



# Mediumship Matters Podcast Transcripts

## Season 7 Episode 22 - Psychic Pamela Downes: Channelling, Courage & the Great Council of Light

Host: Hannah Macintyre

Guest: Pamela Downes, Founder of Spirit Calling, Channel for the Great Council of Light

Hannah:

Hello and welcome back to Mediumship Matters. I'm Hannah Macintyre, and today I'm joined by a dear friend and spiritual powerhouse—Pamela Downes of Spirit Calling. She's a channel, a medium, and an all-round good egg. Pamela, welcome!

Pamela:

Oh my gosh, I've been buzzing to be here! It's so lovely to be with you, just chatting and catching up.

Hannah:

We spent 22 minutes talking before hitting record—I had to rein us in or we'd have lost all the gold!

Discovering the Path: From Awakening to Action

Pamela:

My spiritual awakening kicked off back in 2008 and deepened in 2012. It was all about figuring out what I really believed, which turned into a healing journey, and from that, my gifts opened up—hearing, sensing, feeling, downloads, and visions.

In 2020, I had a vision that humanity would need a spiritual home after a global shift. I kept hearing “Build the platform,” and that became Spirit Calling, which I launched in January 2024. At first, I stayed safe and quiet, just sharing messages. But in late 2024, Spirit nudged—no, shoved—me out of the spiritual closet. Suddenly I was channeling live on big podcasts, showing the world what I do.

Hannah:

You really jumped in the deep end. What was that like, going on a mainstream podcast and channeling live?

Channeling for a Global Audience

Pamela:

It was wild. I was invited onto a massive platform—non-spiritual, very public. It was filmed in Las Vegas, which, energetically, was intense. Spirit told me to remain sober to protect my frequency. Vegas is chaotic. But I knew I was supposed to be there to plant a seed of awakening. The host was spiritually curious, and the message I channeled was that he was publicly awakening—and his audience would awaken through him.

It wasn't easy. I felt so vulnerable—almost crucified. But I knew it was soul work. I've had a past as a performer—singing in bands, playing piano—and all of it built me up for this.

Meeting the Great Council of Light

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Hannah:

Let's talk about the beings you channel—the Great Council of Light. Who are these cosmic legends?

Pamela:

They're not just "beings"—they're creator-level frequencies. I've channelled a few different groups over the years. First, it was Ra and Thoth—big energy, ancient energies. Then divine feminine energies, soft and powerful, brought deep healing.

Eventually, the Council of Light came in. They're high-frequency creator beings. When I channel, my physical body moves. I move my consciousness to the side, and they come through. It's like an energetic boardroom where I meet them in a protective tunnel of light.

They are here to guide us as we shift into higher consciousness. Their mission? Help humanity raise its vibration and anchor love, so when the big shifts come, we're not swept away—we're prepared, grounded, and activated.

Predictions, Timelines & Planetary Shifts

Hannah:

So are we talking about a mass awakening?

Pamela:

Yes. The Council has shown me several future visions. These aren't "set in stone" prophecies—they're high-probability outcomes based on our collective vibration.

The first was a "glass ceiling" breaking—people being stopped in their tracks, realising they've been living in illusion. I've also seen ships in the sky as part of a mass awareness moment, a visual initiation for humanity. Some of these visions are huge—and already happening.

The Council said March would begin the unravelling. April is the reveal. So depending on when this podcast airs, we might already be seeing it unfold.

Living in Alignment & Trusting the Vision

Hannah:

This is all so big. How do you take care of yourself while holding space for such vast energetic work?

Pamela:

I have a partner who grounds me—he's a Marine, super steady, and holds incredible space. I also use my morning shower as sacred time. Water is a conduit, and I call in my guides, including the Council, to realign my energy.

Sound healing is another key tool. We create monthly curated soundscapes for our Spirit Calling community, and they help me rebalance.

Still, I'm constantly learning how to slow down. The work can feel full-on, but it's what I came here to do.

Knowing What's Next: Healing, Expansion & the Future

Hannah:

Most people I ask "What's next?" have to think about it. But you know. What do you see coming for yourself?

Pamela:

I've been shown that I'll be facilitating instantaneous healing—not through me, but through the energy I carry. I've always channelled strong energy, but this next phase is about becoming a vessel for divine healing.

I've also seen Spirit Calling grow into a global movement—more than a platform, a way of life that touches every part of someone's experience. That includes prosperity, healing, connection... all soul-led and aligned.

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Is Channeling for Everyone?

Hannah:

Do you think anyone can channel spirit, or is it something only certain souls come in to do?

Pamela:

It's both. We all have the innate ability—we all have a pineal gland and the potential to receive universal information. But I also believe that souls choose their path before coming here. You and I have done this for many lifetimes. That's why it feels so natural.

Quickfire Round!

Hannah:

Alright, quickfire time. Ready?

Pamela:

Let's go!

- One spiritual tool for life? My intuition—all my clair senses bundled in.
- Non-spiritual skill to master? Confident public speaking with ease.
- Dinner guests, alive or passed? My grandfather (he was a visionary immigrant), Jesus (he always showed up for me), and my past-life opera self!
- Spiritual ick? (laughing) Oh gosh... I try to stay open, but channelling snobbery makes me giggle.
- Tarot or Oracle card you'd be? Divine Guidance—radiant light and higher wisdom.
- Council of Light theme song? Flyin' High—yep, I'll belt it out if you ask nicely!

Where to Find Pamela

Hannah:

Pamela, it's always such a pleasure. Where can people find you and the amazing work you're doing?

Pamela:

Come join us at [www.spiritcalling.com](http://www.spiritcalling.com)—a loving, safe community where you can explore all things spiritual without fear. We offer sound healings, community events, meditations, and a range of teachings.

I'm also on YouTube, TikTok, and Instagram @spiritcallingpamela. And our new pineal gland activation meditation is live now—it's powerful, activating, and available on the website. Plus, we've got a new masterclass starting soon for deep connection with the Council.