



Mediumship Matters Podcast Transcripts

Season 3 Episode 36 - Interview with Shamanic Practitioner Lynn Gosney

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I am absolutely thrilled to be joined by Lynn Gosney, an incredible teacher and the powerhouse behind an amazing shamanic centre. I've been talking about Lynn for years—she's the one who completely changed my life through her profound (and, let's be honest, sometimes painful) teachings. Today, we're diving into shamanic practice, personal empowerment, and connecting with nature in a truly meaningful way. Let's get started!

The Power of Small, Intimate Teaching

Lynn's shamanic centre is built on the philosophy of quality over quantity.

◆ Her workshops are small and intimate—whether it's drum birthing, shamanic pathways, or sweat lodges, the focus is always on deep, personal learning. ◆ A maximum of 10 students ensures each participant gets the attention they need. ◆ She believes that everyone has a gift to share, and small groups allow for true exchange and deeper connection.

💡 “We learn from each other. It's never a one-way teaching process—it's an exchange.”

The Land & Nature Connection

Lynn's centre is located in a breathtaking space, surrounded by marshlands, open skies, and nature's beauty. It's a world away from the chaos of modern life.

💡 “If I spend too much time in towns or shops, I feel squashed. Give me wide-open spaces any day.”

She's had visitors who experience claustrophobia in open spaces, proving just how much our environments shape us energetically.

How Did Lynn Step Into Shamanism?

Lynn's connection to spirit was always there.

◆ As a child, she preferred the company of spirit friends over other kids. ◆ She spent most of her time in the woods, connected to nature. ◆ In adulthood, she was drawn toward psychic fairs, spiritualist churches, and energy work, but her real shift came when she discovered the drum.

💡 “The drum completely changed my connection with spirit. It created a direct, powerful link that I hadn't experienced before.”

She transitioned from mediumship to shamanic practices, realizing that while she loved evidential work, her real calling was helping people connect to spirit directly—without needing a medium.

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Shamanic Death & Spiritual Awakening

Like many who walk a deep spiritual path, Lynn experienced a shamanic death—a period of extreme illness and transformation.

◆ After a series of serious operations, she felt closer to spirit than ever. ◆ This experience deepened her understanding of life, death, and the spirit world. ◆ It solidified her path as a teacher and guide for others.

💡 “Once you’re on the path, spirit won’t let you off it.”

The Sweat Lodge Experience

The Celtic Sweat Lodge is a huge part of Lynn’s work.

◆ It represents returning to the womb of Mother Earth—a place of rebirth and transformation. ◆ It follows the eight Celtic festivals, using four different doors aligned with the seasons. ◆ Unlike a sauna, the heat in a sweat lodge builds gradually with each round, creating a deeply healing and spiritual experience.

💡 “People think they can’t handle the heat, but it’s not about heat—it’s about connection, surrender, and trust.”

Grounding Spirituality in Reality

Lynn’s approach is practical, no-nonsense, and deeply real.

◆ She doesn’t believe in floating off into the ether—spirituality is about being fully present in life. ◆ She pushes students to face themselves, their fears, and their truths. ◆ No hand-holding, no sugar-coating—just deep, transformational work.

💡 “Shit happens. That’s life. The work is in how you deal with it and move through it.”

The Role of Music in Shamanism

Music is a huge part of Lynn’s practice.

◆ She performs with a family band that incorporates shamanic rhythms and trance music. ◆ Live trance dances are a major part of her events, using drums and flutes to connect deeply with spirit. ◆ Many of her songs are received from spirit—not in distant lands, but while driving down the A303! (Spirit doesn’t care where you are.)

💡 “The land speaks through music. The songs come when they’re ready.”

Drum Birthing – Creating a Sacred Tool

One of Lynn’s most powerful workshops is drum birthing.

◆ Participants create their own sacred drum—from cutting the hide to tying the lacing. ◆ The day is conducted in full ceremony, ensuring the drum carries the energy of its maker. ◆ The final step is a journey to meet the spirit of the drum, forging a lifelong connection.

💡 “Each drum has a personality—it’s not just an instrument, it’s an ally.”

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Advice for Those Interested in Shamanism

If you're drawn to this path but unsure where to start, Lynn suggests:

✔ Attend a drum circle—feel the energy and rhythm firsthand. ✔ Visit a shamanic centre—just observe before jumping in. ✔ Follow word-of-mouth recommendations—not all “shamans” are what they claim to be. ✔ Avoid people offering ‘quick-fix’ courses—true shamanic work takes time and dedication.

💡 “If spirit is calling you to this work, you’ll find a way. Doors will open when the time is right.”

Final Thoughts—Honouring the Land & Walking Your Path

💡 “Shamanism is not a religion—it’s a personal path of power and responsibility. You are answerable to spirit and yourself. That’s it.”

Lynn’s work is rooted in honouring the land, the seasons, and the cycles of nature.

She and her team have built a beautiful, powerful community, offering transformational experiences for those ready to step into their own power.

✉ Want to learn more?

👉 Visit Lynn’s website

👉 Follow her on Facebook for updates and events!

Thank you so much, Lynn, for sharing your wisdom and experiences. And to everyone listening—have a bloody marvellous day!