



Mediumship Matters Podcast Transcripts

Episode S7, Ep 29 – Guides, Bacon, and Bananas – Oh My!

Welcome back to Mediumship Matters! In this episode, I'm answering more of your listener questions — and we're diving into orbs, spirit guides, psychic practice, and what to do when you completely lose your spiritual mojo.

I also share some behind-the-scenes updates on Spirit Social, what I've been learning as both a teacher and a student, and why mediumship isn't always as glamorous as it looks online.

Spirit Social Updates (and Autumn Vibes)

I started this episode buzzing from my very first live Spirit Social workshop. It was supposed to be a light, accessible introduction to spirit guides... but, true to form, once I started teaching, I couldn't help myself. I talked for two hours straight.

I had planned to keep it “easy-breezy,” but the power of spirit always takes over. People asked big questions, and I couldn't resist exploring them deeply. I may have blown a few minds — but that's the beauty of this work. It's not about telling people what to believe. It's about asking questions, challenging assumptions, and expanding awareness.

That's what teaching mediumship means to me.

Orbs: Spirit or Dust?

Listener Chloe asked about orbs — including “chattering orbs.”

Here's my honest take: not all orbs are spirit. Sometimes they are dust or moths caught in the light. But true spirit orbs will show intelligence.

A great way to test this is by asking spirit to respond to you:

- “Can I see three orbs moving left to right?”
- “Can I have one large orb appear at the front?”
- “Can I see three fast orbs?”

If spirit responds with those patterns, you know you're not just looking at dust.

For me, orbs are a way spirit can show their presence visually. I'll sometimes ask my grandmother: “Nana, if you're here, show me.” And then an orb will appear. That's not stuck energy. That's connection.

If you're curious, Diana Cooper has written extensively about orbs. While I don't always agree with her exact interpretations (like linking specific orb colours to archangels), her passion makes her work a great resource.

Spirit Guides and the Higher Self

Chloe also asked: “I don't get on with guides — I just get info from my higher self. How can I listen better?”

Here's my belief: your guides are your higher self.

- That might sound like splitting hairs, but it's empowering. Guidance doesn't come from outside you — it comes from an expanded aspect of your own soul.

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To work with guides:

- Keep it simple and casual.
- Check in daily without pressure — “Hey, are you there?”
- Ask for a “word of the day.” Even if the word is “bacon,” go with it. See how it unfolds in your day.
- Accept that sometimes there won’t be a message. Spirit doesn’t always have something profound to say. Some days, it’s just Wednesday.

The relationship with guides should feel light, conversational, and ongoing — not forced or demanding.

When You Lose Your Spiritual Mojo

Kate asked: “What do you do when you lose confidence in your mediumship and don’t even want to do readings anymore?”

Oh Kate, I’ve been there — many times.

Here’s what I’ve learned:

- It’s normal. Every medium experiences dips.
- Sometimes it’s exhaustion — you’ve soaked up too much energy, emotions, and need rest.
- Sometimes it’s imposter syndrome — that inner critic telling you you’re not good enough.

The key is figuring out which one you’re facing.

👉 If it’s exhaustion: give yourself time off. Integrate, heal, and come back refreshed.

👉 If it’s imposter syndrome: the only cure is to get back on the pony. Do another reading as quickly as you can.

The longer you avoid it, the harder it is to return. Like skipping the gym — the first time back is the toughest.

This is why I always recommend practice mediums keep multiple sessions lined up. If one reading goes badly, you already have another booked — it keeps you moving.

And don’t expect spirit to “prove” they want you to continue. They won’t send you a miraculous sitter or message just to convince you. They’ll always say: “Do you want to do this?” The choice is yours.

Psychic Development: Tips and Tricks

Listener Daisy asked for psychic development tips. Here’s what I recommend:

1. Practice with feelings

We all understand feelings, so they’re the easiest way to start. Sense someone’s energy. Are they nervous, excited, calm? Trust what you pick up.

2. Use colours (Aura Graphs)

I love using colours to make energy accessible. Ask yourself: If this person’s energy were a colour, what would it be? Then explore what that colour represents to you.

3. Stream of consciousness writing

Sit with someone’s energy and write down everything that comes to mind — words, images, sensations. Don’t judge. Often the “silly” details turn out to be meaningful (like bananas in the freezer!).

4. Home mapping

If you have a willing partner, play “energy treasure hunts.” Have them visualise their home, and try to psychically walk through it, describing rooms or hidden objects. It’s fun, and it trains your psychic muscles.

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5. Structure your readings

As you improve, aim to give a snapshot of someone's energy:

- Where they are now
- What's leaving
- What's coming in
- Their potential and blocks

That turns psychic perception into a reading with impact.

Why Psychic Work Matters

Some people dismiss psychic work as "lesser" than mediumship. I completely disagree.

Your psychic skills are crucial for:

- Understanding your sitter's energy
- Tailoring your delivery to their needs
- Reading their emotional state so you know how best to support them

I always measure a psychic or card reading by comparing the sitter's energy at the start vs. the end. Did they leave feeling expanded, uplifted, and more confident? If so, you've done your job beautifully.

Final Thoughts

Episode 29 was full of juicy questions and big truths. Here are the key takeaways:

- Not all orbs are spirit — but the real ones show intelligence.
- Your guides are your higher self — keep the connection casual.
- Losing your spiritual mojo is normal. If you're exhausted, rest. If it's imposter syndrome, get back on the pony.
- Psychic work is vital — it trains your energy and helps you read sitters better.

Mediumship is a lifelong journey of ebb and flow. Some days are magical, some days are frustrating. The important part is showing up, questioning everything, and keeping your sense of humour (and yes, sometimes that includes bacon and bananas).

✨ Whether you're working with orbs, tuning into guides, or doubting your abilities, remember this: Spirit doesn't need you to be perfect. They just need you to be willing.