



Mediumship Matters Podcast Transcripts

Season 7 Episode 5 - The Journey to Intuitive Healing: Katie Beecher's Story

Exploring Medical Intuition, Healing, and Spiritual Growth

Hannah Macintyre: Hello and welcome to Mediumship Matters with me, Hannah Macintyre! I'm so excited to kick off Season 7's interviews with the incredible Katie Beecher—a medical intuitive, spiritual intuitive, and licensed counsellor. Katie, thank you so much for joining us!

Katie Beecher: Thank you so much for having me!

What is a Medical Intuitive?

Hannah: Let's start with the basics—tell everyone what you do as a medical and spiritual intuitive.

Katie: Sure! In addition to being a medical intuitive, I'm also a licensed counsellor, which helps with the clinical aspects of my work. When I do readings, I only need a name and an age to create an in-depth, four-page intuitive report on a client's life—covering health, trauma, career, relationships, and anything affecting their overall well-being.

I also create an intuitive soul painting using watercolour, which symbolically relays messages from Spirit. Clients receive the report and painting before our session, and then we discuss everything in detail, getting additional insights from my guides. The goal is to help them move forward with a personalized healing plan.

Katie's Spiritual Journey: From Intuition to Healing

Hannah: That's incredible! So how did this journey start for you? Were you always intuitive, or did Spirit find you along the way?

Katie: I don't have many memories from early childhood, but I do remember hearing a voice—a loving, guiding presence—especially during stressful times. I didn't always feel supported by my family, but I knew I had something watching over me.

However, as I got older, I started picking up negative energy and spirits, which scared me and made me want to shut my abilities down. But intuition doesn't work like that—it's always there. My real awakening came when I sought help for an eating disorder at 16. I was connected with a Jungian therapist, and that changed everything. Jungian psychology embraces intuition, spirituality, astrology, and symbolism, so my therapist validated my abilities and encouraged me to explore them.

Hannah: That's amazing! So do you think it was divinely guided that you found a therapist so open to this kind of work?

Katie: Oh, absolutely! The fact that a 16-year-old called their paediatrician on their own, went to therapy without telling anyone, and was matched with the perfect therapist—that was Spirit at work. That therapy helped me understand that intuition and self-love are key to true healing.

Mediumship Matters Podcast Transcripts

Blending Psychology with Spiritual Intuition

Hannah: You've mentioned Jungian psychology—how do you incorporate it into your work?

Katie: It's a huge part of what I do. Jung's work is foundational in understanding symbolism, intuition, and the deeper meaning behind symptoms. A lot of what's now popular—like *The Body Keeps the Score*—comes from Jungian principles.

- I teach intuition using Jungian techniques.
- I encourage clients to “talk” to their symptoms and write dialogues with their intuition.
- My soul paintings are a visual representation of a person's unconscious and guides.

It's an ancient approach, but it's finally gaining recognition in modern healing.

Hannah: That's fascinating! And I love that your clients get something tangible with your reports and paintings—it's not just an abstract reading.

Katie: Exactly! I want people to have proof that this work is real. When they receive their report, it's already written—I can't change it after the fact. That provides validation, and it gives them something to revisit over time.

Katie's Book: Heal from Within

Hannah: Let's talk about your book, *Heal from Within*. What inspired you to write it?

Katie: Spirit showed me early on that I would write a book. The core message is simple—with intuition, self-acceptance, and a connection to unconditional love, we can heal from almost anything.

- I share my own healing journey (eating disorders, Lyme disease, trauma).
- It includes quizzes to help readers identify what they need to work on.
- I guide readers on how to do their own medical intuitive readings.
- It's structured chakra by chakra, covering the entire body physically and spiritually.

Hannah: That's so powerful. Writing a book is such a vulnerable process. How did it feel to put your story out there?

Katie: I've always been open about my journey, so it felt natural. The only negative feedback I've ever had came from family members—but that just reaffirmed that their opinions don't matter. This book was about helping people, not seeking approval.

Workshops & Hands-On Intuition Development

Hannah: You've taught workshops at places like Omega Institute—what do you love about teaching?

Katie: I love hands-on learning! Some of my favourite exercises include:

- Art therapy & soul paintings—people create intuitive artworks and I interpret them.
- Life-size body tracings—clients decorate their “body maps” intuitively, and I analyse them.
- Guided intuition exercises—helping people connect with their guides, body, and energy field.

I don't like sitting in lectures—I need to do something! So I teach in an interactive way.

Hannah: That sounds amazing! Do you have any upcoming workshops?

Katie: Not at the moment, but I'd love to do more! I trust Spirit will guide me to the right opportunities.

Mediumship Matters Podcast Transcripts

Practical Tips for Energy & Boundaries

Hannah: Many of my listeners struggle with energy drain and weak boundaries. What are your top tips?

Katie:

- Own your energy. No entity can enter your space without your permission.
- Fear gives away power. Love is always stronger than negativity.
- Acknowledge your anxiety. Instead of suppressing it, ask it what it needs.
- Set firm boundaries. People may get angry when you say no, but that's okay!

Handling Scepticism & Future Plans

Hannah: You've been featured in major platforms like Goop—how do you handle sceptics?

Katie: I don't blame them! If I hadn't experienced this work firsthand, I'd be sceptical too. That's why I rely on evidence—my reports contain deeply personal information that clients know I couldn't have looked up.

Hannah: And what's next for you? Where do you see yourself growing?

Katie: I'm trusting Spirit on that one! I'd love to do more workshops, but I'm leaving things open to where I'm guided next.

Final Thoughts & Where to Find Katie

Hannah: This has been incredible! Where can people find you?

Katie:

- Website: www.katiebeecher.com
- Instagram: @katiebeecher_medicalintuitive
- Facebook: Katie Beecher Medical Intuitive

Hannah: Thank you so much, Katie! This has been an amazing conversation.

Katie: My pleasure! Thanks for having me!