



Mediumship Matters Podcast Transcripts

Season 5 Episode 6 - Interview with Mary Beth Thomsen

From Corporate Communications to Soul Coaching: A Conversation with Mary Beth Thompson
Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I have a fantastic guest joining us—Mary Beth Thompson from Soul Shines Coaching. She’s a psychic medium, life coach, and expert in working with colour energy. We’re diving into her unique journey, her intuitive work, and what it means to step into your spiritual calling. Let’s get started!

Mary Beth’s Unexpected Journey into Mediumship

Unlike many mediums who follow traditional training, Mary Beth's path unfolded organically. In fact, she didn't even realise mediumship was something you could learn!

- **Early experiences:** Her first profound connection came when she felt the presence of a dear friend who passed away at 22.
- **Grandfather’s visit:** Years later, she received a clear message from her grandfather while running on a treadmill—his first request? A message for her sister.
- **No formal training:** For 20 years, she received spirit messages spontaneously, never actively trying to connect.
- **Growing up Catholic:** There was some hesitation and shadow work around embracing mediumship publicly.

“Spirit didn’t ease me in. My grandfather came straight in with a job to do!” – Mary Beth

Her experience highlights an important truth: mediumship doesn’t always follow a structured path—sometimes, spirit just puts you straight to work!

From Corporate PR to Spiritual Entrepreneurship

Before embracing mediumship professionally, Mary Beth spent 20 years in corporate communications and PR, particularly in healthcare and non-profits. During this time, she was what she calls a “closeted medium”—tuning in to spirit privately but never considering it as a career.

Then, in 2020, everything changed.

- A strong nudge toward life coaching led her to explore different coaching modalities.
- A cancelled Tony Robbins event (due to the pandemic) pushed her toward more spiritual coaching.
- Training in spiritual life coaching and colour energy work set the foundation for what would soon become her business.

One week before launching her life coaching practice, she received a powerful push from spirit: add mediumship readings.

- “I was terrified! I thought, ‘I can’t do this publicly.’ But I trusted the nudge—and here I am.”
– Mary Beth

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Her first professional reading, done as a practice before officially offering sessions, was one of the best she'd ever done—a clear sign from spirit that she was ready.

Breaking Free from Mediumship “Rules”

Since Mary Beth never trained in traditional circles, she developed her own natural approach:

- No preconceived limitations—she lets spirit communicate how they want.
- No pressure to “perform” in a certain way—which often creates a stronger flow.
- Joining an online spiritual community later helped her connect with like-minded practitioners.

She credits psychic Dougal Fraser, her mentor in colour energy, for reassuring her that developing without formal training was actually a blessing—it allowed her to trust her own process rather than fitting into someone else's framework.

“I didn't have to unlearn anything. I followed my intuition from the start.” – Mary Beth

Understanding Colour Energy in Coaching

Mary Beth's intuitive life coaching incorporates the power of colour energy to help clients unlock their potential. But what does that actually mean?

- Each colour holds specific energy and meaning.
- It's different from chakra colours—though there are some overlaps.
- She guides clients through nine colour energies, helping them apply them in their lives.

For example:

- Emerald Green → Communication & Creativity
- Mint Green → Life Force Energy (Shadow Side: Anxiety)
- Blue → Truth & Wisdom

“I intentionally wore green today—because I wanted to embody communication and creativity for our chat!” – Mary Beth

Colour energy is a tool of intention—one that can help people shift limiting beliefs, manifest change, and tap into their inner power.

Does Certification Matter?

Unlike life coaching (which isn't regulated), mediumship doesn't require official certification. But does it make a difference?

- Mary Beth never considered training necessary—until she joined a community and realised people took courses to develop mediumship.
- No client has ever asked about credentials.
- Most people assume mediumship is something you're born with—though we both agree it's an ability anyone can develop.
- It's only ever been questioned by other mediums—leading to unnecessary “Top Trumps” comparisons!

“Spirit doesn't give out certificates. If they did, mine would say ‘Certified by My Guides in the Coffee Realm.’” – Hannah

This leads to a bigger conversation—should there be a regulatory body? Some argue yes, to ensure ethical practice, while others believe accreditation can be exclusionary.

The key takeaway? Integrity and skill matter more than any piece of paper.

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Grief, Loss & The Reality of Mediumship

In July, Mary Beth's brother, Bobby, passed away after a four-year battle with cancer. This experience profoundly shifted her perspective on grief and mediumship.

- At first, she felt grateful—her connection with him in spirit was immediate and strong.
- Three months later, the grief hit. She realised she couldn't bypass it, no matter how connected she was.
- Losing a loved one changes everything. It deepens empathy, perspective, and understanding for clients going through loss.

“For weeks, I forgot he had died. I felt closer to him than ever. But then the grief came, and I realised—mediumship doesn't exempt you from loss.” – Mary Beth

One of the most mind-blowing synchronicities? Bobby had circled the date of his passing—four years before it happened.

- While in rehab in 2019, he had posted a calendar photo with July 27 circled and four stars around it, writing, “This is a special day.”
- He passed on July 27, 2023.

“You can't make this stuff up. On some level, his soul knew.” – Mary Beth

Final Thoughts: What Everyone Should Know About Spirit

If Mary Beth could share one universal truth, it would be this:

“Spirit is as close as a sheet of paper. They're not ‘up there’ or far away. They're right here, within our energy field.”

So often, people think of their loved ones as distant or gone, but the truth is, they're with us—always.

What's Next for Mary Beth?

She's focusing on:

- Expanding group mentoring programs.
- Leading workshops on trusting yourself.
- Writing a book about the power of telling your truth.

Connect with Mary Beth:

- Website: SoulShinesCoaching.com
- Instagram: [@SoulShinesCoaching](https://www.instagram.com/SoulShinesCoaching)

Thank you, Mary Beth, for such an inspiring conversation! Until next time—

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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