



Mediumship Matters Podcast Transcripts

Season 3 Episode 72 - Interview With Trance Medium Hailey Lowe Fennell

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Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I have a special guest joining me all the way from across the world—Hailey Lowe Fennell. Hailey is a spiritual medium, trance worker, and intuitive guide with a fascinating journey into mediumship. I can't wait for you to hear her story!

Hailey's First Experiences with Spirit

◆ Hailey's earliest spirit encounters happened in childhood, though she didn't realise at the time they were spirit connections. ◆ She grew up in a challenging home environment, often questioning her purpose and future. ◆ During difficult moments, she heard a distinct voice in her mind repeating, "Keep going. It gets better." ◆ This voice became her lifeline, assuring her that life would improve once she was old enough to leave home. ◆ At 18, she left—and sure enough, her life transformed.

💡 "Looking back, I know now that wasn't just my own voice—it was spirit guiding me."

Stepping Into Mediumship—From Art to Spirit

◆ Hailey originally pursued a career in the arts, working as a successful visual multimedia artist. ◆ After the birth of her second child, her passion for art disappeared overnight—leaving her feeling lost. ◆ She asked the Universe for guidance—and signs for psychic mediumship started appearing everywhere! ◆ At first, she thought, "This can't be a real job!"—but eventually, she accepted the call. ◆ By 33, she fully committed: "I am a psychic medium, and this is what I'm going to do."

💡 "The Universe kept showing me that anyone can do this work—it's a choice to step into it."

Developing as a Medium—Training & Trance Work

◆ Hailey trained with Carol Cottrell, a well-known teacher in Charleston. ◆ She studied evidential mediumship with Tony Stockwell and continued to deepen her skills. ◆ She is particularly drawn to trance mediumship, where she allows spirit to blend deeply with her energy. ◆ Her trance work involves subtle movements, gestures, and even speech influenced by spirit. ◆ In deeper trance states, spirit can communicate messages and send healing energy through her.

💡 "The more I let go, the stronger my connection with spirit becomes."

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Understanding Trance & Spirit Blending

◆ Trance allows a deeper surrender, where spirit can influence posture, tone, and movement. ◆ In her readings, she often closes her eyes instinctively to enhance her blending with spirit. ◆ She connects mostly with loved ones in spirit but has also sensed spirit guides stepping forward. ◆ Some loved ones take on a guiding role in the afterlife, offering wisdom and support.

💡 “Your loved ones in spirit see, hear, and know exactly what you need—they act as guides in their own way.”

Mediumship as a Personal Growth Journey

◆ Hailey originally thought mediumship would be dramatic and cinematic—but it turned out to be far more subtle and personal. ◆ She learned that the real skill isn't in “seeing” spirit but in trusting the information that flows in. ◆ Mediumship integrates into everyday life—the more natural it becomes, the easier it flows. ◆ Learning to differentiate between intuition, ego, and true spirit messages has been key.

💡 “The spirit world communicates through trust—the more we believe, the clearer the messages.”

House Guest—Hailey's Paranormal Podcast

🏠 Podcast: House Guest—exploring haunted locations in Charleston and beyond. 📌 Perspective Shift: She challenges the idea of “haunted” places, reframing them as spirit-filled locations. ◆ Instead of fear-based ghost stories, she helps people understand spirit with love and curiosity. ◆ She blends history, energy work, and mediumship to uncover the real stories behind spirit interactions.

💡 “If a place feels haunted, it may just be holding an imprint of the past—or a spirit reaching out in love.”

Debunking Ghost Myths—Are Spirits Trapped?

◆ Hailey believes in spirits, not hauntings—spirits are never trapped. ◆ Some locations hold residual energy (Stone Tape Theory) that replays past events. ◆ Spirits return to places they love, not because they're stuck. ◆ Many so-called ‘scary’ presences are just misunderstood energy shifts.

💡 “Spirit is limitless—they don't get ‘stuck’ in a building.”

Hailey's Personal Paranormal Encounters

◆ In college, she encountered a spirit called ‘Mary’—a protective energy in an old house. ◆ Another spirit interacted with her and her roommate, causing unexplained nightly noises. ◆ She believes spirits playfully test our awareness, waiting for us to acknowledge them.

💡 “When you feel a presence, say hello—it might just be a spirit letting you know they're there.”

Advice for Developing Mediums

✅ Don't be afraid to be wrong—mistakes are part of the learning process. ✅ Mediumship isn't always a ‘wow’ moment—sometimes it's subtle and quiet. ✅ Trust what you receive—even if it feels like your own thoughts. ✅ Keep stepping outside your comfort zone—growth happens when you stretch yourself.

💡 “The spirit world will always meet you halfway—but you have to take the first step.”

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Final Thoughts—Expanding Into More Public Work

◆ Hailey is now focusing on larger group readings, moving beyond one-to-one sessions. ◆ She's embracing audience demonstrations—taking the leap into bigger stages. ◆ Her podcast House Guest will be a mix of historical investigations, real-time readings, and interviews.

💡 “Book the venue—say yes first, then figure out the details later!”

A huge thank you to Hailey Lowe Fennell for sharing her journey! Be sure to check out her podcast House Guest for more on spirits, history, and mediumship.

And as always—have a bloody marvellous day! 🚀