



Mediumship Matters Podcast Transcripts

Season 7 Episode 7: From Darkness to Light — Healing, Mediumship & Mindset with Pamela MacDougall

Mediumship Matters – Interview with Pam MacDougall

From Rock Bottom to Radiance: Energy, Mediumship & Self-Transformation

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm thrilled to be joined today by my student, friend, and colleague Pam MacDougall from Eagle Spirit Healing. Pam is a powerhouse of healing, transformation, and inspiration, and she's kindly agreed to chat with us about her journey and her work.

Pam's Work: Energy, Mediumship & Mindset Mastery

Pam describes herself as an energy healer, first and foremost. She's an evidential medium, but her passion lies in helping people unlock their potential through energy management, mindset shifts, and guidance mediumship.

Through guided meditations, spiritual insight, and deep energetic work, she helps clients:

- Move from feeling lost to empowered
- Reconnect with their purpose
- Access their imagination and creativity
- Leave sessions with tools to keep moving forward

“Everything starts within yourself. The brain is an incredibly powerful tool—we can change our lives by learning how to use it.”

The Dark Night of the Soul

Pam's journey into mediumship began over 20 years ago after attending her first demonstration. She instantly knew: “That's what you do.” But working in social services at the time, she was in a highly logical, structured environment and pushed her intuitive side down. Then came the dark night of the soul—nearly a decade of struggle, low self-worth, and deep emotional pain.

In 2020, everything changed.

She found Hannah's podcast, started healing, and finally acknowledged: “I am a medium.” It took her two years to summon the courage to join a course—but once she did, her whole world shifted.

“I pulled myself out of the gutter. I healed. I believed in myself. And now, I get to help others do the same.”

Mind, Body & Spirit: A Complete Transformation

Pam's transformation wasn't just emotional or energetic—it was physical too. She's lost nine stone (over 125 pounds!), a journey that mirrored her internal shift.

“People told me I looked amazing, but it took me a long time to feel proud of myself. The healing journey is intertwined—it's mental, physical, and emotional. And every step is worth it.”

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Eagle Spirit Healing: A Change in Perspective

Pam chose the name Eagle Spirit Healing because of the eagle's symbolism:

“It's about zooming out, shifting your perspective. Seeing things differently so you can start to change.”

Her work includes:

- Evidential mediumship
- Reiki & energy healing
- Hypnotherapy & mindset coaching
- Guided meditations & spiritual development

The Power of Mindset

Pam is a trained hypnotherapist, using techniques learned through Paul McKenna's school. She integrates this with her mediumship to create transformational change.

“Your imagination is magic. It's not woo—this is brain science. Repetition, positive language, and belief literally rewire your neural pathways.”

Her hypnotherapy work includes powerful weight loss, confidence building, and healing meditations that she often creates for herself—and shares when others need them too.

Lessons from Mediumship

Working as a medium has taught Pam:

- Life is short—so LIVE it.
- Spirit brings regrets and unspoken love as well as evidence.
- You carry people's grief—it's a privilege, but also a responsibility.

“This work has taught me to be fearless, to say ‘I love you,’ and to embrace everything. You can't take the material things—but you take the memories and love.”

From Doubt to Self-Belief

Pam didn't doubt her connection to Spirit—but she doubted her ability to speak it. Now she recognises that:

“The difference between a stuck medium and a confident one is self-talk. What you say to yourself matters. Your belief creates your reality.”

She encourages all developing mediums to:

- Get around like-minded people
- Speak out loud
- Practice, reflect, and keep going

Spiritual Development & Community Impact

Pam is passionate about bringing her gifts to her local community. She now:

- Runs a spiritual development group in her hometown
- Collaborates with local charities (including recovery cafés and cancer support groups)
- Offers sessions on Spirit Social and teaches at retreats and development weekends

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Healing Misconceptions & Real Talk

“Healing isn’t woo. It’s work. Real work.”

Pam challenges the myth that healing takes forever—or that it’s for “other people.”

“Five years ago, I was lost. That time would have passed anyway. Now? I’m living a life I never imagined. It’s simple, but not easy. But it works.”

Her tips for starting:

- Get inspired—consume uplifting content
- Take small steps every day
- Seek teachers who see your worth

Final Thoughts

Pam believes everyone can connect with Spirit. Her advice for beginners?

“Get on a course. Face your fear. Talk out loud. And get out of your head. It’s simple. It’s powerful. You’ll thank yourself.”

She wants her clients to come to sessions open-minded, with no pressure to perform.

“You don’t need to have your heart open—I’ll help with that. Just come ready to listen, and we’ll make magic together.”

What’s Next for Pam?

- Hosting more local groups
- Expanding her YouTube channel and Spirit Social presence
- Publishing a book (eventually!)
- Supporting retreats like the International Evidential Mediumship Weekend

“This journey isn’t over—I’m just getting started.”

Hannah: Thank you, Pam, for your honesty, strength, and light. Your journey is a beacon for so many, and your story is proof that transformation is possible—for anyone.