



Mediumship Matters Podcast Transcripts

Season 1 Bonus Episodes - Interview with Wendy Watson

Feet, Healing & Fusion: Wendy Watson's Journey from South Africa to Soul Work

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today I'm joined by the amazing Wendy Watson, a reflexologist, foot reader, Reiki Master, and shamanic healer with a whole toolkit of healing modalities. Wendy works from two spaces in Sandwich, Kent—her home treatment room and The Sage Room, which she opens for teaching, drum circles, and community healing.

The Call to Spirit—From Childhood in South Africa

Wendy's journey began long before she trained professionally. Growing up in South Africa, she remembers being sent up into the hills by her mum, where she formed a deep, non-verbal connection with a local sangoma—a traditional shaman. Together, they gathered herbs and prepared medicines using a large stone grinder. Though she later forgot about this connection, it returned to her many years later.

From Reflexology to Remembering Her Roots

Years later, while pregnant and looking for something to occupy her mind, Wendy signed up for a reflexology course. She instantly fell in love with it and never looked back. That was nearly 19 years ago.

What began as a clinical journey expanded over time. She trained in:

- Maternity & labour reflexology
- Fertility
- Pain management
- Cancer and palliative care
- Special educational needs
- Hot stone reflexology
- Universal and metamorphic reflexology

Each modality added a layer to her understanding of energy, the body, and healing.

But it was a moment eight or nine years ago at the London Mind Body Soul fair that changed everything. Hearing the beat of African drums, Wendy was overcome with emotion, stopped in her tracks, and heard a whistle-like bird call. She knew it was Spirit. In that moment, she felt completely at home—"home to my heart, and who I've always been in this life and many others."

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Combining Ancient Traditions with Modern Healing

Although her roots are in African medicine, Wendy is deeply grounded in the energies of the UK. “I live here. I walk this land. So I work with the Celtic traditions, the local plants, the animals and energies of this land.”

While she honours Native American, Incan, and South African traditions, she focuses on connecting with the ancestors and spirits of her current land.

Bespoke Healing: Blending Reflexology, Reiki & Shamanism

Clients don't need to choose a specific modality when booking Wendy. She works intuitively, drawing from her broad skillset to create personalised, fused treatments.

Sometimes that includes drumming or plant spirit medicine. Other times, it's a reflexology-based session with energy clearing. She trusts her intuition completely—and her clients trust her too.

The Joy of Service & Watching People Blossom

Wendy says her work is about service.

“It's not about me. It's about what the client gets. I love watching people grow and blossom—seeing someone arrive hunched and low, and leave open, glowing, and more confident.”

Advice to Her Younger Self

“Trust yourself. Trust the universal energy. Get your head out the way and let go sooner.”

She recognises the tendency toward self-sabotage—and encourages people to question things, but not to let doubt stop them from flowing with Spirit.

Distant Reflexology: Energy Knows No Limits

One of Wendy's most exciting projects is Distant Reflexology—also called virtual or vibrational reflexology.

Inspired by a shamanic journey where she saw only a pair of feet in her vision, Spirit told her: “The feet are your doorway. They are the windows to the soul. This is your tarot card, your medium, your way in.”

From that moment, Wendy began working remotely with clients across the world, offering healing through the feet—soul to soul.

She's now developed a thriving online community, sharing this work and proving how powerful distant healing can be.

How Spirit Work Changed Her Life

“It helped me realise who I am. It helped me step into my power without fear.”

Wendy talks openly about the twaza—a healer's sickness in South African shamanic traditions.

Through her own physical and emotional pain, she learned how to walk the path of a healer with empathy and service.

She's passionate about speaking the truth of the spiritual path:

“It's not fluffy. It's not always comfy. It's in the grit. In the pain. And we need to talk about that more.”

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What She Wants Everyone to Know

“Healing is for everyone. It’s not ‘woo-woo.’ It’s real. And it works.”

Many of Wendy’s clients arrive after years of failed medical treatments—especially for migraines—and find relief and transformation through her work.

She encourages everyone to approach it with an open mind:

“What have you got to lose?”

From First Steps to Full Integration

Though she started her career firmly rooted in the clinical, Wendy now embraces the full fusion of science, spirit, and energy. She respects evidence-based practice while also leaning into intuitive guidance and traditional wisdom.

“Science is finally catching up with what we’ve known for millennia.”

The Next Chapter: Rebranding & Owning Her Power

Wendy is currently rebranding from First Feet Reflexology to simply her own name: Wendy Watson. This is a reflection of her growth, her confidence, and her expanded offering.

“Spirit made me do it. I’m so much more than the box I put myself into.”

She’s excited to continue offering:

- In-person and distant reflexology
- Shamanic healing
- Bespoke energy treatments
- And soon, a more accessible platform to share her gifts under her own name

Hannah: Wendy, thank you so much for your time, wisdom and radiant energy. My face aches from smiling—what a beautiful reminder of how Spirit, service, and healing weave together.

Wendy: Thank you, Hannah. It’s been an absolute joy!