



Mediumship Matters Podcast Transcripts

Season 4 Episode 32 - Interview with Lauren Unger

Energy Healing, Ancestral Healing & Finding Freedom with Lauren Courtney

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today, I'm thrilled to be joined by Master Energy Healer and Freedom Coach, Lauren Courtney.

I've followed Lauren on Instagram for a while now—she's full of light, inspiration, and wisdom.

And let's be honest, she also has the most incredible hair, which I am deeply jealous of!

In this episode, we explore energy healing, ancestral healing, mediumship, human design, sound healing, and what it really means to move from fear to freedom. Let's dive in!

Lauren's Journey Into Energy Healing & Mediumship

Lauren's journey is an incredible one—she didn't grow up knowing anything about mediumship or healing.

- Seven years ago, she was working as a private chef, supporting clients recovering from addiction.
- She had already left corporate America because she felt a deep inner calling to help people heal.
- Then, everything changed when her first love and best friend passed away.

That night, she experienced undeniable signs that he was communicating with her.

- She was standing in a crowded pizza place when the music suddenly changed to “The Real Slim Shady” by Eminem—a song that had deep meaning for them both.
- Her entire body was covered in goosebumps like she had never felt before.
- She instantly knew: “You are with me. Something is happening. I don't understand it, but I'm going to figure it out.”

This moment led her on a transformational spiritual journey, guiding her to California, Reiki, ancestral healing, and stepping fully into her soul's purpose.

The Power of Ancestral Healing

One of Lauren's most profound experiences was healing her ancestral lineage.

- She asked her mum to send her a picture of her family tree, and every night, she would sit with different ancestors in meditation.
- She received messages, cleared past trauma, and helped heal generational wounds.
- She believes that by healing our ancestors, we also heal ourselves and our future lineage.
- “We have the ability to heal our lineage, our present selves, and the future generations to come. That's powerful work.”

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Navigating Signs, Guidance & Trusting the Path

Lauren has learned to trust spirit's guidance—even when it doesn't make logical sense.

- She ignored her inner knowing for a year before moving to LA, where she found Holy Fire Reiki, a practice that completely transformed her life.
- Spirit guided her to move to Miami, where she later helped care for her grandmother, who had gone blind.
- Every time she followed the signs, she was exactly where she needed to be.

“Listening to your intuition gets easier with time. The more you trust, the more aligned everything becomes.”

What Is Holy Fire Reiki & How Is It Different?

Lauren is a Holy Fire Reiki Master, a powerful form of Reiki that differs from traditional Usui Reiki in key ways:

- The teacher does not touch the student during attunements.
- Instead, the student is connected directly to Source energy, receiving exactly what they need for healing.
- Holy Fire Reiki is deeply connected to Jesus, the Ascended Masters, and divine love (but it is not religious—it is purely spiritual!).

“Jesus isn't coming to save us—he gave us tools so we can step into our own healing power. No one is coming to save you. It's time to own your power and be your own healer.”

The Role of Food in Healing: Eating for Your Chakras

Lauren believes in food as medicine and has been writing a book about eating for your chakras.

- Each chakra is associated with a colour, and eating foods that match that colour nourishes the corresponding energy centre.
- Example: Before this podcast, Lauren drank bone broth with turmeric and ginger (yellow) to support her solar plexus chakra for confidence and power.
- She also had green tea (throat chakra) to help with clear communication.

“Food isn't just fuel—it's energy. Eating with intention is a form of magic and self-care.”

Fear to Freedom: Releasing Limiting Beliefs

Lauren's coaching work focuses on helping people move from fear to freedom.

- Fear isn't something to be eliminated—it's something to be understood.
- She trained in NLP, Timeline Therapy, and hypnosis, which helped her understand the power of words and mindset.
- Many of us unknowingly reinforce limiting beliefs with the stories we tell ourselves.

“What you say, you reinforce. If you keep telling the same painful story, you stay stuck in that energy.”

A turning point for her was attending AA meetings during a period of sobriety.

- She realised that introducing herself as an alcoholic was reinforcing that identity.
- Someone asked her: “Are you an alcoholic?” And she realised, “No, but I'm repeating it every time I say it.”
- That realisation changed everything—it showed her that what we repeat, we create.

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Human Design: Understanding Your Unique Energy Blueprint

Lauren incorporates Human Design into her work to help clients understand their natural energy flow.

- Human Design combines astrology, Kabbalah, the I Ching, and the chakra system.
- There are different energy types: Generators, Manifestors, Manifesting Generators, Projectors, and Reflectors.
- Understanding your type helps you align with how you naturally function, rather than forcing yourself into a model that doesn't fit.

For example, Lauren's digestion type means she thrives when she eats at night, despite society's pressure to eat early.

"Human Design gives you permission to be yourself, rather than trying to fit into someone else's version of success."

What's Next for Lauren?

Lauren has some exciting projects on the horizon:

- Publishing her healing cookbook, focused on eating for chakras and energy alignment.
- Hosting healing dinner parties and retreats combining food, sound healing, and spiritual transformation.
- Diving deeper into kundalini yoga teacher training.
- Calling in motherhood and divine partnership—manifesting love and family.

"I'm stepping fully into my power—creating, teaching, and holding space for deep transformation."

Final Thoughts: Trust Your Journey

- Healing happens in layers—trust the process.
- Food, energy, words, and thoughts all shape your reality.
- You are your own healer—no one is coming to save you, so step into your power.

Lauren is such a powerhouse of wisdom, and I know this episode will resonate deeply. Be sure to check out her website and social media for more insights!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Energy healing, ancestral healing, Reiki, Holy Fire Reiki, chakra healing, human design, fear to freedom, sound healing, intuitive eating, spiritual coaching, manifestation, kundalini yoga, food for healing, NLP coaching, healing retreats.