



Mediumship Matters Podcast Transcripts

Season 4 Episode 17 - Interview with Amy Brookes from Intuitive Rising

A Conversation with Amy Brookes: Mediumship, Psychic Abilities & Soul Contracts

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

I am so excited to introduce today's guest, Amy Brookes, a Canadian medium and the force behind Intuitive Rising. You may remember her from a few months ago when I was a guest on her podcast—so today, we're turning the tables!

Amy is a talented evidential medium, spiritual teacher, tarot reader, and past-life specialist. She has an incredible story, an undeniable gift, and a refreshingly grounded approach to spirituality. So, let's dive into her journey, how her mediumship developed, and the powerful spiritual experiences that shaped her path.

Amy's Path to Mediumship: A Gradual Awakening

Amy always knew she had a psychic connection, but she didn't label it as "psychic" for a long time.

- As a child, she was drawn to spiritual and paranormal topics but didn't actively explore them.
- She would describe herself as "very tuned in" rather than psychic.
- Her mediumship truly accelerated in 2016 when she became friends with another developing medium, Natasha Mac, who frequently practiced readings on her.

But the defining moment came in 2018, when she lost her father suddenly.

A Life-Changing Spirit Connection

Amy's father passed unexpectedly after what was supposed to be a routine surgery. She lived far from home and had to say goodbye over the phone—a devastating experience, yet one that led to an extraordinary spiritual moment.

- As she spoke to him, she experienced a bird's eye view of the hospital room.
- She saw his body, the nurses, the door number, and even the weather outside.
- He communicated with her, saying, "I don't want to go, but I have to. This is my time."
- He reassured her that he would always be around, and she could continue to connect with him.
- This profound experience solidified Amy's belief in spirit and set her firmly on the path of mediumship.

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Healing Through Mediumship: Rebuilding a Father-Daughter Bond

Amy shares that her relationship with her dad wasn't always easy.

- He was emotionally distant and didn't believe in spirituality.
- In life, their connection often felt awkward and disconnected.
- But in spirit, their relationship healed. He now serves as one of her strongest guides, supporting her mediumship.

This is something many of us experience—a loved one who was difficult in life coming back in spirit with clarity, love, and understanding.

Professionalism in Mediumship & Why It Matters

Amy is passionate about integrity and professionalism in mediumship.

- Reliability and commitment are essential—if you say you'll show up, you show up.
- Evidential mediumship is her priority—she values clear, specific messages.
- She believes in treating this work seriously—whether it's readings, teaching, or demonstrating.

We both reflected on how commitment and discipline make all the difference in a medium's success. It's not about being born gifted—it's about putting in the work.

Spiritual Lineage & Family Intuition

Mediumship often runs in families, and Amy recently discovered her great-great-grandmother was a tea leaf reader and medium.

- Her grandmother and mother both have strong intuitive abilities.
- Her son also sees spirit, and she's helped him set healthy boundaries with the spirit world.
- She firmly believes these gifts are passed down, but they must be nurtured and developed.

Near-Death Experience at Age Six

Amy had a near-death experience (NDE) at six years old when she choked on a piece of celery.

- She saw herself from above, watching her mother perform the Heimlich manoeuvre.
- In this out-of-body state, she was surrounded by spirit beings.
- One woman stepped forward and said, "It's not time. You have to go back."
- She felt completely safe, warm, and surrounded by love.

After that experience, Amy developed a deep philosophical awareness, often talking about reincarnation and soul contracts as a child.

Trusting Spirit & Taking the Leap into Business

Amy's transition into professional mediumship was fast—within months of recognizing her gift, she launched her business.

- She didn't wait for permission—she simply started reading.
- She trusted that spirit would guide her to the right people.
- She believes her past lives prepared her for this work, making it feel natural.

This is something we both resonated with—sometimes, you just have to start.

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Human Design & Spiritual Purpose

Amy is fascinated by Human Design and how it intersects with spiritual work.

- She is a 5/1 Emotional Generator, which means she's here to teach, investigate, and challenge perspectives.
- She believes Human Design can help us understand our purpose and align with our true energy.
- She started receiving intuitive downloads about Human Design before she even knew what it was!

(Side note: This was such a synchronicity because I had JUST been talking about Human Design over lunch before recording this episode!)

Amy's Advice for Developing Mediums

For anyone starting their mediumship journey, Amy's advice is:

- Practice, practice, practice. Consistency is key.
- Trust yourself. Spirit communication feels subtle—don't overthink it.
- Do your inner work. Shadow work and self-healing are essential.
- Set clear boundaries. Both with spirit and with clients.
- Say yes to yourself! Don't hold back—if spirit is calling, answer.

What's Next for Amy?

Amy is currently:

- Writing her first full-length book (title under wraps for now!).
- Expanding her readings, past-life work, and spiritual coaching.
- Exploring Human Design and how it fits into spiritual development.

I absolutely LOVED this conversation with Amy—she is honest, hilarious, and deeply insightful. If you want to connect with her, check out the links in the show notes!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship development, Amy Brookes medium, psychic abilities, spiritual awakening, evidential mediumship, past life readings, Human Design and spirituality, intuitive guidance, soul contracts, spirit visitations, near-death experience, shadow work, spiritual growth.