



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 7

**Guest: Juan Francisco on Self-Love, Inner Child Work
and Empowered Mediumship**

Guest: Juan Francisco, NYC

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by returning guest Juan Francisco, psychic medium and tarot reader based in New York City.

First appearing on the podcast several years ago, Juan returns with a deeper sense of ease, confidence and clarity about his work. This conversation explores how spiritual development evolves when perfection is released, self-love is prioritised, and mediumship becomes less about performance and more about empowerment.

It is an honest, reflective episode that touches on inner child healing, body image, authenticity, mentorship and what it really means to serve people through spiritual work.

From Perfection to Presence

Juan opens the conversation by reflecting on his first appearance on the podcast, describing himself then as a “baby medium”, nervous, highly prepared and deeply concerned with getting everything right.

Since then, one of the biggest shifts in his journey has been letting go of perfection. Rather than striving to appear polished or flawless, Juan has learned to show up as he is, trusting that authenticity creates a stronger connection than performance ever could.

This shift has allowed his mediumship to feel more natural, grounded and sustainable.

Inner Child Work and Self-Worth

A major theme in Juan’s development has been inner child healing. Through work with both a psychic mediumship mentor and a therapist, Juan began exploring the roots of long-standing struggles with body image dysmorphia and self-esteem.

By tracing these beliefs back to early experiences, he was able to reframe how he sees himself, not only as a medium, but as a human being. This process deepened his self-compassion and transformed the way he relates to his body.

For Juan, self-worth is not something earned through spiritual ability. It is inherent.

The Mind–Body–Spirit Connection

Juan and Hannah explore the relationship between physical wellbeing and spiritual sensitivity. Juan explains that, for him, healing began internally, through mindset and self-acceptance, rather than through external fitness goals.

As his relationship with himself softened, he naturally became kinder to his body. Rather

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than seeing the body as something to fix or control, he now experiences it as a vessel that supports his soul and his work.

This shift has strengthened his energy, resilience and confidence in mediumship.

Confidence, Doubt and Grace

Juan speaks openly about how his relationship with doubt has changed. While uncertainty still arises, it no longer paralyses him.

Rather than interpreting moments of misinterpretation as failure, he now sees them as part of the human experience of channelling spirit. Giving himself permission to be imperfect has, paradoxically, made his work clearer and more effective.

Grace, rather than accuracy, has become the foundation of his confidence.

Tarot, Mediumship and Empowerment

Juan's work often blends tarot and mediumship, but his focus has shifted away from predictive or dependency-based readings.

Rather than answering questions like "Will my ex come back?", Juan is more interested in helping people understand why they are asking the question in the first place. His readings aim to return power to the client, encouraging insight, agency and self-trust.

This approach reflects his belief that spiritual work should empower people, not replace their own inner guidance.

Mediumship Without Ego

A key insight Juan shares is the difference between reading to impress and reading to serve. When the goal is validation or performance, the ego takes centre stage. When the intention is healing, clarity flows more naturally. Juan explains that learning to manage the ego, rather than eliminate it, has been essential to his development.

Mediumship, for him, is not about being extraordinary, but about being present.

Mentorship, Boundaries and Integrity

Juan reflects on the importance of choosing mentors whose values align with his own.

Outgrowing a previous mentor taught him the difference between guidance rooted in empowerment and relationships based on control or loyalty.

He shares how finding a mentor who welcomed vulnerability, cultural representation and depth helped him trust his instincts and develop confidence in his own voice.

Mentorship, Juan believes, should expand autonomy, not replace it.

Authenticity in the Spiritual Space

Both Hannah and Juan discuss the pressures created by social media, particularly within spiritual communities. Juan encourages mediums to resist comparison and avoid moulding themselves into trends or archetypes that don't feel genuine.

Authenticity, he believes, is what people truly respond to, whether expressed through voice, writing or presence. Each medium's personality is part of how spirit works through them.

There is no single way to be spiritual.

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Nature, Grounding and New York City

Living in New York City, Juan finds grounding through green spaces. He shares his connection to Fort Tryon Park in northern Manhattan and Gantry State Park in Queens, where walking meditations help him prepare energetically for readings. Nature, even in urban environments, remains a powerful anchor for his work.

Quick Reflections

- Tarot or mediumship: Mediumship
- Symbols from spirit: White butterflies, often appearing in pairs
- Favourite drink: Coffee
- Recent standout reading: A grandfather connected to race car drivers through symbolic imagery
- Books currently exploring: How to Love Yourself by Teal Swan (with discernment)
- Current life energy: Transformational

What's Next for Juan

Looking ahead, Juan plans to train as a certified life coach and spiritual coach, integrating this work with his existing mediumship and tarot practice.

His intention is to support clients more deeply and sustainably, helping them build empowered, self-directed lives rather than relying on ongoing readings for reassurance.

Final Thought

This episode is a reminder that spiritual development is not about becoming someone else. It is about becoming more fully yourself, with compassion, integrity and the courage to grow.