



Mediumship Matters Podcast Transcripts

Season 1 Bonus Episodes - Interview with Louise from Cosmic Soul Therapy

Mediumship Matters – Interview with Louise from Cosmic Soul Therapy
Soul Plans, Healing Journeys & Creative Expansion

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm joined today by my lovely friend and co-worker Louise from Cosmic Soul Therapy. Louise offers a range of transformational services, and today we're diving into her journey, her healing modalities, and how Spirit has shaped her path.

What Is a Soul Plan?

Louise: Soul Plan was developed by Dr. Frank Alper and expanded by Blue Marsden (who also taught me). It's based on the idea that our birth name holds vibration and meaning. Each letter and sound has a frequency, and when we're born, our name is the first sound sent out into the universe.

Using a specific numerological system, we look at challenges, talents, and goals in both the worldly (early life) and spiritual (later life) aspects of a person's journey. In the centre of it all is your Soul Destiny—what you came here to do.

It's empowering, validating, and motivating. People come to it feeling stuck or unsure, and leave with clarity and purpose.

My Experience with Soul Plan

Hannah: I didn't realise how lost I was until I had my Soul Plan reading with Louise. It was a lightbulb moment—a permission slip from the universe. It helped me get out of my own way.

What Is Soul Transformation Therapy?

Louise: This is also from Blue Marsden. It uses a deck of archetype cards (designed for Soul Plan work) to identify blocks and offer intuitive healing. People may arrive with a specific problem—or just knowing something needs to shift.

We:

- Talk it through
- Draw cards
- Use healing modalities like soul retrieval or meditation

It often feels like a counselling session—but with energetic movement and deep transformation.

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How Louise Found Her Path

Louise: It wasn't a lightning bolt moment. Like many of us, I was aware of Spirit in childhood but drifted as I grew older. Years ago, I had a reading with you, Hannah, and ended up joining your spiritual development circle. From that point on, things blossomed naturally.

It's been a progressive calling, guided by intuition and Spirit's whispers (sometimes very loud ones!).

On Life Coaching

Louise: Life coaching is more goal-oriented. Clients come with a desire for change, and I help them:

- Get clear on what they want
- Uncover limiting beliefs
- Take realistic steps toward change
- Stay accountable

We peel back the layers like onions. Often what holds us back is self-doubt, usually rooted in the past. Coaching is practical and powerful.

Healing & Becoming a Reiki Master

Louise: My mum used to say I had "healing hands." I later trained as a nurse and spent years caring for others. But it wasn't until life threw up challenges (many of which were actually in my Soul Plan!) that I really turned inward.

Reiki brought a new dimension. With every attunement and every challenge, my healing abilities grew. I'm still evolving, and that excites me.

Hannah: And as I always say—healers must walk their own healing journey to truly support others.

Most Profound Spiritual Moment

Louise: Connecting with my spirit guides during your development circle. That overwhelming feeling of pure love and support—it moved me to tears.

It's hard to put into words, but it changed everything. That love is available to everyone. It's not exclusive.

Growth Through Discipline

Louise: There's no shortcut to this work. It takes:

- Daily meditation
- Tuning in and trusting your gut
- Healthy habits

It's about non-negotiables and doing the work even when you'd rather be in the garden. But the results are always worth it.

Why Healing & Coaching?

Louise: Honestly? I didn't choose it. Spirit guided me. The whispers became shouts until I could no longer ignore the path.

I now see that everything—from nursing to Reiki to life's hardest lessons—was preparing me for this.

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Favourite Part of the Work?

Louise: All of it! Each service is like one of my children—I love them all equally because they all help people transform. It's about empowering people to heal and move forward.

Advice to My Past Self

- Be patient
- Don't expect Thunderbolts
- Trust that guidance will come—but it may not look how you expect
- Create structure with non-negotiables
- Be kind to yourself

What's Next?

I'm currently studying for a Diploma in Holistic Counselling, adding more tools to the work I already do. Each module transforms me as much as it prepares me to support others.

How Spirit Changed My Life

I used to be anxious and frustrated. Now I feel calm, connected, and excited about life. Spirit gave me purpose, direction, and the tools to keep growing.

What I Wish Everyone Knew

- Hard work is worth it.
- Everyone has access to Spirit.
- You don't need to go public—this journey can be just for you.
- Connection brings peace, guidance, and healing—even in the toughest moments.

On Art & Spiritual Expression

I never thought I was creative—but one day I started painting, and something clicked. My art is abstract, fluid, and unpredictable.

It's helped me release perfectionism and connect with peace. Each painting is a meditation and a reminder that I don't need to control everything.

Hannah: And they're beautiful! Truly.

Final Thoughts

Hannah: Thank you so much for joining me, Louise. You've shown us that healing is layered, love-fuelled, and led by Spirit. And for anyone interested, you can find Louise online under Cosmic Soul Therapy—her work is available in person and online.

Louise: Thank you, Hannah. It's been amazing!