



Mediumship Matters Podcast Transcripts

Season 4 Episode 8 - Interview with Rebecca Campbell

A Conversation with Rebecca Campbell: Spiritual Awakening, Creativity & the Power of Intuition

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

I am absolutely thrilled to welcome Rebecca Campbell to the podcast today. If you're even slightly into spirituality, chances are you've heard of Rebecca—she's the author of multiple books, the creator of stunning oracle decks, a powerful teacher, and the host of her own incredible podcast.

Rebecca's work has deeply influenced my journey, and today we're diving into her spiritual awakening, creative process, navigating a corporate-to-spiritual career shift, and how she channels her wisdom. Let's get into it!

Rebecca's Early Connection to Spirit & Awakening

Rebecca shares that her connection to spirit started when she was young, though it wasn't something openly discussed in her family or community.

- She felt a deep longing for spirituality, though she didn't have words for it at the time.
- Looking back, she wishes someone had told her: "Those things that make you different? They're actually your gifts."
- In her teens, she had powerful spiritual experiences, including connecting with the spirits of children who had passed away.

Interestingly, even though she's not a practicing medium, her journey started with mediumistic experiences, and it's something she feels drawn to explore further.

From Corporate Life to Spiritual Calling

Rebecca spent years working in advertising as a copywriter and creative director—a career she loved, but deep down, she knew she was being called to something more.

- She had visions of writing books and sharing inspiration, but dismissed them, thinking she was too young to have wisdom worth sharing.
- Despite excelling in her corporate job, she found herself praying for creative ideas to raise the planet's vibration—before heading into a world that often felt disconnected from true purpose.
- Eventually, the pull became undeniable, and she had to release the identity she had built in order to step into her calling.
- We both reflected on the grieving process that comes with letting go of a career you've worked so hard to build—even when you know you're moving in the right direction.

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The Moment Rebecca Fully Committed

Like many spiritual journeys, Rebecca's transition wasn't instant—it happened in phases. But there were three key moments that pushed her into full commitment:

- The Passing of a Friend – Her dear friend Blair, who had always been her “spiritual friend,” passed away while she was flying back to Australia. She felt his presence leave his body on the plane. Later, during a mediumship reading, Blair came through with a clear message: “You need to write the book.” That moment cemented her path.
- A Chanting Revelation – While listening to a spiritual chant, she had a profound moment of surrender—giving up control and trusting the divine plan.
- Daily Spiritual Practice – The most transformative shift came when she committed to daily intuitive connection and taking small steps each day toward her spiritual work. This simple act changed everything.

Rebecca's Deep Dive into Spiritual Training

Rebecca has explored a vast range of spiritual traditions and teachings, which is evident in the depth of her work.

- One of her favourite practices is chanting, particularly in Sanskrit, which she describes as something that cracks open the heart and brings deep emotional release.
- She trained in harmonium and devotional chanting, learning from the incredible Nikki Slade.
- She describes chanting as a way to bypass the mind and drop straight into the soul.

Where Does Her Inspiration Come From?

I asked Rebecca about how she receives guidance for her books, oracle decks, and teachings.

- She connects to what she calls “the intelligent pulse of life”—a universal consciousness that runs through everything.
- Each of her creations is supported by a specific spiritual guide or collective energy.
 - The Council of Light guided her first book.
 - The Magdalenes influenced another.
 - The Rose Oracle was inspired by the sacred essence of the rose and divine feminine wisdom.
- Interestingly, she doesn't see guides as separate beings—rather, she sees them as extensions of the universal intelligence.

This resonated deeply with me, as my own perception of spirit guides has evolved from individual “beings” to a more unified connection with my own higher self.

Balancing Motherhood & Creativity

Rebecca is also a mother to two young children, and we discussed the challenges of balancing deep spiritual work with the demands of parenting.

- She admits that writing books has been harder since becoming a mum, while creating oracle decks is easier because of the different creative process.
- Like many mothers, she's navigated mum guilt, exhaustion, and the need for alone time as an introvert.
- She recently had to travel to New York for an event, and for the first time, she left her youngest child at home. It was a difficult decision, but ultimately, trusting her support system allowed her to fully focus on her work.

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I completely related to this, having just returned from my trip to Texas—it's hard to leave your children, but sometimes, stepping into your work fully and without distractions is incredibly empowering.

Why Do We Incarnate? Rebecca's Perspective

We explored the big question: Why do we choose to come to Earth?

- One of Rebecca's teachers described Earth as "a school of manifestation"—a place where we learn to create, shape, and bring ideas into form.
- In a past life regression, she saw herself receiving a collective mission from the Council of Light, reinforcing the idea that she had a purpose to fulfil in this lifetime.
- She believes that many people feel a deep soul calling—a pull toward something greater that they can't ignore.

Rebecca's Mystery School & What's Next

Rebecca is about to launch the next round of her Mystery School, a nine-month training designed to unlock intuitive gifts and ancient wisdom.

She's also looking forward to spending six weeks in Australia over Christmas, reconnecting with family and taking time to recharge.

Final Thoughts & Wisdom for Beginners

Rebecca's advice for anyone at the beginning of their journey?

- Stay in the passion of it. Don't try to map out the whole journey—just enjoy where you are.
- Act on your intuition every day, even in tiny ways.
- Don't feel like you need to be an expert straight away. Growth happens gradually.
- Trust that your unique energy will attract the right people.

I couldn't agree more! It was such an honour to have Rebecca on the podcast—her wisdom, warmth, and authenticity are truly inspiring.

Thank you for listening, and as always—trust spirit, trust yourself, and enjoy the journey.

Love,

Hannah x

Keywords for SEO: Rebecca Campbell interview, spiritual awakening, intuitive development, mediumship journey, creative process, chanting for spiritual growth, motherhood and spirituality, oracle decks, ancient wisdom, council of light, manifestation, rose oracle, divine feminine energy, spiritual teachers, mediumship podcast.