



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 6

Guest: Emily Barnard on Creativity, Side Quests and the Soul's Ongoing Evolution

Guest: Emily Barnard, Emily and Her Stars

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by returning guest Emily Barnard of Emily and Her Stars, bringing with her one of the most soothing voices in podcasting and a depth of insight that gently unfolds as the conversation progresses. Emily first appeared on the podcast many seasons ago, and since then, both she and Hannah reflect on how much has shifted. This episode explores creativity, spiritual evolution, astrology, Akashic records and the idea that growth is not a straight line, but a spiral that keeps returning us to our truest selves.

It is a conversation about play, purpose, curiosity and what happens when we allow ourselves to follow the "side quests".

Side Quests and Sacred Play

Emily opens the conversation by embracing the idea of side quests, those seemingly unrelated paths that appear alongside our main spiritual work.

One such side quest is her now-iconic doll's house project, which began as a spontaneous purchase and evolved into a dark, witchy communal space complete with broom-making rooms, reading spaces and a ghost in the attic.

What began as playful creativity became a doorway back into a deeply spiritual creative state. Emily describes how making, building and creating allows her to enter the same quiet, receptive space she experiences in spiritual work.

Creativity as Spiritual Practice

Emily shares that before mediumship and astrology, she identified clearly as an artist. Over time, she shed that identity in order to fully commit to her spiritual path, only for creativity to return later in a new form.

This return coincided with a deeper understanding of creation as meditation. The act of making becomes a way to listen, to receive and to allow spirit to move through the hands. For Emily, creativity is not separate from spirituality. It is spirituality, expressed through form.

Sacred Objects and Ancestral Healing

One of Emily's most recent creative explorations is the creation of sacred objects, including altar cloths and ritual pieces made from vintage and reclaimed materials.

She speaks about working intentionally with each object, listening to whether it is willing to

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continue its journey in a new form. Some objects feel complete as they are, while others are ready to be transformed and infused with new meaning.

These pieces are designed to support ceremony, ritual and personal practice, offering something tangible that marks a space as sacred without prescribing how it must be used.

Collections, Integrity and Letting Go

Rather than mass-producing work, Emily releases her sacred objects as collections, each arriving with its own story and energy. When a collection is complete, it is complete.

This approach honours both the creative process and the relationship between the object and the person it will eventually live with. Emily speaks openly about the emotional vulnerability of offering her art in this way, describing it as similar to the early days of mediumship, raw, tender and deeply personal.

Astrology as a Living Language

Astrology remains a grounding force in Emily's work. While it once felt intimidating, she now experiences it as a language that becomes more fluent through use.

Rather than focusing on calculations, Emily views astrology as storytelling. The chart becomes a narrative, revealing patterns, cycles and themes that help people understand where they are and why they feel the way they do.

Astrology, for Emily, provides context and reassurance, especially during intense collective energies.

Akashic Records and Soul Memory

Emily's work with the Akashic Records emerged spontaneously during chart readings, opening unexpectedly and powerfully.

She describes the Akashic space as similar to mediumship, but accessed through a different lens. Stories, symbols and emotional truths come forward, often resonating so deeply with clients that they are recognised instantly as their own.

Emily has since developed guided journeys into the Akashic Records, allowing people to explore soul memory, past lives and between-life spaces in a gentle, supported way.

Off-Planet Lives and Unusual Soul Experiences

One of the most fascinating themes discussed is the idea of off-planet past lives and non-human soul experiences.

Emily shares examples of lives lived as colour, frequency and energy rather than physical form, expanding the idea of what incarnation might mean. These experiences challenge linear thinking and suggest that the soul's evolution is far broader than human lifetimes alone.

Creativity, Spirit and Shared Ideas

Both Hannah and Emily reflect on the concept that ideas are not owned, but shared.

Referencing Big Magic by Elizabeth Gilbert, they discuss how ideas move through people, finding those ready to bring them into form.

Spirit Social itself is discussed as an example of this, an idea that arrived, was caught, and then evolved beyond its original vision.

Creation, they agree, is an act of collaboration with something larger.

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Soul Evolution Is Never Finished

When asked about the biggest truth she now believes about the soul, Emily's answer is simple and profound:

The soul's evolution is never complete.

There is no final mastery, no ultimate destination. Experience continues, unfolds and deepens infinitely. This life is just one moment in an ongoing exploration.

Quick Reflections

- Drink of choice: Tea
- Tarot card appearing repeatedly: Ace of Cups
- Recent magical purchases: Fabric and antlers
- Book recommendation: *The Other Side: A Story of Women in Art and the Spirit World*
- Creative energy right now: Sacred objects, ritual pieces and collections

Where to Find Emily

Emily offers astrology readings, Akashic Records sessions, guided journeys and sacred objects through her website.

Website: EmilyAndHerStars.com

Final Thought

This episode is a reminder that spiritual growth does not mean narrowing who we are.

It means remembering. Playing. Creating. And allowing ourselves to follow the threads that feel alive, even when they lead somewhere unexpected.