



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 12

Carmel Mulvanny on Spirit-Led Reiki, Emotional Release and Healing Through Love

Guest: Carmel Mulvanny, Spirit Led Reiki

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by Carmel Mulvanny, founder of Spirit Led Reiki, energy healer and long-standing member of the Spirit Social community.

Carmel's journey into Reiki healing was not a sudden awakening, but a gradual unfolding through personal growth, Neuro Linguistic Programming (NLP), spiritual development and a deep desire to help others feel calmer, clearer and more supported.

This conversation explores emotional healing, remote Reiki, scepticism around energy work, spiritual connection, and what happens when we finally allow ourselves to receive love.

A Long Journey of Self-Discovery

Carmel describes her path as a "very long journey of self-discovery and self-healing."

Raised in a large family and becoming a mother at a young age, life moved quickly. Time for herself came much later. It was only once her children were older, and with the encouragement of her husband, that she began exploring the deeper spiritual pull she had always felt.

Initially drawn to Neuro Linguistic Programming (NLP), Carmel developed tools for reframing beliefs, removing phobias and helping people shift long-held emotional patterns. NLP helped her understand how childhood values and conditioning shape adult behaviour.

But something was still calling her.

From NLP to Energy Healing

Although NLP provided powerful mindset tools, Reiki healing felt different.

Carmel describes her first deep connection with Reiki as feeling like "coming home." There was warmth, familiarity and a natural ease in allowing energy to flow.

While NLP works primarily through language and cognitive reframing, Reiki works through energy and emotional release. Carmel found that healing sessions created visible transformation in clients. Their posture softened. Their energy shifted. Calm replaced tension.

The results were not theoretical. They were tangible.

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What Reiki Really Heals

Many people approach Reiki expecting physical healing alone. Carmel gently reframes this. Physical symptoms often connect to emotional blocks. During sessions, clients frequently cry, see colours or experience deep relaxation. These responses are not dramatic side effects. They are signs of emotional release.

Carmel describes Reiki as being “hugged by a warm, fluffy cloud.” It is an experience of being held in unconditional love.

When emotional blocks soften, the body can begin to rebalance.

Spirit-Led Reiki and Working with Higher Guidance

Carmel trained in traditional Usui Reiki before moving into Spirit-Led Reiki and Angelic Reiki, which deepened her connection with spiritual guidance.

Rather than forcing energy, she sees herself as a vessel. In her words:

“I’m the petrol pump. The energy comes through me to you. You receive what you need to get where you need to go.”

Before sessions, she takes a few quiet minutes, perhaps lighting incense, pulling a card, and consciously stepping out of the way. Spirit leads the session. She allows.

Clients often report visual experiences, colours, waves of flowers, or powerful emotional shifts. Carmel trusts that energy is intelligent and moves exactly where it is required.

Remote Reiki and Energy Beyond Distance

One of the most common questions about Reiki healing is how remote sessions work. Carmel explains it simply: it is like tuning into the same radio frequency. Energy is not limited by physical distance. When practitioner and client agree to connect at a set time, they are aligning energetically.

Remote clients have reported:

- Seeing colours that mirrored Carmel's own impressions
- Emotional release
- Deep relaxation
- A sense of being supported and held

Energy behaves much like Wi-Fi. It is present. We simply tune in.

Working with Scepticism

When asked how she explains Reiki to sceptics, Carmel keeps it simple.

“What have you got to lose by trying it?”

She avoids complicated explanations. Reiki is best experienced rather than debated. Often, people simply need a safe space to pause, breathe and step off the treadmill of daily life. Even that alone can be healing.

Healing Without Forcing

Carmel is clear that healing cannot be imposed.

She does not push clients into repeat sessions. She checks in gently after appointments but allows people to choose their own pace. Healing is collaborative, not prescriptive.

Reiki has also changed her personally. Where she once rushed to fix others, she now understands that everyone has their own journey. She offers support only when it is

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welcomed.

This shift from fixing to allowing is one of the most powerful outcomes of her spiritual growth.

The Role of Self-Care and Gratitude

Daily gratitude forms part of Carmel's personal practice. Each morning and evening, she thanks her guides and reflects on three things she is grateful for.

Laughter, family, travel and time with loved ones keep her grounded outside of healing work. Reiki has not made her someone different. It has made her calmer, more accepting and more aligned with who she already was.

What to Expect in a Reiki Session

For anyone new to Reiki healing, Carmel offers reassurance:

- You keep your clothes on
- Sessions are non-contact
- You lie comfortably with blankets and soft music
- For remote sessions, you simply need a quiet space where you will not be disturbed

You may experience colours, emotions, relaxation or even sleep. Or you may simply feel calm.

There is no right way to receive Reiki.

Quick Reflections

- In-person or remote: In-person currently lighting her up
- Morning or evening ritual: Evening
- Daily practice: Gratitude and connection with guides
- Self-care essential: Laughter
- Core belief: Healing comes from and delivers pure love
- Current energy: Sunshine

The Future of Spirit Led Reiki

Carmel Mulvanny is expanding her offerings through Spirit Social, providing free monthly online Reiki sessions to introduce more people to energy healing in a safe, accessible way. She is also continuing her mediumship development, recognising that healing and spirit communication are deeply connected.

Her intention is simple: to share what has helped her and to light small sparks in others who may be ready to explore their own healing journey.

Final Thought

Carmel Mulvanny's message is gentle and steady.

Healing does not have to be complicated. It can begin with sitting quietly, allowing love in, and giving yourself permission to pause.

Sometimes, that is enough.

Transcribed and adapted for accessibility and SEO from the original interview recording.