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## SUMMARY KEYWORDS

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## SPEAKERS

Hannah Macintyre

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 H Hannah Macintyre 00:02

Hello, and welcome to mediumship matters with me Hannah MacIntyre. And today I'm really excited to be joined by Master energy healer and freedom coach, Lauren Courtney, who I follow on Instagram, who is just full of light and inspiration and tips and has the most amazing head of hair that I'm really jealous of. Welcome, Lauren.

 00:28

Thank you so much for having me.

 H Hannah Macintyre 00:32

What an introduction I

 00:34

take that introduction when I was a kid, I want it to be a Vidal Saskatoon model. I used to love the out to be like maybe one day or Pantene Pro V, and I'm still waiting on the call and it can happen I have not given up on it being a hair bottle.

 H Hannah Macintyre 00:50

If you're listening, you really need to be getting this lady in her hair is just, it's just stunning. I love it. Anyway, enough of that craziness. I already was talking about her hair before we hit record because i i flippin love it. It's gorgeous. If you're watching on YouTube, you'll be able to see what I'm talking about straightaway. The



01:09

most standard crown and auric field. Yeah,



Hannah Macintyre 01:12

why? Yeah, I think it is for sure. So Lauren, the first question is always the same for every guest that I have on the podcast, no matter the crazy introduction that they get given, which is energy healer, Freedom Coach, how did you get into this? How did it start for you?



01:29

Well, that's gonna take the whole call. So I will, I will make sure we're not using the whole podcast for this journey. And I will give you a nice condensed background. So I simply did not grow up as a medium or healer. I didn't even know mediumship and healing existed. And then seven years ago, I was working as a private chef, I had left corporate America, and already been following these inner knowings that I was here to help people heal. And I left corporate America became a holistic health coach that led me to becoming a private chef. I worked with clients and high end recovery homes in New York City. So I was cooking and a private chef, I was a private chef and a health coach for clients recovering from Food, Drug and alcohol addiction. Some clients that were failure to launch that were dealing with sex addiction, you name it, I got to see it, hold space for it and really understand this world. And I didn't understand why I was learning this world. And fast forward. Seven years ago, my best friend and first love passed away. And the day he crossed over, he began communicating with me. And there was no question like, it wasn't even a question if he was communicating with me. It was about seven hours or so after I got the news that he passed. I was with girlfriends. It was July 4 weekend. And my friend said we need to go eat something. And we were standing in a pizza place. I was waiting for a salad. Just like standing against the wall. It was very crowded. And all of a sudden, the music changed. And the real Slim Shady came on, which was not a popular song seven years ago, when my best friend and I Eminem was like our thing. We went to all of his concerts, the song came on and my whole body had goosebumps like I had never felt before. And immediately I was like, Oh my God, you are with me. Something is happening. I don't understand. And I'm going to figure it out. And that led me on the most incredible journey that I never knew I would get to go on. It led me to leaving being a private chef moving out to California finding holy fire Reiki, which further opened my mediumship I started seeing into my past lifetimes as a healer, as a medicine woman as a shaman. Also past lives where I was none of those things, right? Like I wasn't always these magical things. Those are just the ones we'll touch on right now. And I ended up working in California at that time as a spiritual advisor in the cannabis industry. I like created my own title, got these guys to hire me. And on that journey. I started working as a healer for them and also going back into my ancestry and healing my ancestors like I had my mom sent me a picture of my family tree that I'd made in middle school. And every night I would sit with different ancestors who had crossed over that wanted healing to heal my lineage and heal myself and heal the future of my lineage because that's what we have the ability to do. So I started doing that and one thing led to another I was guided to move to Miami. I've now been here for a little over five years, it was here that I was introduced to sound healing or teaching sound healing, I had already done a lot of sound healing myself. And I ended up training with a shaman as well and many other things along the journey that I've done to embody who I am on a soul level, because this is who I am. This is

who I've always been. I simply turned it off when I was really little, because I didn't know I didn't have the space held for me to understand that at a young age, I feel very deeply. I'm extremely clairvoyance. And, you know, as a kid, we turn that off sometimes, and I'm simply happy. It's on. No,

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Hannah Macintyre 05:50

I love it. So first question. Oh, my God, there's so many I could ask just about your intro. But first question, do you feel that your soul chose to have an experience where it would be disconnected from the truth that the you know, disconnected from the Clairvoyance disconnected from that guidance system, so that you would later learn to reconnect with it? Or do you feel like that's something that just happened?

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06:18

I think I chose to disconnect. In human design, if you're familiar with human design, and the listeners, a three five which is a murder heretic, and simply what that means is I'm here to experience and then teach through my experiences. So in my life, just to peel it back a little bit even leading up to that part of my life. I had three major jaw surgeries, I had reconstructive jaw surgery. For 10 years of my life, I was prescribed to painkillers, anti inflammatories, muscle relaxers, painkillers, I was put on medicine for add for 12 ish years of my life until I decided to take it off. So I went, I was down a very dark rabbit hole of being prescribed pharmaceuticals. I self medicated with cannabis to deal with that I would drink alcohol in the way that kids of my generation drink alcohol, where it's like we binge drink, and that's normal. And through getting sober for almost five years, and now reintroducing alcohol, it's my life. And like, none of that was ever normal. And I can now have healthy relationships with different different substances and medicines in my life. But I had to experience all of that, to also experience the loss of the man I loved who died of an overdose after being sober a long time. And then two years after he passed, my best friend from kindergarten, passed from an overdose as well. So I've experienced like this broad spectrum of duality in my life of playing with the fire going the totally other way to also be where I am now, which is in this centred space in life where I had to experience both sides like I could no one could have ever taught me that I had to experience it. And I wouldn't have if, if I had known like that would that would have been a nice option would have loved that option.

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Hannah Macintyre 08:29

For sure. Sign me

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08:31

up for that option next time.

H

Hannah Macintyre 08:33

He I just thought this is really interesting, because I just love delving into, because we have

it's I just thought this is really interesting, because I just love diving into, because we have these sort of airy fairy ideas. So it'll be about the path and the journey. And I think for a lot of people, the idea is that it starts when you find spirit, but actually, I think it's there. But beneath the surface, like you said, it would have been nice to know you're going through this because it's gonna get better. But that that would take away the journey.



08:59

Yeah, so I had no idea. Like it would get better. I didn't even know like, that. I didn't even know that was a thing. I simply thought it was good. I was talking to my mom the other day about like my childhood and her life. And she said, I wish I could have given you and your sister certain things that I didn't have. And I and I literally was shocked. I was like, wait, you wanting to give us other things? Like I feel like I grew up really great. I grew up in a middle class family. I never wanted for anything on a deep level like I was I had the things I needed. And I'm so fortunate, um, to hear that I was like, wait, you wanted to give me other things? And I don't even know why I just said that it connected. Yeah. But it's just this. It's so it's so interesting, the experience that we're all having and like the experiences we're not talking about how Loving. Yeah, I



Hannah Macintyre 10:03

love it. So you have this amazing experience with your first love moving into spirit communicating so clearly, so tangibly to you, which shows that you're open enough to be able to recognise that and seen it. And then you talked about sort of being guided. How does that look for you being guided? Is it just I've got a desire to move up sticks and move here? Is it something more tangible than that? Let How do you know when you're following your gut?



10:36

So when I left New York, for LA, that was my first like, really big leap. And at least in the spirit, like in the more conscious, yeah, for a year, I had felt I was supposed to move to LA. I didn't know why it made no sense to me. I was, I didn't even realise I was afraid to do it. I simply was not going to do it. I have this meatless meal delivery service. I just started I'm working as a private chef, I'd already left corporate America, which was such a big leap to do this, that it was like, I'm gonna go to LA and do what like, I don't even know how I don't even know how I would move. So that was my first big leap. And it was, it was just after Jeff died, it was this moment of what am I waiting for? I can always come back. So I took the leap. I still had my apartment in New York, because I owned it at the time. And I'm just like, Okay, I'm gonna keep my apartment. And I'll sign a lease in LA for a year. Yeah, we'll see what happens. I mean, it's an it's gonna be fine, or whatever it is. So like I have, you know, this, like little security of I have this home here. And also, I went fully in when I moved to LA. And it was just knowing I have to be there. And my third day in LA, my third dad already learned Reiki one into a New York and this Suey traditional way. And when I moved to LA day three, I was supposed to go work out with the only friend I had in LA, I had just met her and she had to cancel on me. Because like, I have to get out of my apartment. I don't even have furniture yet. And I looked on this class pass app. And there was a class down the road called aroma Reiki. And I was like, Oh, well, that sounds great. We don't have that New York like, this is such a lovely place la aroma Reiki. And I went to this class and I walked into the room and said to the teacher, this Reiki is different. I

already know whatever it is, I want to learn it from you. And it was indeed different. It's called Holy Fire Reiki, there were not many people trained in it yet. And I had to go to LA to find it. Because that Reiki was the catalyst for a massive change in my life. So it had been calling me for a year, I simply wasn't ready to step in and listen. So I got better with listening, right? I was like, I don't want to extend things as long. So when I got the call the pull to come to Miami, I was brought here for a two week job opportunity, asked to stay. And in that time where I was asked to stay, I very clearly felt my grandfather coming through at the time, my grandmother and my great aunt both lived nearby to Miami Beach, the 45 minute drive. And my grandpa was very clear, you need to move here. And I said, okay, and I moved. And within six months of my moving here, my grandma who had just turned 90 went blind. And I was able to help her transition from having vision to going blind and spent the last five years of her life close by getting like for anyone listening to this, if you have the ability to spend time with your relatives, your grandparents, your great grandparents. I know it may seem silly, and it may seem like boring, and like why would I want to do this? It's the greatest gift you can give to them and to yourself. It's the most pure unconditional love. And I got to experience that I got to have the last five years of my grandmother's life with her she passed a year and a half ago. And I got to have the last five years of my great aunt's life with her and she passed in May and in both their passings they awakened to me even more because I got to have the end of life with them that experience that is just Incredible. So the point is every, every time I listen, it gets easier now. And I simply follow and tune in and say, yes.

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Hannah Macintyre 15:12

Thank you for sharing that. That was lovely. I'm regretting putting eyeliner on now. But I'll just sniff my way through the rest of this podcast. So incredible experiences, and I think, really lovely of you to also because I think there's this dialogue out there, you know, everyone talks about the nudges, but no one talks about the fact that they've ignored them for a year or they've doubted them or they've not believed in them. So that's really lovely of you to to share that and not just sanitise it, because it's really hard, isn't it? You have these, these urges that make no sense. No sense at all in your intellect is like, but what you've got a whole life here, why would you want to move? Why would you want to do this? So absolutely incredible that even after a year, I mean, it took me three years to follow evidential mediumship, because I kept pinching myself off from it. And now I look back. And I think I could have done with that time. But I just

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16:11

think like, like, if I knew where I'd be now, seven years ago, if seven years ago, it was like, Here, here's where you're going to be. Now do it. I don't know if I would have done it. So it's like I had to do it in the way that I had to do it to be able to like, first of all, like, just stabilise my body, to be able to be a channel a medium, a healer and all of these things because it, it's so expansive, and you know, it's so out here and the work is here. So like, I have to be the best vessel. And if, like I never could have simply woken up and fully went into all of this, like I had, I had to wake up slowly in the way that I needed to. And I think what's so beautiful. I had a mentor once say to me somewhere along the lines that I remember who it was it was shaman, John rams, mucin. He said to me, once, that what he did in, let's say, 10 years now he can help someone do in 10 months. Yeah, that's how I feel with my work, right? Because we're simply collapsing timelines, whatever doors, I hold the keys to already, I get to hand to the people that

are ready to walk through them, period. You don't have to, like go digging now for that door or seller or whatever it is like it's like, here you are. It's here. Are you ready to walk through it? Like what a fucking gift that people get to simply walk through the doors and also if they want to go the route that I went, where it's like the questioning and the digging and all that good on them, too.

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Hannah Macintyre 17:58

Yeah. Love it. Love it. So Holy Fire Reiki, what's the difference between that and Izumi Reiki?

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18:07

So a Sufi Reiki the way that it's taught, like on a very basic level, the way that it's trained is the teacher that is good teaching you Reiki will place the symbols in your hands, they'll draw it on your hands, they'll draw it on your shoulders. In holy fire, Reiki, the teacher does not touch the student. So the teacher's energy is not involved at all, I simply bring you into a healing experience. And in that experience, you're connected straight to source energy. So you're receiving exactly what you need for your body, your nervous system in that moment, which I love because I always tell clients when they come for a Reiki training, I don't want you to be the best healer you are. I don't care if that means you're a quote unquote better healer than me, I want you to activate all of you. So if I simply get to show up and hold space for this training, and you get to be your best self, that's the greatest gift that I can give and receive because it's also helping me remember how to let my ego be at peace. Because none of it's about me, and not so much what holy fire Reiki is about. It's about putting your ego to the side it's about really moving from a place of love. They say in the training that holy fire Reiki was brought to the people of Earth at this time by Jesus and the Ascended Masters and brotherhood and sisterhood of light. And I say that as a Jewish woman who did not grow up with Jesus at all. I didn't really grow up talking about God even I grew up very much like in a reformed Jewish family. I'd go to temple Omaha holidays and that was really it but I had no idea of Jesus and then I went through this training and like Jesus is such a guide for me Jesus is like my friend and when I say Jesus like to anyone listening to this Jesus God, Holy Spirit, Holy Fire Ascended Masters, none of those are religious terms. They were used in religion to create separation but they're all spiritual terms in nature so like, it's all good relax them if you're if you're uncomfortable with it, call me and we'll heal that. Because the thing is, we want to go right to God, at least to me, like I can say universe, and that's going to be powerful. And to me, God is the Creator of the universe. So why wouldn't I go directly to God? If I can go directly to God? There will be times I'll call on certain Archangels right because I can't go to God for everything gods like this is why I have certain certain angels that you can work with and ascended masters. Oh, okay, great. But my point is like, why not go directly to God and to source and that's what holy fire Reiki has really taught me. So it's the deeply healing experience. There's a lot of experiences offered, which you can almost see as a meditation when I bring you through an experience to this beautiful place for deep healing. And then I'm also trained, so I'm trained in holy fire, Reiki and a few modalities of it. So there's karuna, Reiki, where you're working with another eight symbols and you're chanting and toning those symbols and Karuna means compassion, compassionate action. So it's the Reiki of compassionate action. There's world peace, holy fire, Reiki that I'm attune to Mattoon to be a holy fire animal Reiki master as well, which is all about the animal kingdom, which we of course, as humans are part of. So Holy Fire is like, literally, it's like setting the

world on fire with love and compassion and grace and healing and owning that, like I'll probably offend some people. I'm gonna say it anyway. I'm gonna pay anyway. Like, Jesus did not come in and save me. No one's coming to save me. Like no one is coming to save you. So fucking own that you're a healer. Oh, and who you are like you are a healer. Like if Jesus and the Ascended Masters brought me this tool so I can become my own greatest healer because no one's coming to fucking save me. No one's coming to save you. So step in, show up and live in your motherfucking truth. And be your fucking own healer. And learn from the people that you can learn from and teach the people you're meant to teach and live out your dharma and your truth. Okay, I take Yes.

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Hannah Macintyre 23:01

I love it, too. It's really funny because I was teaching Spirit lead Reiki last night. And I did a whole speech about Jesus. Just saying hey, like that. Like, he's not the religious man. I'm talking about the energy frequency behind the religion. Like yeah, it's just I was just sitting here like laughing my head off. Like, oh, here we go. So funny. Do you know there are so many parallels between you and me? It's just cracking me up. I've got to tell you this. I used to have a ready mail business. I've got and that was the start of my healing journey. Because I wanted people to be well, and I knew and funnily enough, I was all focused on the elderly people and end of life and not just treating them like second class giving them whatever but giving them good nutritious food. That's why I used to have a Cooking and Home Delivery meal service.



24:00

Cry That is so funny.

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Hannah Macintyre 24:02

Say this mean you on the opposite sides of the globe just doing our funny little journey. Totally same disconnected when I was little no idea. Feel all the feels it's just really making me laugh. I just had to tell you about Lauren, because I



24:17

love that so much. And that's what's so beautiful, right? Like, I think so many people are pads, while different are so similar. And because we're all simply Right. Like romgaz said, We're all walking each other home. So it's like how can I help lead you home? Like I actually I haven't. I cook all the time, right? I cook for friends I cook for my family. And I haven't cooked as a job in seven years. And I actually just said yes to my first cooking job because it feels so aligned and I'll share with you I've actually been writing a book behind the scenes. For the last two years since my grandmother passed she was very clear you need to write your healing cookbook because I believe in, in eating for your chakras and eating for alignment of your, of your chakras in your energy centres and the mindset behind food because I come from a little bit of a disordered eating background, which I think many of us do, and many of us turn to food to heal first to heal our own disordered backgrounds and mindset around food. So I have this whole way, um, style of treating food and cooking and thinking about food. So I've been writing

this book behind the scenes, and I got hired to be a chef on a retreat coming up to the all about loving your body and movement. So this is something an area where it's like, I believe we have to walk through the doors in which we once came as we return home. And it was no coincidence, right that either of us were these shops that either of us we're healing people with food, and I feel caught, I feel called to share this. So maybe it's something you're going through one of my biggest reasons I left corporate America, the two things I kept hear healing hearing were you are here to help people heal. And I want to be able to make dinner for my family at the end of the day. And I didn't necessarily know what that looked like at like 20 something years old. And now at this place in my life, I know I want to have children, and I want to have a husband and I'm calling in all of those things and holding space for that right divine partnership. And knowing that I want to make dinner for my family at the end of the day, because that right is where it all began, at least for me.

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Hannah Macintyre 26:38

I'll tell you exactly why you want to say that to me. And we'll just forget about the fact that we're recording a podcast and you and I will have a little lovin. So in the last week, I have had one of my spiritual slabs, as I call them, which has been I'm a Capricorn. I will talk to you more about human design later record moon so Okay, so I have a term you see within me to do all the work and then collapse from exhaustion. And one of the things that spirit have been talking to me about recently has been, what if you had your dream life? What would it look like, and my dream life would be not cooking every night, but cooking and providing and you know, my children are 17 and 14, and being around for them and having that almost like good, which everyone in the kitchen food cooking made with love. And getting back to that rather than just rushing around and being spread too thin. So I'm actively trying to choose that at the moment. So that is hilarious.



27:42

Such a mirrored souls on opposite sides of the globe. It's funny, it's so good. The universe is so good.

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Hannah Macintyre 27:50

I know. Amazing, right? So God, God is so much I want to touch before we leave food I want to touch because we were having I said to you, I'm gonna hit record because I always get Miss good bits. Then we proceed then I complimented you on your hair. And we proceeded to have a really interesting conversation about food. Plus, you I was accused your Instagram and you had a beautiful recipe that you'd put out recently with loads of colour in it and it looked Lush. So I could tell there was something going on with you with food. But talk to us about healing for food is that I know you've got obviously you've got a book that's going to be coming out soon. We'll have you back on when you're ready to talk about it. But



28:26

if for all those publishers listening like just let me letting them know I don't have a publisher yet. So when you're ready for me suddenly method

yet. So when you're ready for the sudden method,

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Hannah Macintyre 28:34

I've got a book written about mediumship if anyone would like to publish that. Anyone come along?



28:40

We just started our own publishing firm. started a publishing firm. We've got books.

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Hannah Macintyre 28:49

Yeah, yeah, we're ready. Come on. So that's really funny. What would somebody if someone's just listening and they really have no idea what they need to be consuming what they need to be doing? Can you give someone just a few tips to get them started?



29:05

Yeah. Okay, I want to tune in for a second just to hear like what like on. So on the most basic level, my belief with food is eating for our chakras. So, for those of you familiar or not familiar, our chakras, we've got many of them but we'll talk about the seven main energy centres that run from the root up to the crown. So each one is identified by a different colour. So we want to tune into an energy centre. So I'll just like talk on this for a moment is I knew I was getting on this podcast right so how do I want to feel getting on this podcast? Okay, I want to feel in my power so I want to nurture my solar plexus. I'm going to drink some bone broth so I have a chicken bone broth with tumeric and ginger, all of which are yellow and are going to really light up my solar plexus, I want to also be vocal, I'm free in my ability to speak my truth. So I have some green tea as well to open a nurture my vocal cords this morning, I'm drinking water as well. So connect with source clarity and be able to specifically move the energy through me. So that is like a super, almost kind of like basic level. So now like tapping into the rest of the day, I know I've got a client call after this, I'm gonna want to feed my heart. Because I've like poured out a lot on this, I want to nurture my heart. So I'll probably just like have some leafy greens when I get off this call with a little salad dressing. Perhaps I'll have an egg with that to simply again, replenish my solar plexus. So that's how I start looking at food as how can we eat the colours based on what we're needing?

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Hannah Macintyre 31:00

I love it. And it's almost like a form of witchcraft working with the intention of it as well as



31:05

totally Yeah, I love it. 10 witchery.

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Hannah Macintyre 31:08

Yeah, I love it. I suck because last week, I interviewed a herbalist and an apothecary and she was talking about talking to the plants and asking the plants, what are you going to do for me? What do I need? It's exactly the same. It's that running theme, just utilising that power in different ways. I love it.

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31:27

I love hearing that. I love hearing that because I feel called to more herbs. And you know, of course I use like herbs and spices in the kitchen. But I've been feeling called more to craving magic and potions and different things. So it's it's amazing how it's all interwoven and connected. And it's, again, so much tuning into your intuition.

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Hannah Macintyre 31:51

Fantastic. I love it. Now, Freedom coach, I saw you've got like your fear to freedom programme and you do a lot of work with overcoming fears. And I guess I'm gonna dive deep into that because it I know that you said you ignored for a year and and so you've been through this journey of this is what I feel called to do. And all of the blocks that come up for that. How do you help clients overcome their fear?

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32:19

I think the first thing to understanding is we we need to have fear. Fear is healthy. We don't simply want to be I am fearless, right? Because then where are we even living? You know, when I have a healthy amount of fear. I'm actually moving into a space of freedom because I know I'm doing something uncomfortable. And through this discomfort I am accessing a new level of freedom. So I think first and foremost it's shifting our mindset and that's what I've learned a lot I guess over these last three years at some point three ish years ago I trained in NLP timeline therapy and hypnosis and I don't know why I did it. I just write my my intuition

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Hannah Macintyre 33:10

told me to you do know why.

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33:13

Jim told me to and I absolutely loved timeline therapy, use it in my work all the time. And while I don't specifically use NLP, what I do realise is, it's it's not that I don't use it, I embody it. And I hear language and I hear the way we talk and I hear the way we can reshape sentences to become more powerful in our words, and who we are. And I think that's so much about what fear to freedom is it's becoming so strong in your words and in your conviction and in your

truth, that that's where the freedom lies. are parts of it related to ancestral healing timeline, clearing past life regressions, healing from traumas in your childhood, ex boyfriends, lovers, friends, being bullied, whatever it is, right? Yes. And it all comes back to at least where I see it these days to that mental space because we can live trapped in an emotion forever. I'm gonna say something else that will probably offend some people, because that's what I do. When I was when I was sober, consciously sober, I at a certain point was guided to go to some AAA meetings and I saw I went to a few AAA meetings, I did some online meetings, I did them in different states, all over the place. And the one thing that always came up for me in these meetings and like I would go, I would share I don't have my experience, I'd cry and really like myself be vulnerable. And what I noticed is I can do that and then like transmute the energy and move forward right? Find the three I'm in that moment and like no longer let that old thing Hold on to me because of the abilities to transmute, and the tools that I've been afforded and found and guided to and trusted my intuition to get to. And what I saw in a lot of these meetings, was people coming back and telling the same stories over and over, and you begin to reprogram your mind to that story. And it was actually, right before I chose to consume cannabis again, that someone said to me that I hadn't talked to in a while I told her I was going to meetings, and she said, Are you an alcoholic? Are you an addict? And I was like, Well, I can't really say yes. Like, I'm still trying to figure out why I'm on this journey. And I know I need to be on this journey. And she said, Well, are you saying when you go to these meetings? Hi, I'm Lauren, and I'm an alcoholic? And I said, Yeah, or some version of is what I would say. And she's, well, you're reprogramming that every time you say it, and all of a sudden, I was like, Oh, my God. Yeah. The thing I already know, I needed someone outside of me to remind me of, because I was creating a new pattern. I was creating this fear that this thing would happen. So of course, it was going to happen, of course, I'm gonna be this thing. I created a fear that my dog was going to get off his leash and get out into the street because it happened with my other my family, dog ones. Guess what I was in Manhattan last week, my dog's leash on clipped, he got in the street, I screamed, he stopped, we were both fine. I created that though. I created that because I was in fear of it. I was living in the fear of something happening, instead of creating the space of if this happened, what would this be here to teach me? And how can I move through this experience and find the freedom? So two very different two very different versions.

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Hannah Macintyre 37:09

I love it. I love it. And that's a really interesting thing to think about. Because I do believe I believe that your words have power. It's one of the things I often talk to students about when they're going to do mediumship. You know, don't say, I'm never, I'm not don't feel very good today. I'm not sure it's going to work as you're going to start doing it because all you're doing is telling your energy to cut you off. So absolutely, that makes sense. So when you're doing your fit freedom coaching with people, I'm working with one on one clients on this kind of thing. Are you being like that friend was to you that external voice that says hang on a minute, what did you just say? What are you doing? Is that what I love it triggers and think,



37:44

thank God, I do this work clients because I was just in New York for a few weeks with my family. And my mother does not want to hear her language need to be shifted anymore. They used to be like Mom, you need Reiki you have to understand Reiki and now I'm like, Mom, you have to

understand the power of your work.

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Hannah Macintyre 38:06

Well, it's true. And don't forget, she chose to call you in. So she chose for you to drive this Why say to my mom, you chose that I was going to be really annoying. This is also down to you. Either your manifestation or

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38:19

all the time like you always used to say I'm your twin. So now I'm just showing you the parts of you that you hid.

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Hannah Macintyre 38:28

Amazing. So from a healing perspective. And yes, from a fear blocking manifestation creation perspective. Do you believe that everything is available? Or do you believe that there are certain aspects that we cannot call in? Because it's not our path, our journey in this lifetime?

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38:53

I believe there are certain things we can't call him because it's not our path and journey in this lifetime. I really do believe that. I really do. And I know some people that believe everyone can access mediumship I know I believe that. And I believe that's different, like everyone's mediumship and gifts are going to look different. You know, like one of my best friends the medium She's incredible. She's a very visual medium. She kind of like it's like film strips is how she sees things. For me. My mediumship is very clear sentient and Claire audience and I'm not very evidential I and I don't want to be anytime that I tried to be I actually cut off what wants to come through because it's not meant for me. And I had to be an acceptance of that because I actually thought I was bad. I was wrong. And all these other things that I think come along with needing to like certain people needing to do it certain ways like cheese Debbie that Arthur Finley. And that was her path. Right? And you evidential. So, you know, I think it's being an acceptance. And actually, it was being in London earlier this summer. I was there for a few days by myself. And I kept being guided to rewatch Harry Potter. And I didn't know why like, I read them when I was a kid. I hadn't really like tuned in with Harry Potter much since. And I was guided to watch some of the movies again, I only made it through the first two. But that was plenty because what I needed to remember is that people are Muggles. Yeah, there are Muggles. And that's okay. There's, there's absolutely nothing wrong with it, we simply need to have that we need every spectrum, in order for like, Lightworkers to do the work that we're here to do it in order for the world to move, like the most simple and the most simple thing, I am not going to be a farmer, I don't know how to farm, I'm so lucky that my plants in my home, stay alive and do well. And I'm not going to be a farmer. And we need farmers in this world who are going to provide us all food. And that's a job that's really important. And within that, right. That's a gift in itself. Like the ability to be a farmer that's a form of channelling that's a form of healing and providing nurturing to the land to the soil and to the world. Right. So that is a job

as a healer, that someone wouldn't necessarily say like, Oh, he's a healer, they'd simply be like, Oh, they're a farmer, but yes. And so right. But that may be considered almost like a muggle thing, but it's like there's magic in being a muggle,

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Hannah Macintyre 41:53

a great. I love it. I love it. Okay, talk to me quickly. I know we're really at time but about human design, because this keeps popping up in at the moment. What is human design? Why is it important,



42:08

though human design similar to astrology, right. It's another way of knowing yourself. There's gene keys, there's human design, there's your zodiac, there's cards of life. There's so many things. What I love about human design is so it's related to the Zodiac, Kabbalah, and I believe it's I Ching. So it's these three things melded together. That to me. When I started to learn it, I was like, oh, yeah, that's me. Yeah, that's, that's correct. I am a martyr heretic. So there are different energy types are reflectors, projectors, generators, manifest errs, and manifesting generators. There are different amounts of each ones in this world. I'm a generator, I'm here to quite literally make things happen. I'm here to move energy. A projector is someone who is here to more project what they see. And then a generator is going to make it happen. A manifester is more here to manifest. And then a generator is going to create that our reflector is someone who's going to reflect back the things you may or may not want to see it within yourself. So the ever we all have our own human unique human design, right? Just like our thumbprint, we have our own design. And I could simply think it's something cool to learn and understand. And actually, I have a course that starts tonight called centre yourself that I've partnered with a human design expert, because I should say I have not a human design expert. I've studied my own chart, I look into my clients charts to understand certain things when I need to. Like there's a piece of human design that talks about your digestion, this is actually one of my favourite pieces. In human design, we have a different digestion type each of us some will be the same. mine personally is I'm an indirect eater. And what that means is I Digest Best when there is no sunlight. So really, I am meant to be fasting the majority of the day and eating a big dinner like midnight snacks are my friends and society would tell me different right so for my whole life, I've tried to eat a certain way. And it never sat correctly with me. I remember being in high school trying to eat cereal before school and vomiting one day and telling my mom I'm never eating breakfast again. Stop making me eat breakfast, I get really sick, like I'd have anxiety and I didn't understand where it was coming from. Well, I wasn't supposed to be eating then. And the moment I started understanding that in shifting not for me, it was huge. It gave me the permission To do that, as opposed to, well, if you eat after 8pm You're gonna get fat if you do that, right. So there, there were all these stories that human design helped me heal about my own unique design. So I have this course starting tonight. I know it will be late for people to have access to that with this podcast. But tune in with me there. There are many ways to work with me that incorporate human design, if that's something you do want to know more about.

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Hannah Macintyre 45:28

Amazing. And I just want to say thank you so much for sharing so much so openly with us all I

will obviously put a link to your socials and your website in the show notes so people can check you out and connect with you and see all the amazing stuff that you're doing. I just like to finish by asking you what's next for you.



45:50

Um, what's next for me is getting my cookbook published. Yeah. And within that I have a beautiful marketing plan that I've created that incorporates dinner parties in different cities, hopefully different countries as well that showcase the recipes that showcase healing for your chakra as well. I'll also bring in sound healing and then from dinners, we'll move into retreats and hard Daxon and then the next book. And in addition to that, I'm also starting a kundalini yoga teacher training in person so I'm diving deeper into my own meditation practices, my own witchcraft and motherhood also is definitely on the agenda for for what's next I'm like, sweet, do I need to claim anything else over here universe God, guy for babies and publishing books and retreats and travelling the world.



Hannah Macintyre 46:51

That sounds like a good plan to me. Thank you very much, Lauren.



46:55

Thank you