



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 5

Guest: Pamela McDougall on Self-Worth, Boundaries and the Reality of Healing

Guest: Pamela McDougall, Eagle Spirit Healing

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined once again by Pamela McDougall of Eagle Spirit Healing, returning after her powerful appearance in Season Seven. This conversation is honest, raw and deeply relatable. Together, Hannah and Pamela explore what happens after the big spiritual breakthroughs, when self-worth resurfaces in new forms, boundaries are tested, and healing turns out to be far less tidy than we were promised.

This is an episode about the lived reality of spiritual growth. The messy middle. The emotional labour. And the courage it takes to keep showing up anyway.

Life After Transformation

When Pamela last appeared on the podcast, she spoke about profound transformation following years of deep healing. This time, she reflects on what unfolded after that period of clarity and expansion.

While her work flourished and she stepped fully into her purpose, her personal life brought unexpected challenges. The central theme that emerged again was self-worth, not as something to be achieved once and for all, but as an ongoing, layered process.

Pamela describes how opening her heart more widely, both personally and professionally, revealed new lessons around boundaries, emotional energy and discernment.

Self-Worth and the Cost of Being Open

One of the most powerful themes in this conversation is the emotional cost of working heart-open in spiritual service.

Pamela speaks candidly about entering a relationship she believed she had manifested, only to experience deep heartbreak. The experience forced her to revisit self-worth from a new angle, not as confidence in her work, but as protection of her emotional space.

Alongside this, she describes the impact of being energetically accessible to many people, including clients and followers who project advice, diagnoses or assumptions onto her personal experiences.

The key lesson was not to close the heart, but to strengthen boundaries without hardening.

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Boundaries, Projection and “Spirit Told Me” Messages

Pamela and Hannah explore a familiar experience for many spiritual practitioners: receiving unsolicited advice framed as spiritual guidance.

While acknowledging that people often mean well, Pamela emphasises the importance of self-awareness. Not every intuitive insight is meant to be shared, and not every emotional response belongs to the person receiving it.

Messages that begin with “Spirit told me to tell you...” can blur boundaries and remove personal responsibility. Pamela is clear that spiritual maturity includes knowing when to hold insights for personal reflection rather than external correction.

The Importance of Showing the Messy Middle

Both Hannah and Pamela reflect on the pressure within spiritual spaces to present a polished, healed version of the self.

Pamela is intentional about sharing the messy reality of healing: the days spent on the sofa, the emotional exhaustion, the need to disconnect. Not as a cry for help, but as an honest reflection of growth in progress.

This transparency, she believes, helps others feel less alone and less broken for struggling. Healing, as Pamela puts it, is not linear. It is human.

Triggers as Teachers

Triggers are reframed in this conversation as invitations to growth rather than signs of failure.

Pamela explains that when something triggers an emotional reaction, it often highlights the next layer of growth waiting to be integrated. Learning to observe triggers with curiosity rather than shame allows movement through them more quickly.

Importantly, she also emphasises that being spiritually aware does not remove the right to feel hurt, angry or disappointed. Growth includes learning how to experience emotions without becoming stuck in them.

Powering Up Self-Belief

When asked how she restores self-belief, Pamela shares her personal practices:

- Empowering music playlists
- Fast, intentional walks with her dog
- Calling on the energy of Goddess Isis, with whom she has a long-standing connection

Isis represents strength, healing and the bridge between worlds, and Pamela works with this energy as a form of empowered embodiment rather than escape.

Spiritual Development and Sovereignty

Pamela encourages exploration of spiritual tools and modalities, but cautions against collecting endless teachers.

Her advice is to find one guide or practice that truly resonates, then gradually turn inward. True spiritual development, she believes, requires sovereignty and trust in one's own connection, rather than constant external validation.

Over time, Pamela has intentionally reduced her consumption of other spiritual content to remain aligned with her own intuition and way of working.

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Neuroscience, the Brain and Rewiring Belief

One of the standout parts of the conversation is Pamela's passion for neuroscience. She explains how spiritual growth and brain rewiring work together. Repetition, perspective shifts and conscious self-talk gradually reshape belief systems. The brain responds to what it is repeatedly told, regardless of whether those beliefs are empowering or limiting. Rather than relying on affirmations alone, Pamela focuses on daily awareness, catching unhelpful inner dialogue and choosing a different response. This approach blends spirituality with grounded psychological understanding.

Advice for Those at the Start of Their Healing Journey

Pamela offers gentle but firm advice for those beginning their healing path:

- Stop outsourcing your power
- Reduce outside noise and opinions
- Follow what genuinely brings you joy
- Allow time and space for integration
- Focus on who you want to become now, not who you were

Healing is not about endlessly revisiting the past, but about consciously shaping the present.

Quick Reflections

- Energy right now: Breakthrough and renewal
- Coffee or tea: Coffee
- Mantra: Trust spirit, trust myself
- Favourite clearing tool: Incense and crystals
- Person in spirit she'd love to speak with: Her dad
- Biggest lesson this year: Self-worth has layers
- Creatively lighting her up: Live events and community work

What's Next for Pamela

Looking ahead, Pamela is embracing travel, live events and continued work within the Spirit Social community.

She remains committed to one-to-one work, healing spaces and live demonstrations, while allowing her personal life room to expand and soften in new ways.

Her focus is not on fixing others, but on holding space for transformation to unfold.

Final Thought

This episode is a reminder that spiritual growth is not about perfection.

It is about honesty, resilience and the courage to keep going, even when old lessons return in new forms.