



# Mediumship Matters Podcast Transcripts

## Season 6 Episode 18 - Interview with Thea Strom

Thea Strom: Animal Communication, Intuition & Spirit Connections

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

Today, I am thrilled to bring you an incredible guest—Thea Strom. Thea is an animal communicator, medium, and teacher, and she has been incredibly patient as we've rescheduled this interview a few times (she may or may not have gained a few grey hairs waiting for me!). But we're finally here, and I can't wait to dive into her journey, her work, and the magic of animal communication.

Let's get into it!

### Thea's Journey into Animal Communication

Thea's path wasn't the classic "I saw spirits as a child" story. Instead, she was always drawn to the world of the mystical—mediumship, psychic work, and all things woo. Luckily, she grew up in a family that allowed her to explore spirituality freely, without the constraints of religion or fear.

- ✓ She spent her teens reading books, attending metaphysical fairs, and exploring energy work.
- ✓ At 12 years old, she met a family friend who was an animal communicator and medium. This woman took people on boat tours to swim with dolphins, using her abilities to connect with the animals. Thea's mind was blown—this was something you could do professionally?!
- ✓ At 18, she went through a mental health crisis, which led her to meditation and self-healing—and that's when her spiritual gifts really started to unfold.

Suddenly, she wasn't just reading about mediumship—spirits were visiting her. And that was when she knew she needed to develop control and understanding of her abilities.

### The Accidental First Step into Animal Communication

Thea's first conscious experience of animal communication happened unexpectedly.

- ◆ She and her husband had just adopted a new kitten.
- ◆ While out running errands, she heard a voice in her head say, "I'm starving," along with a mental image of an empty food bowl.
- ◆ She knew she had filled the bowl before leaving, so she brushed it off. But something nudged her to go home and check.
- ◆ When she walked in—sure enough—the kitten was sitting next to an empty food bowl, looking very expectantly at her!

That moment changed everything. She realised she had connected psychically with her cat. And from then on, she started to practice and refine her skills.

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## How Animal Communication Works

Many people wonder—how do animals talk in a reading?

- 💡 It's the same as spirit communication—you receive energy and interpret it through your senses.
- 💡 Some animals communicate in words (just like young children in mediumship readings).
- 💡 Others send feelings, images, or even sensations.
- 💡 It's all about reading their energy and allowing it to translate into something humans can understand.

## Communicating with Animals in Spirit vs. Living Animals

Thea connects with both living and passed animals, and while the process is similar, there are key differences:

- 💡 With living animals, the messages are often practical—food, behaviour, routines.
- 💡 With spirit animals, it's about closure, healing, and reassurance.
- 💡 When reading remotely, she can tell whether an animal is in spirit by where she places her awareness—above for spirit, in front for the living.
- 💡 Sometimes, a missing animal's status can be hard to determine because of the emotions involved, but she does her best to sense whether they are alive or in spirit.

## The Power of Animal Communication: Real-Life Examples

One of the most rewarding aspects of Thea's work is seeing real changes in animals after a reading. Here are some fascinating cases:

### 🐶 The Dog Who Loved Announcing Himself

A dog would bark loudly on every walk, believing it was his job to announce his arrival. Once Thea explained to him that it wasn't helpful, he stopped immediately.

### 🐱 The Breakfast-Obsessed Cat

Her own cat was obsessed with waking her up early for food. After explaining the need for her human to sleep, the cat learned to wait patiently instead of meowing at 5 AM!

### 🐾 The Stubborn Ones

Not all animals want to change. Just like humans, some are set in their ways and refuse to compromise. In those cases, it's about helping the human adapt rather than forcing the animal.

## Can Anyone Learn Animal Communication?

Thea believes anyone can develop this skill with practice. Here are her top tips:

- 1** Meditation & Mindfulness – Quiet your mind so you can receive subtle impressions.
- 2** Be Aware of Your Messages – If you tell your dog “Don't jump,” you're sending them an image of jumping! Instead, focus on the behaviour you want.
- 3** Set Intentions & Be Open – Ask your animal a question and let the answer come to you naturally—often when you're not trying.

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Thea's Book: Animal Intuition

Thea has written a brilliant guide to animal communication:

📖 [Animal Intuition: Communicating with Pets, Animal Spirits, and the Energies of the Natural World.](#)

- ✓ Learn how to connect with animals (living & in spirit).
- ✓ Understand behaviour, emotions, and messages.
- ✓ Discover real-life stories of animal connections.

Check the show notes for the link to grab your copy!

Final Thoughts & Where to Find Thea

Thea teaches animal communication workshops both online and in-person (Portland, Oregon, USA). She also runs an online membership community for anyone wanting to develop their skills further. If you've ever wanted to learn animal communication, or just better understand your pets, check out her courses and book a session! (Links in the show notes.)

Thea, thank you so much for sharing your wisdom and experiences. It's been absolutely fascinating!  
Love, Hannah x

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