. And I have trouble with boundaries. And that's something that I'm working on. I'm a bit of a people pleaser in recovery. So I was afraid who was going to be attracted to, you know, to me, and for me to do that service for them. So I set my intention was God source the universe to only have people that were aligned with my energy that were going to feel really good that was going to feel like that soul connection? Yeah. And there's only been maybe three and five years that didn't feel like that. And every time those three times that that has happened, and like, I'm learning something here, the spirits teaching me something here. But every other connection has felt that gooey, gooey, like oh, I just met like a soul connection.

H

Hannah Macintyre 31:40

Yeah, I need I have set that intention. Now. I don't advertise really, or share that I'm offering readings for that reason. Because if you if you want to find me, you'll you'll look me up and you'll know and you'll find want to work with me. Whereas I did fall into that sort of trap of promo, promo promo all the time, and stuff like that. And you create your own experience. Don't Yeah, that's

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Amy Brookes 32:02

right. I don't do any of that either. Like, I mean, I'm on social media, so people know what I do. But I don't like to do any ad paid ads or anything like that. Because I'm like, if you're gonna find me, you're gonna find me. Yeah. Yeah. So

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Hannah Macintyre 32:12

I do do ads, because otherwise you don't get bloody seen at all, but I don't

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Amy Brookes 32:16

I know. Well, that's what's happening. Yeah,

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Hannah Macintyre 32:20

I know. Yeah. Thanks, Metta if you're listening

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Hannah Macintyre 32:29

now, what is your top tips for somebody that's right at the beginning of their journey, and learning to connect to spirit. what advice would

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Amy Brookes 32:37

you give them? A Whopper, I know that this work, like perceiving and connecting to spirit can be very different for each person, right? So I do not think there's like a one size fits all, like manual for it. Um, I think mainly, it's like, practice, practice, practice, trust, trust, trust. So hard, right. It's like, ah, for me, I think you have to get really comfortable with what you're doing. I think that when you're working with spirit, you face a lot of your own fears, even if they're unconscious, and you face your shadow, especially if you're then take that connection, and you create a business with it, like your businesses going to teach you where you need to grow very quickly, right? So for me, it's just like consistency practice. Shadow Work is important. Like, where do you feel that insecurity is there like a block that's keeping you some people will say, Well, I experienced birds sometimes. But like, not all the time. And that's what would have happened with me too. Like I experienced spirit for years, through dreams. I've had dream visitations with loved ones, where they were communicating with me and telling me things, but I didn't know how to turn that on when I was awake. So it was just like, I felt like I had to just wait for them to come to me. And the real key moment when things went, when I connected to my dad, what he made me realise is this is a two way communication. So you don't just have to wait for yourself to perceive me. You can initiate conversation with me. So some, right so something that turned around for me. I was like listening to somebody somebody invited me to like this one hour. Do you know Lindsey Marino is She's an American medium. Well, I hadn't like I haven't been mentored by her or anything. But she is a medium ship teacher. She was offering this free like Facebook Live. This is back like in 2018 or something for lunchtime. Somebody invited me. I joined the tail end of it. And she was explaining how to kind of like take evidence a step further. So it's like, Okay, say you see a bicycle in your mind's eye, right? Like you're you're, you're initiating contact with your dad. You thinking of him? You start talking to him. And then you see a bicycle. It's like, okay, don't just stop with Bicycle. What else is going around? What are you smelling? What are you seeing? What are you hearing, like use all of your senses. And then just keep talking and keep being open to seeing what you're seeing. And it because it's a story, right? It's like it's a puzzle. It's a puzzle. And so for me that really helped knowing that it was a two way street that we can initiate to knowing that, you know, what, I asked myself, What is the difference between me like having, like, my dad just randomly dropping into my mind's eye? Yeah. versus me. initiating contact with him. There's no difference. It's, it's the same, right? So for me, it was just practising with that. Yeah, it was talking and seeing what happened. And, and, you know, that began to happen with friends. So I remember the first time this kind of happened for me, I was, I was chatting to me, she was a new friend. We met like a due date, due date kind of baby club. And she, I knew she had lost her mother. And we were chatting about something. And then all of a sudden, in my mind's eye, I saw like this image, she showed me all these things gave me smells. And so I just said, the first time I felt brave enough to do this, I must have felt like inherently that it would be okay. Yeah. Because I don't approach people randomly and do cold readings. But in this case, I was just like, hey, this is I'm kind of experiencing something. I kind of feel like my I'm like, maybe a medium and things are beginning for me. I feel like your mom might be here. Is it okay? Like for me to tell you like really what I'm seeing? Like, can't promise anything, right. But like, I just shared this with you. And she was like, Oh, my God. Yes, please. So I shared these things with her. And she's like, I was just doing that. Like, it was like her mom was showing me like old basement stairs, going downstairs doing the laundry using the fabric softener. And then like walking back up the stairs and finding a dime on the stairs. So she was showing me all this in slow motion. She's like, Amy, I literally just went, I put stuff. I still smell it on my hands. I

literally just did that. And I found a dime when I was walking back up the stairs, and then I started talking to you. And so Oh, you know, but I think sometimes it takes also feeling brave enough to share some things with trusted people. Because otherwise you'll just think you're just making stuff up in your head. Like I thought for my whole life. This was my imagination. Yes. excitedly see this old lady. Every time I connect. I see my friend like, why don't they just keep seeing this old lady in my head? I never connected it to be like, that's her grandmother. No, I just thought it was my imagination.

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Hannah Macintyre 37:33

Just a wee bit nuts.

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Amy Brookes 37:35

I'm just like. I was like somebody that Yeah, yeah. isn't ever going to share that. But yeah,

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Hannah Macintyre 37:44

it's so funny. When you look back. It's always when you look back you go, oh, oh, oh. But when you're in it, you're just in it and having this weird experience. And that's life and you carry on a bit like nearly choking to death having to have the Heimlich. And then it just never gets mentioned again. You'd think in those. Those moments will be brought up about it. Yeah. You know, every Christmas. Well, you know, that's fine. Thank God. Amy's still here. Thank goodness.

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Amy Brookes 38:11

Never had to bet it. Yeah, never. It's so funny. You say that. Because in my first podcast episode, I tell my story. And I tell that and the theme of my life, which I which I, you know, discovered through telling my story on the podcast is, after each of these things happened, I would say and then we never talked about it, you know? And like, all these things happen. And then we never talked about it. Right? So it's like, this is why I'm here so we can talk about this stuff to talk about. But that's the theme of my life. Okay, that weird thing happened. Okay, like, let's like it's nothing.

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Hannah Macintyre 38:45

And it was I love it. So obviously, you've got your podcast intuitive, rising, you're doing readings past life, deep soul, higher self in a chart and your tarot and Oracle. So you do a lot of stuff. I think my opinion and I didn't ask for it, but you're getting it anyway me is that there's, there's obviously a point where you shouldn't stretch yourself ridiculously thin, but actually an interest in lots of different things. You could be working on your card readings, but that will help your evidential you can work on your evidential and that will help your spiritual assessment so your deep soul or whatever it is you're working on. So I find that it all interlinks it's the more you do it's not out of balance if that makes

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Amy Brookes 39:33

no they're all connected. No one helps the other and I just like I look at this I have this on my desk to say yes to yourself. I say yes to myself. So when I get excited about something I'm like, Okay, do you know anything about human design? Oh,

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Hannah Macintyre 39:48

that is nuts. Right? Oh my god, the synchronicities we are having. I went for lunch with Amanda who's my friend who everyone knows about from the podcast with We were at lunch three hours ago. And she was talking to me about human design. What were you gonna say about human design me,

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Amy Brookes 40:09

I'm I like geek out on human side, I've been geeking out on human design for three plus years now, it is something that eventually I might offer. You know, I'm also learning astrology, I have all these things happening in the background, they all connect. So I'm a five one, when you do your human design, yeah, you can go to my body graph, my body graph.com, there's a free, you can get your free body graph, okay. I'm a five, one profile. So that's like, kind of there's different energy types, right? There's different it looks, it's gonna look really complicated to you. But honestly, you can break it down in very simple chunks. My profile is called the hermetic investigator. Okay. So it's like, the one stands for the investigator, which means that in order for me to see feel safe and secure in life, I need to know all the things, I need to dive deep, I need to research and then my five, the hermetic needs to share. But the five is the most projected upon profile. So you know, whether you're held up on a pedestal as being like, Oh, she's like a goddess, she knows everything. She's a saviour, so you can save me, or she's going to hell, she's working for the devil. Right? I'm gonna get both of those as a five. Yeah, needing to know. Regardless, none of it has anything to do with you. So the praise or the the crap, none of it's about you. It's about somebody else. And you're just standing there like the mirror, showing other people their own projections about themselves and their own possibilities. So actually learning that has made it easier for me to stand, you know, tall in my meetings. I think it's really purposeful that I'm a five one in my mediumship because I'm like, of course, I would be projected on as a medium doing this work in person in public. Yeah, I'm really excited to see what you are.

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Hannah Macintyre 41:54

Yeah, I'm gonna have to do it. And then I'll have to let everybody on the podcast. No, because then we're gonna be wondering now. Yeah. Five,

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Amy Brookes 41:59

one emotional generator.

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Hannah Macintyre 42:03

That is, so I thought the answer on a log was synchronised that now you've and while you were talking, this beautiful orb came in on you, and just went across the screen. If you're watching this on YouTube, you will have seen it. It was complete. I won't. But

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Amy Brookes 42:18

your mid cells? Do you know how often people will notice, right? Because my videos when I record my podcast go on YouTube, right? Yeah, you know how anytime almost every time I record a podcast, or Bishop, now I don't know if it's because like, I only do readings as of this time, because I haven't started doing public events in this office in this chair. So I've made it's almost like this is a little portal, because I don't do readings anywhere else. So I feel like when I sit down, it's like, oh, you know, like all? spiritual love. It works. Yeah. Yeah. I think that's a nod to that. That's something that I maybe should do, because I'm super interested in it. Yeah, I love it. I find it fascinating. And you know how that came? You know how that came to me. I'll tell you, I didn't know anything about human design. I was if this was like, early 2020. I was doing intuitive guidance readings for people, which is like what I call a psychic reading. But I don't believe in fortune telling. So I worded as intuitive guidance, like, let me guide you, you know, and intuitively to how to get this thing that you want or what what's blocking you from that thing that you want. So I started doing those. And in like a three month period, I was picking up on words that weren't familiar to me, like, manifesting generator, projector generator, and I'm like, Oh, right. And then there was like, I was I remember I said to somebody, I think your son might be a manifesting generator. And he really needs choice. So, you know, asking him, do you want to eat this? Or this? Or do you want to wear these shoes or shoes, I think would be really helpful. And then afterwards, I said, I think this has to do with human design. But like, I don't know anything about human design. It's like I'm channelling human design. And then, you know, that client, like, googled it figured out her son's chart was like, Oh, my God, and he's an emotion. He's a friggin manifesting generator. That happened five or six times. Wow. And I went, okay. The universe is asking me to study human design. I know I started to Yeah, I started to study it. So fascinating. Fascinating.

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Hannah Macintyre 44:19

Wow. Well, we're at time but you asked the next question, which was what's next for you? And I can tell this you've got his fingers and new ions and ions and five fingers in pies. There's something going on there. Thank you so much. It's been fantastic to talk to you. Obviously, I will put a link to your website in the show notes so that everyone can come check you out. And I've really loved talking to you.

A

Amy Brookes 44:41

I liked it too. I felt like a good energetic match and high vibe and yeah, yeah, yeah. Really good. You. Thank you for having me.

