



Mediumship Matters Podcast Transcripts

Season 5 Episode 8 - Interview with Oliver Cox

From Yoga to Mediumship: A Conversation with Oli Cox

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the incredible Oli Cox—a psychic, medium, tarot reader, power yoga teacher, and now, podcast host! We've got a lot to cover, so let's dive in.

Oli's Journey into Spirituality & Mediumship

Like many of us, Oli's spiritual journey wasn't something he expected. It all started when he read *The Secret*—one of those books that opens the door to thinking beyond the physical world.

- **First psychic reading at 16:** It was a new experience for him, but what stood out wasn't just the accuracy of what the psychic said—it was her statement: "You're a medium."
- **Skepticism at first:** He didn't immediately believe it, but his curiosity led him down a path of meditation, meeting like-minded people, and ultimately, sitting in development circles.
- **The first development circle:** While living in Australia, he discovered an open circle via Meetup. What started as a simple interest in spirituality turned into something much deeper.

"You don't really think about how mediumship starts—it just happens. One day you're curious, and before you know it, you're in a circle, doing readings, and realising, 'Oh, this is real!'" – Oli

Finding the Right Spiritual Development Path

Oli's journey took him through various circles, courses, and personal explorations:

- **First circle in Australia:** A welcoming and open environment where people gave each other readings, showing him what was possible.
- **Returning to the UK:** A structured 12-week course covering psychic work, crystals, mediumship, and psychometry.
- **Reiki Training:** This led to deeper connections and ultimately helped him refine his spiritual awareness.

Like many of us, Oli didn't grow up knowing he had a "gift." It was a journey of exploration, self-trust, and allowing spirit to guide him to the right teachers and experiences.

Taking the Leap into Professional Readings

How do you go from practicing in circles to actually charging for readings? Oli's journey was gradual and organic.

- **Tarot as a starting point:** Initially, he began reading for friends before transitioning to paid readings for just £10.

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- Learning through experience: Every reading helped him build confidence, refine his approach, and trust his intuition more.
- Blending tarot, psychic work, and mediumship: Over time, he naturally started integrating mediumship into his tarot readings.

“I didn’t have a big plan. I just took it step by step. One reading turned into another, and before I knew it, I was working professionally.” – Oli

The Moment Mediumship Became Real

Oli shares the first time he truly realised he was a medium:

- A development exercise in a circle: He was asked to “turn on a TV screen” in his mind and see what spirit would show him.
- A clear vision appeared: A man with a brick wall behind him, a moustache, and the name ‘George.’
- The sitter’s reaction? “That’s my dad. His name was George.”

This moment was both thrilling and shocking—he even remembers blurting out, “Shut up!” to an elderly woman in disbelief!

“I expected mediumship to feel different—like I’d be standing there having a full-blown conversation with a ghost. But it’s not like that at all. It’s subtle, it’s energetic, and it requires trust.”
– Oli

Evolving Your Connection with Spirit

Over time, Oli noticed the way he connects with spirit began to change:

- Physical sensations: Early on, his ears would pop when spirit was close.
- Building new layers of awareness: He realised the distance of a spirit in his awareness could indicate how closely they were connected to the sitter.
- Trusting spirit, even when evidence isn’t immediately validated: Over time, he learned that spirit always provides what’s needed, even if it doesn’t make sense straight away.

Top Tips for Developing Mediums

If you’re on a spiritual journey, Oli’s advice is simple but powerful:

- Follow what feels right for you. There’s no one-size-fits-all approach to development.
- Don’t overcomplicate it. You don’t need a million courses—you need trust and practice.
- Talk to spirit, even if you don’t hear anything back. Sometimes we forget to just invite them in!
- Be open to how spirit communicates with you. It won’t be the same as anyone else’s experience.

“Spirit gives you what you need, not what you expect. Let go of trying to control it.” – Oli

Power Yoga & Spirituality

Alongside his spiritual work, Oli is also a power yoga teacher. But what exactly is power yoga?

- It’s a faster-paced, dynamic version of vinyasa yoga.
- He integrates Reiki and breathwork into sessions.
- It helps with energy release, spiritual connection, and emotional healing.

At first, he wasn’t sure whether to include the spiritual side—but after one class, a group of men who had attended asked him, “Where was the meditation? We were looking forward to it!”

- “That moment showed me that people are more open than we think. Spirituality is for everyone.” – Oli

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Launching 'Spirit Nonsense' – Oli's Podcast

Oli has recently launched his own podcast, Spirit Nonsense! The show is a mix of:

- Interviews with spiritual practitioners.
- Personal experiences and learnings from his journey.
- Exploring the “nonsense” side of spirituality—the myths, misconceptions, and lighter moments.

“Not everything in spirituality has to be super serious! There's magic, but there's also a lot of nonsense. I want to explore both.” – Oli

What's Next for Oli?

For 2024, Oli is focusing on:

- Deepening his mediumship & overcoming nerves in platform work.
- Exploring courses at the Arthur Findlay College.
- Expanding his podcast and growing his spiritual community.

Where to Find Oli Cox

If you'd like to book a reading, join a power yoga session, or check out his podcast, you can find Oli here:

- Website: olicox.co.uk
- Facebook & Instagram: @OliCoxPsychicMedium
- Podcast: Spirit Nonsense

Thank you so much for joining me today, Oli! Until next time—

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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