



# Mediumship Matters Podcast Transcripts

## Season 2 Episode 79 - Interview with Julie Speetjens of Soaring Heart Energies

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and today, I'm excited to be joined by Julie from Soaring Heart Energies. Julie and I met at Arthur Findlay College last summer, and since then, I've been amazed by all the incredible work she does with Reiki, healing, and intuitive development. Somehow, none of this came up in our lunchroom chats, so I had to get her on the podcast to dive into it!

Julie, welcome!

Julie: Hi, thanks for having me!

### Understanding Reiki & Energy Healing

Hannah: For those who may not be familiar, can you explain what Reiki is?

Julie: Absolutely! Think of Reiki like acupuncture without the needles. You've probably heard of auras and chakras—turns out, they're real, and they play a huge role in our overall well-being. Our energy field is the first layer of our immune system, influencing how we interact with the world around us.

We all experience a range of emotions, but our bodies process them differently. Negative emotions—like shame, guilt, fear, and self-criticism—stick to us like Velcro, while joy, love, and empathy slide off like Teflon. This energetic residue can create blockages that impact our mental and physical health.

When we receive Reiki, it acts like pouring warm water over an icy drain, helping to flush out energetic knots and realign our system. And while it might sound a little “woo-woo,” there is scientific data showing how our bodies respond to Reiki in measurable ways!

### Different Types of Reiki

Hannah: You practice some types of Reiki that I've never even heard of. Can you talk about Karuna Reiki?

Julie: Sure! Karuna means compassion. I teach Reiki through the International Center for Reiki Training (ICRT) framework, which includes:

1. Reiki Level 1 & 2
2. Reiki Master Teacher
3. Karuna Reiki (six months after becoming a Reiki Master)

Karuna Reiki attunes you to 13 symbols that enhance healing for yourself and others. I'm always eager to learn more because I believe every lineage and tradition has value. The more tools I have in my healing toolbox, the more I can help others!

# Mediumship Matters Podcast Transcripts

What is Medical Reiki?

Hannah: Medical Reiki is fascinating! Can you explain what it is and how it works?

Julie: Medical Reiki is an evidence-based practice that integrates Reiki into hospital settings. It was pioneered by Raven Keyes, who gave Reiki to first responders after 9/11 and later worked alongside Dr. Oz during open-heart surgeries.

Medical Reiki practitioners help patients pre-op, during surgery, and post-op, leading to:

- Lower stress & anxiety
- Better heart rate variability
- Less need for pain medication

Right now, over 800 medical facilities in the U.S. incorporate Reiki into integrative medicine programs, including Mayo Clinic, Sloan Kettering, and Johns Hopkins. While I haven't been in the operating room yet (thanks, COVID!), I've worked with oncology patients in chemotherapy centers and have provided distant Reiki during surgeries.

The medical world is starting to recognize the benefits, and I truly believe that one day, Reiki will be a standard part of hospital care!

Distant Reiki & Quantum Mechanics

Hannah: Let's talk about distant Reiki—because some people struggle to understand how it works without physical contact.

Julie: It's a big mental hurdle for some, but here's how I explain it: Time and space are human constructs. Energy moves beyond physical limitations.

During COVID, we saw a surge in remote healing sessions, and they were just as powerful. In fact, sometimes distant Reiki is even stronger, because the recipient isn't distracted by physical sensations or environmental factors.

A fascinating moment for me was when I had a reading where a Harvard physicist in spirit came through. He had worked with quantum mechanics and told me, "The science checks out—just trust it!" That was all the confirmation I needed!

Empaths & Energy Management

Hannah: You mentioned being an empath, which I know many listeners can relate to. How did you manage that sensitivity?

Julie: Being an empath means we absorb other people's energy, which can be overwhelming.

Learning to manage this is key, and I teach a framework called The Four Pillars of Energy

Management:

- Grounding – Connecting to the earth to stabilize your energy.
- Shielding – Creating energetic boundaries to prevent unwanted absorption.
- Clearing – Regularly releasing energy that isn't yours.
- Replenishing – Doing activities that refill your energy reserves.

For example, I set the intention in the shower that the water washes away any energy I've picked up throughout the day. Simple visualizations like this make a huge difference!

# Mediumship Matters Podcast Transcripts

## Soul Journey Sundays: A Spiritual Playground

Hannah: Tell us about Soul Journey Sundays—it sounds amazing!

Julie: Soul Journey Sundays is a monthly online event featuring 20-30 intuitive artists, including mediums, shamans, tarot readers, and spirit artists.

Participants receive two guaranteed readings and experience different intuitive modalities. It's an opportunity to explore, connect, and experience the magic of spirit in a fun, uplifting way.

We've built a wonderful community, and exciting news—we may have a celebrity guest in January!

You can follow us on Eventbrite and Facebook for updates.

## Final Thoughts & Where to Find Julie

Hannah: Julie, thank you so much for sharing your knowledge! Where can people find you?

Julie: You can visit my website [Soaring Heart Energies](#) or find me on Facebook & Instagram. If you're interested in Reiki training, healing sessions, or Soul Journey Sundays, all the details are there!

Hannah: Fantastic! And to all my listeners—if you enjoyed this episode, please share, review, and keep shining your light! ✨