



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 43 - Interview with Kim Alexis

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I have an absolutely amazing guest with me—the incredible Kim Alexis! Kim is a psychic medium, crystal healer, hypnotherapist, past life regressionist, retreat host, and author—basically, she has all the tools in her spiritual toolbox! So, let's dive into her journey and wisdom.

### Kim's Journey into Spirituality

Kim's spiritual path started in her teenage years when she found herself fascinated by astrology, runes, tarot, and Buddhist teachings. She didn't quite understand them at the time, but she was drawn to them.

At 17, she moved to Italy, where she met a woman who read coffee cups. This was a pivotal moment—watching someone intuitively read patterns sparked something in her. Later, while working in Morocco, she unknowingly spent her days surrounded by healing crystals—long before she understood their energy! Little signs like these kept appearing throughout her life, slowly leading her deeper into the world of spirituality.

### Discovering Mediumship

Kim's formal introduction to mediumship came when she returned to the UK. A neighbor told her about a spiritualist church, and although she had no idea what that was, she went along.

💡 Seeing a medium demonstrating from the platform made her think: I want to do that! She sat in a development circle, but it wasn't all smooth sailing. She experienced a mix of genuine guidance and some "interesting" experiences (not always love and light!). Later, she explored the College of Psychic Studies in London, where she refined her skills further.

### Teaching Spiritual Development

Kim now teaches mediumship, tarot, and energy work. Despite her natural abilities, she loves helping others unlock their gifts.

- 💡 She believes everyone has intuitive abilities—they just need the right guidance to bring them out.

- 💡 She uses tools like tarot, psychometry (reading objects), and energy exercises to help her students build their confidence.

- 💡 Key takeaway: Mediumship isn't just about talent—it's about practice, belief, and the right teacher!

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## Kim's Spiritual Retreats in Sardinia

Kim hosts stunning spiritual retreats in Sardinia, combining mediumship, healing, and relaxation by the sea.

🌿 How did they start? She met an Italian waitress who introduced her to the perfect venue—a peaceful oasis in nature. 🌊 The retreats provide a beautiful, immersive experience where participants can relax, develop, and connect with spirit.

## Kim's Book: The Adventurous Spirit – Walking Between Two Worlds

Kim's book is part spiritual journey, part travel memoir, and part adventure story!

📖 It follows her experiences from hitchhiking through North Africa and Europe to her deepening connection with spirit. The book is packed with: ✅ Premonitions ✅ Past life experiences ✅ Fortune telling & spirit communication ✅ Love, adventure, and self-discovery  
It's a must-read for anyone interested in the real-life magic of a spiritual journey!

## Profound Spiritual Experiences

One of Kim's most powerful experiences was guiding her father into the spirit world.

🌿 Her father was a lifelong atheist, but when he passed, he appeared to her, confused about what was happening. She gently reassured him, guiding him towards his loved ones in spirit. When he finally recognized them, she felt his release into the afterlife.

💡 This moment confirmed for her that spirit is real, and that love carries us home.

## The Challenges of Mediumship

Mediumship isn't always easy. Kim shares how: 💠 It forces you to face your own shadow work. 💠 Spirit can be persistent, pulling you into the work whether you like it or not! 💠 In the early days, she had overwhelming spiritual experiences and had to find teachers to help her navigate them. But despite the challenges, she wouldn't trade it for anything.

## Grounding, Protection & Managing Energy

Kim firmly believes in grounding and protection, despite some modern teachings dismissing them.

💠 She teaches students to open and close their chakras, set boundaries with spirit, and protect their energy. 💠 She believes that if you don't ground yourself, you can pick up too much energy from others—especially in busy places like the London Underground! 💠 Her advice? You control when and how you connect with spirit.

## How to Find a Good Medium

Kim's top advice for finding a trustworthy medium: ✅ Word of mouth is key – Personal recommendations are gold! ✅ Check reviews – But be mindful of fake ones online. ✅ Trust your gut – If something feels off, walk away. ✅ Avoid anyone who predicts death! – No ethical medium would do this.

💡 If you have a bad reading, don't give up—try a different medium! Not every reading is perfect.

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Final Thoughts—Trust & Explore Your Gifts!

Kim's biggest takeaway? Trust yourself!

- 🌱 Everyone has spiritual gifts—you just need to develop them.
- 🌱 Learn from different teachers to find what works for you.
- 🌱 Trust spirit, trust your experiences, and most importantly—trust yourself.

Thank you so much to Kim for joining us today!

✉️ Want to connect with Kim? Check out her website in the show notes!

Thank you for listening, and as always—have a bloody marvellous day!