



Mediumship Matters Podcast Transcripts

Season 2 Episode 10

Interview with Kimberly Meredith

Introduction

Hannah Macintyre: Hey everyone! Welcome back to Mediumship Matters. Today, I have an incredible guest—medical intuitive, trance medium, and psychic surgeon Kimberly Meredith. She's also the author of *Awakening to the Fifth Dimension*, and trust me, if you haven't read it yet, you're in for a treat!

Before we dive in, I just want to remind my UK listeners that healing laws differ from those in the US. While Kimberly shares her amazing results with faith healing and energy work, always consult a medical professional for health concerns. Legal stuff out of the way? Great! Now, let's get into this fascinating conversation.

Near-Death Experiences and the Awakening of Gifts

Hannah: Kimberly, welcome! I'm so excited to chat with you. I just finished your book, and wow—it's packed with so much information. I feel like I need to read it again just to take it all in!

Kimberly Meredith: Thank you, Hannah. I'm thrilled to be here!

Hannah: Your book covers your journey, including two near-death experiences that completely transformed your life. Can you share a bit about what happened?

Kimberly: Absolutely. After my near-death experiences, I had a full spiritual awakening. I started receiving downloads of information from spirit and reconnecting with abilities I had as a child—like blinking patterns that provide me with medical insights. At first, I didn't fully understand what was happening, but over time, spirit guided me into becoming a full-blown medical intuitive and healer.

The Language of Blinking: How It Works

Hannah: Let's talk about the blinking! It's such a unique way to receive information. Can you explain how it works?

Kimberly: Yes! My eyes blink in specific patterns to communicate medical insights and messages from spirit. When I was younger, I suppressed this ability because I was told it was "strange." But after my near-death experiences, it returned, and spirit began training me. Now, I use blinking alongside my hands to diagnose health issues, confirm messages, and guide healing sessions.

Over time, my abilities evolved. While I started with blinking as my primary tool, I can now instantly receive messages without needing to blink for every piece of information.

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Incredible Healing Results

Hannah: Your healing results are incredible—not just anecdotal, but scientifically tested. Can you tell us about your experiences working with doctors and researchers?

Kimberly: Yes! Spirit led me to participate in scientific testing to prove the effectiveness of this work. I've worked with Dr. Norman Shealy and other researchers who scanned patients before and after my healing sessions. The results showed that tumors, cysts, and other ailments disappeared after the energy healing sessions.

It's important to note that healing happens when the person is open to it. If someone is emotionally holding onto an illness, it can be harder for the energy to work. This is why I encourage people to step into the fifth dimension—a state of expanded consciousness where true healing can take place.

What is the Fifth Dimension?

Hannah: Let's break this down. For listeners who aren't familiar, what exactly is the fifth dimension?

Kimberly: The fifth dimension is a higher state of consciousness where healing and miracles are more accessible. It's a space of love, trust, and surrender—free from the limitations of fear, ego, and negativity that exist in the third dimension. When you're in this frequency, time and space expand, and healing can happen instantaneously.

I teach people how to shift into this dimension through meditation, self-care, and conscious choices—like eating clean, drinking mineral-rich water, and staying connected to high-frequency energy.

Living in a Fifth-Dimensional State

Hannah: Your book includes practical steps for living in the fifth dimension daily. Can you share some of your top tips?

Kimberly: Absolutely! Here are a few simple ways to raise your vibration:

- **Mindset Shift:** Release fear and judgment; embrace love and gratitude.
- **Water Matters:** Stay hydrated with high-quality, mineral-rich water.
- **Food Choices:** Eat organic, whole foods that nourish your body.
- **Energy Hygiene:** Spend time in nature, meditate, and surround yourself with positive people.
- **Spiritual Connection:** Work with angelic energy and trust in divine guidance.

Working with Angels and the Divine Feminine

Hannah: You work closely with angelic energy and the divine feminine. How does this influence your healing?

Kimberly: Angels are messengers that connect us to the higher realms. I call upon them during healings to assist in shifting energy. Mother Mary is a strong presence in my work—her energy brings deep love and nurturing. I also emphasize balancing the divine feminine, which is essential for personal and planetary healing.

Advice for Healers and Lightworkers

Hannah: What advice would you give to healers and lightworkers who are developing their gifts?

Kimberly: Stay in the vibration of love and trust your connection with spirit. Keep your energy protected, practice self-care, and know that the world needs you now more than ever. If you're feeling called to step into healing work, follow that call!

How This Work Has Transformed Kimberly's Life

Hannah: Your journey has been life-changing. How has this work impacted you personally?

Kimberly: It's completely transformed me. After my near-death experience, I lost my fiancé because he didn't understand my spiritual path. But I fully embraced my calling, and now I run a healing clinic in Los Angeles, work with people worldwide via Skype, and travel to share this work. I'm grateful every day for this path.

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How to Work with Kimberly

Hannah: For those interested in working with you, what options do you offer?

Kimberly: I offer:

- Skype Sessions: Medical intuitive readings, energy healing, and spiritual counseling.
- In-Person Healings: At my Los Angeles clinic.
- Angel Club Membership: A community for learning and healing together.
- Preventative Health Guidance: Personalized PDF reports on how to optimize your health.

Final Thoughts

Hannah: Kimberly, this has been absolutely fascinating. Thank you so much for sharing your journey and insights!

Kimberly: Thank you, Hannah! I appreciate the opportunity to connect with your audience.

Hannah: Listeners, be sure to check out Kimberly's book *Awakening to the Fifth Dimension*. It's available in Kindle, hardcover, and other formats. Until next time, stay curious and keep exploring your spiritual path!