



Mediumship Matters Podcast Transcripts

Episode S7, Episode 35 - Energy, Balance, and the Hidden Forces Within – with Ann Traynor

A Transformational Journey Into Reiki, Mediumship, Healing & Self-Discovery

An in-depth conversation between spiritual teacher & evidential medium Hannah Macintyre and Reiki Master, author, and healer Annie T of Dublin, Ireland.

Introduction: Meeting Annie T — A Ray of Light and a Force for Healing

In this powerful and heartfelt conversation, spiritual teacher and medium Hannah Macintyre welcomes her friend and fellow healer Annie T, a Reiki Master, author, tarot reader, and transformational guide from Dublin. What unfolds is a deeply honest, inspiring exploration of healing, awakening, and self-rediscovery.

How Annie's Spiritual Awakening Began

Annie's journey officially began in 2017, when she received her first Reiki attunement — but her life had already been through years of upheaval:

- Multiple surgeries
- A hysterectomy in 2016
- Long-term illness and heavy medications
- Severe IBS
- Deep emotional overwhelm and burnout

During a doctor's appointment where another major surgery was suggested, Annie had what she calls a "Matrix moment": time slowed, her body rejected the idea of further operations, and she received a vision of the chakra system — a symbol she didn't yet understand but felt compelled to follow.

This moment changed everything.

The First Steps Into Energy Work

Soon after, Annie attended a meditation workshop, feeling lost but curious. When conversation turned to astrology, tarot, chakras and Reiki, she felt out of place — but also deeply drawn in.

A week later, still searching for answers, she booked her first Reiki session:

- She didn't research it.
- She didn't know what to expect.
- But she walked in open and willing.

During the session, she experienced profound spiritual connection — including sensing her late father standing with her. Her hands lifted on their own in synchrony, activating her energetic channels. The practitioner invited her to train the following weekend, and Annie, despite scepticism and fear, said yes.

That yes changed the course of her life.

She continues to walk her path with humility, strength, and devotion.

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Reversing Her Illness Through Energy Work

After beginning Reiki, Annie:

- Did not go ahead with the surgery
- Came off her medications
- Began healing her chronic physical issues
- Rebuilt her emotional and mental wellbeing

Her story mirrors those of the great Reiki pioneers — healing through belief, energy, and commitment to inner work.

From Student to Reiki Master Teacher

Annie progressed steadily from Reiki Level 1 to Level 2 to Master level, even though she initially never intended to teach. Over time:

- Her experiences shaped her teaching style
- Students encouraged her to offer higher levels
- Teaching became a natural extension of her gifts

She eventually began writing her own Reiki manuals, blending traditional lineage principles with her lived wisdom. This sparked controversy within her local Reiki community, who resisted change — but Annie stayed committed to authenticity, integrity, and evolution.

Redefining Reiki Lineage

Annie speaks candidly about the politics of lineage. To her, Reiki lineage is:

- A rooted connection to the origin
- A map to trace back to Usui
- A way to honour tradition

But she rejects ego, elitism, and rigidity. She believes Reiki must evolve:

“Once you can trace back to the trunk of the tree — Usui, Takata, Hayashi — that’s all that matters. The rest is personal growth. We’re all part of the same oneness.”

Transforming Family Life Through Healing

At first, her family struggled to understand her spiritual shift:

- Her husband wondered where his old wife had gone
- Her children resisted her early enthusiasm
- The home environment became emotionally intense

But as Annie healed, so did her household. She learned:

- To balance spiritual excitement with grounded living
- To surrender anger, frustration, and overwhelm
- To rediscover herself after motherhood’s identity loss

Her journey reflects the universal experience of transformation: breakdown before breakthrough.

Healing Through the Chakra System

One of Annie’s most profound tools is working through the chakras with intentional meditation and journaling. She kept colour-coded journals and allowed stream-of-consciousness writing to unlock deep memories, emotions, and buried pain.

This process helped her:

- Reconnect with childhood memories
- Heal root causes of emotional patterns
- Understand her psychic centres
- Reclaim personal power

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She discovered her gift as a scribe, channelling words effortlessly.

From Dark Night to Published Author

During COVID, Annie challenged herself to write a book in nine months — a symbolic creative gestation. The result was Hidden Forces:

- A deep exploration of the chakras
- Astrological correspondences
- Tarot connections
- Elemental wisdom
- Healing practices and exercises

She later wrote its companion, Hidden Senses, a luminous guide to:

- Psychic development
- Clair senses
- Spiritual connection
- Affirmations and practices
- Working with energy beyond the self

Both books support her Reiki students and spiritual clients.

(Available via her website and Amazon.)

Tarot as a Tool for Personal and Psychic Awareness

Annie uses tarot primarily for:

- Self-development
- Energy awareness
- Understanding internal states
- Interpreting life lessons

The cards act like a visual language, helping her intuitively interpret everyday situations. She regularly shares beautiful daily readings on social media.

Stepping Into Evidential Mediumship

With encouragement from Hannah, Annie joined the Elevate program:

- She doubted herself at first
- She nearly left the class
- Hannah reassured her she belonged

Evidential mediumship has become a core expression of her healing path, allowing her to blend:

- Energy healing
- Psychic perception
- Spirit communication
- Deep personal transformation

Annie now offers one-to-one evidential mediumship sessions.

What Clients Experience in a Reiki Session With Annie

Before a session, Annie recommends:

- Drinking water
- Allowing emotions to rise

Reflecting on what feels stuck or heavy

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During sessions:

- She connects experiences to chakras and organs
- Holds safe, grounded space
- Uses intuitive guidance
- Helps clients enter full presence
- Follows up after three days
- Encourages self-awareness, not dependency

Many clients later train in Reiki themselves.

Rapid-Fire Insights From Annie

- Sunrise or sunset? Sunrise
- Current chakra focus? Solar Plexus
- Favourite tarot card? Strength
- Book recommendation? Medical Medium — Anthony William
- Meditation routine? Only when deeply needed
- Go-to affirmation? “I love you.”
- Word clients leave with? Peace
- Alternate-timeline career? Hairdressing
- Favourite way to unwind? Reading
- Advice to her 10-year-old self: “It’s going to be okay. Trust the process.”

What’s Next for Annie T

- Expanding evidential mediumship offerings
- Continuing deep healing work
- Writing contributions for Spirit Social
- More books in the future
- More teaching, more students, more transformation