



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 15

Lorna Ann Energy on Trust, Sister Circles and Letting Spirit Lead

Guest: Lorna Ann Energy

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by Lorna Ann, evidential medium, Reiki practitioner, sound healing facilitator and founder of Lorna Ann Energy. Lorna's work centres around creating safe, grounded spaces where people can reconnect with themselves, whether through card readings, mediumship, Reiki healing or women's circles.

This conversation explores vulnerability in mediumship, learning to trust yourself, unlearning spiritual misinformation and the power of women gathering in community.

Always Drawn to the "Woo"

Lorna describes herself as always being fascinated by the unseen world.

As a child, she experimented with spells from magazines, searched for witches at the end of her street and intuitively sensed that there was something more to life than the physical body. While her family were not overtly spiritual, her mum and aunt occasionally attended readings, which further sparked her curiosity.

Even at a young age, Lorna felt deeply sensitive to energy. She could sense what others were feeling beneath their outward behaviour. Though she lacked the language for it at the time, the awareness was always present.

Grief as a Turning Point

The passing of her grandfather over ten years ago marked a pivotal moment in her spiritual journey.

It was the first significant loss she had experienced, and she felt strongly that although his body was gone, he was not absent. This desire to reconnect led her to a spiritualist church development class.

From her first evidential links, something clicked.

Practising weekly, learning psychic and mediumistic techniques and receiving validation from strangers who could not have known personal details confirmed that this was real. Mediumship was not imagination. It was connection.

From Development to Professional Readings

As Lorna continued developing, readings for friends and acquaintances became more frequent. Encouraged by those around her, she eventually began offering paid readings.

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Charging was less about profit and more about energetic exchange. It allowed her to continue investing in courses and professional development.

Like many mediums, stepping into professional practice brought new pressure. Practice sessions felt exploratory. Professional readings felt weightier.

Over time, she learned that the key difference was not performance. It was responsibility.

Showing up grounded, prepared and emotionally available became essential.

How Mediumship Feels

When connection is flowing well, Lorna describes feeling both present and slightly stepped aside.

The critical mind quietens. Information moves through gently. Often, words come out that surprise her as much as the sitter.

The connection is not a booming external voice. It is subtle, embodied and relational. It feels like blending rather than broadcasting.

And sometimes, she admits honestly, doubt still arises.

Imagination Versus Spirit Communication

One of the most common concerns in mediumship development is distinguishing imagination from genuine connection.

For Lorna, spirit communication feels quieter and more subtle than imagination. Imagination often feels louder and more forced. Spirit feels like a gentle knowing that requires trust.

She reframes doubt by imagining a conversation with a physical person. If spirit offer information and she refuses to say it, she sees that as dismissing them mid-sentence.

That perspective helps her lean into trust.

The Importance of Practice and Community

Periods without regular development circles left Lorna feeling disconnected from her mediumship.

Being part of Spirit Social and development spaces has reminded her that mediumship is not meant to be isolated. Community provides reassurance, reflection and normalisation of the strange and beautiful experiences that come with the work.

Mediumship, she notes, requires vulnerability. It requires self-work. It requires humility. Having peers who understand that journey is invaluable.

Reiki, Energy Work and Self-Care

Alongside mediumship, Lorna practises Reiki, Angelic Reiki and sound healing.

Unlike mediumship, which she describes as emotionally demanding at times, Reiki feels deeply grounding and restorative. It has helped her through personal challenges and strengthened her connection to her own energy.

Her self-care includes:

- Grounding rituals
- Music and movement before readings
- Baths and rest afterwards
- Potatoes in some form!

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She is open about needing capacity to read. If she does not feel energetically stable, she will not proceed with a session.

Sister Circles and Women's Healing Spaces

One of the most transformative experiences in Lorna's life was attending a women's circle. Having experienced difficult female friendships in the past, sitting in a safe, non-competitive environment with other women was unexpectedly healing.

Her own circles now aim to create:

- Safety
- Visibility
- Emotional permission
- Community without judgement

Women arrive anxious and leave feeling lighter, supported and connected.

For Lorna, the magic lies not in elaborate rituals but in simple, honest presence.

Evidence Versus Emotion

When asked to choose between evidence and emotion, Lorna struggles to separate them. Evidence confirms identity. Emotion confirms connection.

For her, evidential mediumship is not about dramatic proof but about bringing through the essence of a person, their humour, their habits, their continued awareness of the sitter's life. That combination creates healing.

What People Misunderstand About Mediumship

Lorna wishes more people understood that mediumship is not a crystal-clear telephone line. Mediums do not receive full conversations on demand. Communication comes through sensations, images, feelings and fragments that require interpretation.

There is preparation. There is responsibility. There is vulnerability.

And there is genuine care.

Quick Reflections

- First word for spirit: Love
- Primary connection style: Just a knowing
- Grounding method: Carbohydrates
- Biggest lesson so far: Trusting herself
- Mediumship right now feels: Exciting

What's Next

Lorna feels called to share more of herself openly, speaking more about her experiences and allowing people to see the person behind the practitioner.

Platform mediumship both terrifies and intrigues her. It may be a future step.

For now, her focus remains on continued development, authentic connection and letting things unfold naturally.

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Final Thought

Lorna's journey reminds us that mediumship is not about certainty.

It is about trust.

Trusting the subtle nudge. Trusting the quiet knowing. Trusting yourself enough to speak the words that arrive.

Connection grows from there.

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