



Mediumship Matters Podcast Transcripts

Series 1 Episode 20

Interview with Trish McKinnley

Mediumship Matters – Episode 20

Hannah Macintyre:

Hello, hello, and welcome back to Mediumship Matters with me, Hannah Macintyre! Today, I've got a fabulous guest for you—someone whose energy and enthusiasm are just off the charts. Please welcome the wonderful Trish McKinnley!

Trish McKinnley:

Oh, Hannah, thank you! I'm so excited to be here!

Hannah:

I just know this is going to be a good one! For anyone who doesn't know you, Trish, tell us a bit about who you are and what you do.

Trish:

Absolutely! So, I'm a spiritual lifestyle expert, which is basically a fancy way of saying I help people connect with all the amazing woo-woo things in an easy, accessible way. I talk about what I call 'The Forgotten Tools of the Universe'—things that have been around forever, but we've lost touch with them. Crystals, affirmations, moon water, fairies—you name it! My mission is to remind people that they are naturally intuitive, naturally powerful, and that stepping into that is easier than they think.

Hannah:

Love that! And I have to say, I've been following you on Instagram for ages, and every time you go live, I'm just drawn in. You've got such a bright, magnetic energy.

Trish:

Oh, thank you! I really believe that spirituality should be fun. There's so much outdated thinking that makes people feel like they need to be 'chosen' or 'special' to tap into this stuff. No way! You already have it—you just need to recognise it and use it.

Hannah:

So true. Now, I know you work with fairies, which I find fascinating. How did that start?

Trish:

I've always been connected to fairies, ever since I was a little girl. My grandfather was from Ireland, and fairies were just part of the stories we grew up with. But a couple of years ago, they really started pushing me to share their wisdom with others. I created a course all about working with fairies, and every single person who's taken it has had a fairy encounter within five days. Every. Single. One.

Hannah:

That's amazing! And I love that you're also on a mission to clear up the misconceptions about fairies.

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Trish:

Yes! So many people have this idea that fairies are mischievous or even dangerous, and that's just not true. They are the guardians of nature, and they love helping us—especially when it comes to manifestation. Angels work in the big picture, but fairies are boots-on-the-ground helpers. They'll nudge you towards the right opportunities, bring you little signs, and support you in magical ways.

Hannah:

Speaking of manifestation, tell me about your Goddessology program because I know that ties into how people can align with their own energy.

Trish:

Yes! So Goddessology is all about understanding your natural energy and working with it instead of against it. There are four goddess personalities—Action, Order, Optimism, and Peace—based on ancient personality types. Once you know your dominant energy, you can tailor your spiritual practice to what actually works for you, rather than forcing yourself into something that doesn't feel right.

Hannah:

That makes so much sense. And you've got a quiz on your website so people can find out which one they are, right?

Trish:

Exactly! Just go to [trishmckinley.com/goddess](https://www.trishmckinley.com/goddess) and take the quiz. And if you do, let me know what you get—I love hearing how people connect with their goddess energy!

Hannah:

Brilliant. Now, before we wrap up, I have to ask—what's next for you? What are you manifesting for yourself right now?

Trish:

Oh, so many things! I've got a few new courses in the works, some fairy-inspired creations on the way, and I'm working on a new deck. Plus, I'm just excited to keep growing the community and sharing this magical world with more people!

Hannah:

Amazing! Well, thank you so much for being here today, Trish. This has been such a fun conversation!

Trish:

Thank you for having me! And I have to say, I can't wait for you to be a guest on one of my masterclasses—you are such a light!

Hannah:

Oh, you're too kind! Right, everyone, make sure you check out Trish's website and follow her on Instagram @TrishMcKinnley—two N's, twice the fun! And let us know which goddess personality you are!

Until next time, take care and keep shining your light!

Check out Trish's website for more at: <https://www.trishmckinnley.com/>