



# Mediumship Matters Podcast Transcripts

## Season 1 Bonus Episodes - Interview with Annette Jackson

### Season 1: Interview with Annette Jackson

#### Healing, Mediumship, Autism & Spirit Connection

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm joined today by the lovely Annette Jackson from Annette Reiki and Readings. We had a few tech hiccups getting this going, so fingers crossed Spirit holds the space now!

Annette: Hi everyone! I'm Annette, based in Manchester. I'm a Reiki Master and spiritual medium, and I've been on this journey for about five or six years now. I work with both healing and mediumship—bringing Spirit's love through healing energy and communication.

#### From scepticism to Reiki Calling

Annette: I had a calling to go for Reiki. I didn't know what it was, but it kept popping up on Facebook. I went for a treatment with no clue what Reiki, crystals or angels were—but something in me knew I had to go. That first session changed everything. I felt so drawn to learn, even though I didn't know why.

My son has autism, so he became my little Reiki guinea pig. I saw huge benefits for him and for myself—it became such a powerful tool in my life.

#### Supporting Autism with Reiki

Hannah: I've seen you working with parents of autistic children, helping them use Reiki to support their kids. That's amazing.

Annette: Yes! Parents are the closest energetic match, so children are more likely to accept healing from them. Plus, parents need support too. I hit a low point during my son's diagnosis process—I was depressed and lost. Reiki helped me find myself again.

#### Mediumship & Reiki: A Natural Blend

Annette: At first, I thought I was a bit weird. I'd be doing Reiki and suddenly feel Spirit pop in. I'd have my hands over someone's eyes, and I'd feel their loved ones in the room. I started asking gentle questions like, "Do you understand a grandad in Spirit with heart issues?"—and people would say yes.

Mediums told me to pick one—be a healer or a medium. But for me, they've always gone hand in hand.

Hannah: Absolutely! Mediumship is healing. They're both about love.

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## Learning to Trust Yourself

Annette: When I first started, I looked to other mediums to tell me what to do. I didn't trust myself. Now, I trust my intuition—and I'd tell anyone starting out to do the same. It's okay to feel nervous. Spirit will repeat signs and nudges until you finally listen!

Hannah: If you ever figure out how to just follow it first time, let me know!

## Spirit-Led Experiences: Grandma in Spirit

Annette: My grandma has been a huge influence in Spirit. Every time I went to a spiritualist church, she came through. One medium even said, "I know I'm talking to you," when I looked behind me to see who the message was for!

She's always brought strong, personal messages—and still gives me a nudge when I need it. I call it a "bum kick!"

## Stepping into Teaching & Confidence Wobbles

Annette: My guides told me to teach Reiki, but I still struggle with confidence sometimes. I keep it simple—teach from the heart. That's what my guides told me.

Recently I ran a session called Sitting with Spirit, just feeling the energy. One lady felt her dad for the first time. Another connected with their granddad. It was beautiful.

Everyone can connect. It's not just for mediums or the "chosen ones."

Hannah: Yes! I always say Spirit is available to everyone—not just the "special" people. It's your birthright.

## Platform Mediumship: Overcoming Fear

Annette: I've done about 30 demonstrations now. The nerves still hit me—shaky knees, sweaty palms, mind spinning! But once I'm up there, Spirit takes over. It flows.

Joining online demonstrations during lockdown has been eye-opening. Some have had 150+ people—which you'd never get in a local church. More people are curious, seeking connection. That's a good thing.

Hannah: I held myself back for years thinking I needed to feel fearless first. But even Arthur Findlay tutors say we're all scared. So what makes you special? Just get up and do it!

## What I Love Most About My Work

Annette: Every day is different. I get bored easily, but no reading is ever the same. Each Reiki session is unique too. I love comparing notes with clients after sessions—it's magic.

## Advice to My Younger Self

Annette: Trust yourself more. Write things down. Spirit will repeat things until you listen, but if you write them down, you're more likely to act.

Also, your sensitivity isn't a weakness. I used to think being shy or emotional meant I wasn't strong. Now I see it's my superpower. That sensitivity is what makes this work possible.

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## How Spirit Changed My Life

Annette: It changed everything. I know who I am now. Before, I didn't understand why I was anxious or overwhelmed in crowds. Now I get it—I'm sensitive to energy. I don't feel lost anymore. Spirit is my constant support system. I don't get bored or lonely—I sit and chat with Spirit. They lift me up when I'm struggling. My granddad always steps in when I need calming down.

## One Thing Everyone Should Know

Annette: You don't have to go to a grave to talk to your loved ones. They're with you. Talk to them at home, while driving, in bed—whenever.

Especially now, during hard times, Spirit wants to comfort and uplift us. That support is available to everyone. It's real. It's love. And it helps.

Hannah: It's like having your own personal team of cheerleaders—loving you, nudging you, and sometimes giving you a good shove!

Annette: Yes! My grandma's not just cheering—she's giving me a proper kick sometimes!

Hannah: Annette, thank you so much for joining me. I've loved catching up—it's been years since we met in those early days of development, giggling like naughty schoolgirls!

Annette: Thank you, Hannah. It's been wonderful. Laughter really is part of the magic, isn't it? Spirit loves joy.

Hannah: Absolutely. Thank you to everyone listening—remember, Spirit is closer than you think, and the connection is always yours to claim.