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Season 3 Episode 113 - Interview With Soul Midwife Katie Costello

Dying Well: Soul Midwifery, Death Preparation & Spiritual Transitions

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

Today, I'm thrilled to be joined by the amazing Katie Costello—a soul midwife, funeral celebrant, and educator dedicated to supporting people through the journey of dying. We're talking about end-of-life care, the importance of preparing for death, spiritual transitions, and how we can shift our mindset around dying. Let's get into it!

Breaking the Taboo: Why We Struggle to Talk About Death

Even saying the D-word makes people uncomfortable. Katie and I discuss how cultural conditioning, especially in the UK, makes death a topic we avoid, despite it being the one universal certainty.

- We plan everything in life—weddings, birthdays, house moves—but we rarely plan for our own passing.
- Many people fear discussing death because they think it will make it happen sooner (it won't!).
- Talking about it can actually empower us and make the process smoother for us and our loved ones.

Katie is on a mission to change this!

Katie's Journey into Soul Midwifery & End-of-Life Support

Katie shares how she always felt drawn to people, energy, and communication but didn't know exactly where she fit. She worked in retail and care settings before realizing that her true calling was in end-of-life support.

Her journey included:

- A career in care, where she found herself naturally supporting people through their final moments.
- Training in soul midwifery—a holistic approach to guiding people through death with dignity and care.
- Becoming a funeral celebrant, helping families honour their loved ones in a meaningful way.
- Once she fully embraced this path, everything aligned—opportunities, training, and even financial support all fell into place. A true example of spirit-led work!

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What is Soul Midwifery?

A soul midwife is someone who offers emotional, spiritual, and practical support to those at the end of their life.

- Unlike medical professionals, soul midwives focus on the emotional and energetic aspects of dying.
- They provide comfort, guidance, and advocacy for both the dying person and their loved ones.
- It's a non-denominational practice—meaning soul midwives support people of all faiths (or none) in whatever way is meaningful to them.

Katie describes death as a transition, not an ending. Just as a birth midwife helps a soul enter the world, a soul midwife helps a soul leave it.

What Happens at the Moment of Death?

Katie explains that science and spirituality both agree: energy doesn't die, it just changes form.

- Dying is a process, not a single moment. The body gradually shuts down in stages.
- Many people report seeing or sensing loved ones in spirit before passing.
- The breath is usually the last function to stop, with a final inhale before stillness.

She emphasizes that death itself is safe—what people fear most is the process of dying.

Understanding what happens can bring a sense of peace.

How Family Dynamics Affect the Dying Process

One of the biggest challenges isn't always the dying itself—it's navigating the emotions and relationships around it.

- Families bring decades of history, trauma, and unresolved emotions into a dying space.
- Not every family member is a "loved one." Some relationships are complicated, and not everyone wants certain people present.
- Advocacy is key. A soul midwife can help create a safe and supportive environment for both the dying person and those around them.

Katie works as a bridge—helping families communicate, process emotions, and honour the wishes of their loved one.

Why You Should Plan for Death NOW

Most people avoid thinking about their own mortality, but planning ahead is a gift to yourself and your family.

Katie suggests:

- Start small—write down your basic wishes (burial vs. cremation, religious vs. secular service, etc.).
- Talk to your family—even if it's over a casual coffee, just start the conversation.
- Consider a death plan, just like a birth plan—where, how, and with whom you'd prefer to die.
- Write down your social media passwords, key contacts, and practical details for after you pass.

She compares it to planning a wedding—you wouldn't leave every detail to chance, so why would you with your final farewell?

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Debunking Myths About Dying

Katie clears up some of the biggest misconceptions about death:

- People don't die because they stop eating—they stop eating because they're dying. The body naturally shuts down when it no longer needs food.
- The “death rattle” is normal. It's not distressing to the person—it's just air moving through the body.
- Not all deaths are painful. In fact, most natural deaths are peaceful.

Understanding these processes removes fear and allows families to be more present during final moments.

Spiritual Experiences at the End of Life

Katie has witnessed countless spiritual moments during death, including:

- Loved ones appearing in the room (both seen and felt).
- Unexplainable events, like candles blowing out or shifts in energy.
- Synchronicities, like hearing a meaningful song or seeing a white feather.

She believes these experiences affirm that death is a transition, not an end.

Final Thoughts: How to Embrace Death with Openness & Grace

Katie's biggest message is this: Don't wait until it's too late to talk about death.

- Educate yourself. Learn about dying, so it doesn't feel terrifying.
- Have conversations now. Even small discussions can make a huge difference.
- Write things down. Your future self (and your loved ones) will thank you.

If this episode resonated with you, check out Katie's work on social media, where she shares “Dying for a Cuppa”—a series aimed at normalizing death conversations. Links are in the show notes!

Until next time, live fully, love deeply, and embrace the journey—both in life and in death.

Love,

Hannah x

Keywords for SEO: Soul midwifery, end-of-life care, death doulas, spiritual transitions, what happens when we die, how to prepare for death, conscious dying, grief support, funeral planning, dying process explained, energy after death, signs from spirit, navigating family during end-of-life, hospice care, death positivity.