

Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 1

Guest: Andrea Capron (Blossoming into Being)

Episode summary

In the first episode of Season 8, Hannah Macintyre is joined by Spirit Social creator Andrea Capron, founder of Blossoming into Being. Andrea shares her powerful healing journey—from surviving an abusive relationship and navigating complex family challenges, to discovering Reiki, energy work, and ultimately stepping into her work as an energetic healer and intuitive guide. She also discusses her growing calling toward soul midwifery and end-of-life spiritual support.

In this episode, we cover:

- What “energetic healing” and “intuitive guidance” really mean in practice
- Andrea’s turning point: how Reiki helped her reclaim her life
- Generational trauma, relationship patterns, and the “healing spiral”
- Navigating motherhood, care, and the reality of raising a neurodivergent child
- How emotional energy can shape the body (and a powerful healing story)
- Why healing is often “simple, but not easy”—and why it’s ongoing
- The difference between seeking tools and embodying transformation
- Andrea’s introduction to soul midwifery, threshold work, and spiritual support at end of life
- Trusting Spirit, building confidence, and offering “taster sessions” to help people experience energy work firsthand

About Andrea Capron (Blossoming into Being)

Andrea Capron is an energetic healer and intuitive guide who supports people through emotional, energetic, and spiritual growth. Her work blends grounded support with Spirit-led insight, helping clients reconnect with peace, clarity, and self-trust. Andrea is also exploring soul midwifery—spiritual and holistic support around end-of-life transitions.

Spirit Social note (series context)

This episode is part of the Spirit Social: Meet the Creator Series, celebrating the creators sharing their gifts and services within the Spirit Social community. For more information about Spirit Social download it from your App Store now (just search for Spirit Social).

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Transcript (Edited for Accessibility)

Editing note: This transcript has been lightly cleaned for readability (shorter paragraphs, reduced repetition, clearer structure) while keeping the original meaning and flow.

Introduction

Hannah Macintyre:

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

Today I have another Spirit Social creator interview for you. I'm joined by Andrea Capron, also known as Blossoming into Being. Andrea, thank you for joining me.

Andrea Capron:

Thank you so much, Hannah. I really appreciate being here.

Hannah:

I'm really excited to talk to you. For anyone meeting you for the first time—what is it that you do?

Andrea:

I'm an energetic healer and an intuitive and spiritual guide. I'm also learning to become a soul midwife, and I'm open to exploring mediumship too.

Hannah:

You've got a lot going on! When you say "intuitive and spiritual guide," what does that mean in real terms?

Andrea:

I tune into someone's energy and listen to what it shows me. I receive "knowings" from Spirit—messages that can help the client.

It's like doing an energetic assessment—seeing where they are emotionally, spiritually, or energetically—and then supporting them with tools and a plan to help them reach their goals.

How Andrea's Healing Journey Began

Hannah:

Let's go back to the beginning. How did all of this start for you?

Andrea:

I had no idea I'd be doing this work. I didn't understand anything spiritual until I met someone who was a Reiki Master.

At the time I was under intense stress. I had a child with physical, emotional, and behavioural disabilities. I was also in an abusive marriage. I didn't understand how much it was affecting me and my child.

That Reiki experience opened my eyes. It helped me realise my life wasn't healthy. It gave me the courage to leave.

Hannah:

It's amazing how one "starting point" can lead to such a huge transformation.

Andrea:

Absolutely. It took years—therapy, learning, healing, processing. I also explored things like the Law of Attraction, meditation, and energy work.

I was often told I was a healer, but I wasn't in a place to accept it at the time.

Later, after more relationship patterns repeated, I took a long break from dating and finally looked honestly at my own role in those patterns. That was when the deeper healing started.

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Eventually I met my current partner, John, who is also a healer. And over time I realised: I didn't need more courses—I needed to step into my own confidence and do the work. That's when Blossoming into Being was born.

Healing Isn't a Finish Line

Hannah:

One thing people don't always realise is that healing isn't a one-and-done experience.

Andrea:

Yes. It keeps going. Layers keep coming up. Even yesterday, more came up.

Hannah:

It never ends! It's like we sign a contract: "Forever the work."

Motherhood, Care, and the Reality of Complex Needs

Hannah:

You mentioned your son earlier. Would you feel comfortable sharing more about that?

Andrea:

It's complicated. He developed seizures as an infant. They weren't controlled until he was a toddler, so he suffered brain damage. That led to developmental impairment and behavioural challenges.

I threw myself into helping him, and part of me stayed in the marriage for longer because I feared the instability of divorce would make things worse.

When his father and I separated, my son was a teenager and his meltdowns became violent. It reached a point where I had bruises, walls were damaged, and I had to involve services for safety. It was heartbreaking. He's now in a supported living setting and won't be able to live independently.

Hannah:

Thank you for sharing that. It's a reminder that "healing journeys" aren't always neat—and space can be part of healing too.

Andrea:

Exactly. He even needed distance from me for a while, and I had to respect that. We reconnect when he's ready.

Energy, Trauma, and the Body

Hannah:

You've spoken about how emotions and trauma can land in the body. Can you share more about that?

Andrea:

Yes. I was diagnosed with celiac disease years ago and it was very isolating socially.

Later, a healer asked me, "Are you ready to heal this?" They helped me explore what it would mean to let it go, and what beliefs were connected to it.

There was guilt and shame carried through my family line—emotional energy that had lodged in my system. There was also a pattern where being unwell meant receiving attention and care. That belief had to shift.

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After energy work, I tested it gently. At first symptoms returned and I thought I'd failed—but I hadn't. It was a process. Over time, my body began responding differently. That experience showed me what's possible when you work with energy, belief systems, and emotional healing together.

Becoming the Healer (and Confidence After Action)

Hannah:

Was there a moment where you thought, "Yes—I can do this professionally"?

Andrea:

It really landed when I launched on Spirit Social and started offering free 15-minute taster sessions so people could feel the energy for themselves.

I realised confidence doesn't come before you start—it comes because you start.

When the first person booked, I remember thinking: "This is real now." I kept repeating: "I trust Spirit, I trust myself."

The feedback helped confirm what I felt internally—that I'd crossed a threshold.

Hannah:

And those "taster sessions" are such a beautiful way for people to try it without pressure.

Andrea:

Yes. I ask people to set aside quiet time, be somewhere they won't be disturbed, and drink water afterwards. Everyone experiences energy differently—tingling, warmth, calm, emotional release—Spirit gives what's needed.

The Call Toward Soul Midwifery (Threshold Work)

Hannah:

You mentioned soul midwifery earlier. What's drawing you there?

Andrea:

It keeps calling me. I've been learning about spiritual soul midwifery—supporting people and families through end-of-life, and holding spiritual space during the "threshold" between life and death.

In one of the trainings we explored the idea of becoming a psychopomp, supporting the transition of consciousness as it unbinds from the body. It's powerful work.

We did a meditation to experience that threshold energy. I didn't come back into my body easily and struggled afterwards, but Spirit made it clear: it wasn't failure—it was showing me where I needed more practice and integration.

That's the theme again: healing and development are ongoing.

Closing

Hannah:

Andrea, thank you for sharing your story so openly. It's been really moving and inspiring.

Andrea:

Thank you so much, Hannah.

Hannah:

And for anyone listening—Andrea Capron is on Spirit Social under Blossoming into Being.