



# Mediumship Matters Podcast Transcripts

Season 2 Episode 35

## Interview with Peter Breeze from Superficial Spirit

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm beyond excited because I'm doing a podcast swap with my amazing friend, Peter Breeze. We're diving into the fascinating intersection of pop culture, spirituality, and self-expression. Let's get into it!

### Meet Peter Breeze & The Superficial Spirit Podcast

Peter Breeze is the host of Superficial Spirit, a podcast that explores the deeper meaning behind pop culture, fame, and personal transformation. What started as a lockdown passion project quickly became an insightful journey into how pop culture shapes our dreams, aspirations, and even our spiritual growth.

Peter's love for Real Housewives, Paris Hilton, and all things Hollywood isn't just about entertainment—it's about inspiration. He argues that the larger-than-life personas of celebrities help people believe in something bigger, offering hope and motivation for personal transformation. And let's be honest, who among us hasn't been fascinated by the glitz and glam at some point?

### Pop Culture & Spirituality—Do They Mix?

Peter's podcast asks an interesting question: Can pop culture be spiritual? For him, the answer is a resounding yes. His personal journey—from being a young queer kid looking up to pop icons to exploring nightlife as a form of self-expression—highlights the profound impact of media and culture on personal growth.

He makes a brilliant point: Fame isn't just about status; it's about transformation. Watching larger-than-life figures like Madonna or Britney Spears can inspire people to dream bigger, step into their power, and even change their lives. It's not necessarily about being famous—it's about the freedom and possibilities that fame represents.

### The Mediumship & Fame Conundrum

As mediums, we don't step into this work thinking, This will make me rich and famous!. Most of us come into it because of deep personal experiences that push us toward healing and helping others. But let's be real—ego plays a role in everything we do. You do have to put yourself out there, market your work, and be seen.

- So, is it possible to be spiritually aligned while also wanting success? Of course! It's about balance—having dreams and goals but staying authentic and true to the work. As Peter puts it, you can't just “order a spiritual pizza” and expect success to be delivered. You have to do the work.

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## Nightlife as a Spiritual Awakening

Peter describes his time in nightlife as a powerful form of self-discovery. As a club kid, he found a space where he could be completely free—expressing himself without judgment. He wasn't looking for a spiritual experience, but it happened anyway.

For many, nightlife is more than just partying—it's a form of liberation. It's about pushing boundaries, exploring identity, and embracing personal truth. Peter's journey highlights something crucial: spiritual experiences don't always happen in traditional spiritual spaces. Sometimes, they happen on the dance floor.

## The Challenge of Letting Go of an Identity

Eventually, Peter moved away from the club scene. Falling in love, prioritizing health, and simply growing older shifted his focus. But stepping away from an identity so deeply tied to self-expression wasn't easy.

This is something so many of us can relate to. We attach ourselves to paths, believing they define us. When those paths no longer fit, it can feel like an identity crisis. But as Peter wisely points out: Surrendering to change is where the magic happens.

## The Illusion of Fame & Spiritual Fulfillment

Through his podcast, Peter has interviewed celebrities and learned a surprising truth—fame is not what we think it is. Many famous people talk about it like it's the weather—something that happens to them rather than something they actively experience.

Fame doesn't necessarily equal fulfillment. True spirituality isn't about achieving external success but about finding joy, alignment, and purpose in the present moment.

## Spiritual Burnout & Critical Thinking

One of the most unexpected aspects of Peter's podcast journey has been hearing stories of people who have been burned by New Age communities—whether through expensive retreats, failed manifestation workshops, or misleading teachers.

His co-host, Jessica, plays an important role in keeping conversations balanced. As a skeptic, she challenges narratives and ensures discussions remain grounded. This critical thinking approach helps listeners explore spirituality without blind trust—because healthy skepticism is necessary.

## Peter's Tarot Journey & Connecting to Spirit

Peter used to read Tarot professionally, and through that work, he experienced moments of undeniable connection. Even when he wasn't trying to channel spirit, messages would come through—validating the reality of intuitive work.

But a personal crisis led him to step away from readings. His partner's severe health issues made him question everything, shaking his faith in spirituality. However, recently, he's been feeling called back to it—proving that intuition never truly leaves us.

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## Final Thoughts: The Power of Surrender

Whether it's moving away from a career path, letting go of a rigid dream, or embracing a new passion, surrender is hard. But it's also essential.

As someone who recently realized I need to shift away from large-scale mediumship demonstrations, I completely relate to this. We think we know our path, but sometimes the universe has other ideas. And fighting it only makes the process harder.

So, if you're feeling called in a new direction—or struggling to let go of something—trust the process. The next chapter might be even better than the one you envisioned.

## Listen to Superficial Spirit!

Peter's podcast, *Superficial Spirit*, is a must-listen for anyone who loves deep, thoughtful conversations wrapped in humor and pop culture. If you're curious about the intersection of fame, spirituality, and personal growth, go check it out!

Peter, thank you so much for joining me—it's been an absolute pleasure!