



Mediumship Matters Podcast Transcripts

Season 7 Episode 14 - Surrender, Soul Work & Spiritual Business with Erica Russo

Mediumship Matters – Interview with Erica Russo
Intuition, Soul Business & The Power of Surrender

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today I'm joined by the amazing Erica Russo—psychic medium, intuitive business coach, podcast host, and all-round radiant energy. The moment Erica joined the Zoom room, I was buzzing. Welcome, Erica!

Erica Russo: Thank you so much for having me. I'm only just having my first coffee after a long fast—maybe that's why your energy's through the roof!

From Sensitivity to Spiritual Awakening

Erica didn't grow up seeing spirits or chatting to Grandma in the corner. She was a sensitive, empathic child—but didn't recognise her connection to Spirit until much later. In 2017, during her Saturn Return, everything shifted.

She suggested meditation to her anxious husband—and was shocked when it completely changed him. Naturally, she started too. Spirit began appearing in her meditations, including her neighbour's deceased father. That one experience set the wheels in motion.

“I never intended to become a medium. I just wanted more patience. But once you get out of your own way, Spirit shows up.”

Overcoming Imposter Syndrome

For 14 months, Erica was stuck in her own head.

- Questioning evidence
- Doubting her intuition
- Tearing herself apart after every free reading in Facebook groups

Eventually, she started a Facebook page and slowly built confidence. Even as her skills grew, imposter syndrome lingered—especially when comparing herself to overconfident but underdeveloped mediums online.

“There are brilliant mediums who never go pro because they let fear run the show. We've got to stop doing that.”

Self-Trust, Soul Contracts & Development

Erica is a firm believer that everyone has a connection to Spirit. But:

“Being a medium isn't just chatting with Spirit—it's holding power. That takes training, discipline, and dedication.”

Not everyone wants to commit to the training—and that's okay. But the capacity is within all of us.

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She also uses soul contracts, astrology, and human design to help clients understand their intuitive blueprint.

“Your natal chart and soul contract often confirm what you already feel in your soul. They give you permission to trust it.”

Intuitive Business Mentoring

Erica helps spiritual entrepreneurs build soul-aligned businesses by integrating:

- Human Design
- Astrology
- Soul Contracts
- Intuitive Guidance

She tailors her coaching to each person’s unique blueprint.

“You can’t coach a Manifesting Generator the same way you’d coach a Projector. We all operate differently.”

Her business mentorship focuses on purpose, not just packaging.

“Don’t start with pricing and session lengths. Start with why you’re here. Then build the structure around your soul.”

Healing the Money Wound

So many spiritual people struggle to charge for their services.

“You can’t pay your bills with good energy and hugs. If you’re changing lives, there’s value in that. Own it.”

With Neptune moving into Aries, Erica sees a collective awakening around the importance of spiritual work—and encourages practitioners to stop playing small.

Spiritual Practice & Personal Growth

Erica’s top advice for developing mediums and spiritual entrepreneurs:

- Journal your hits and misses—track your accuracy to build confidence.
- Learn your Human Design Authority to understand how intuition speaks to you.
- Get help—ask Spirit for guidance, and trust that downloads will arrive.

“The biggest block is often YOU. But the more you surrender, the more you receive.”

Mediumship as Soul Work

Erica sees mediumship as sacred.

“This isn’t entertainment. This is a soul-to-soul bridge. I’m here to serve Spirit and support healing.”

Despite delivering powerful evidence, she still battles her inner critic—and believes that healthy self-reflection makes better mediums.

The Light Compass & Sharing Her Story

Erica’s book *The Light Compass* chronicles her journey through spiritual awakening, surrender, healing, and reconnecting with her inner child.

“It’s a love letter to my past self—and a guidebook for others walking the path.”

Like many podcasters and authors, she admits to cringing at early episodes and writings—but celebrates them as markers of growth.

“We’re scrapbooking in public. It’s part of the journey.”

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What's Next?

Erica's future plans include:

- Hosting more spiritual retreats
- Visiting Arthur Findlay College
- Writing her next book
- Expanding her online courses and podcast (The Erica Russo Show)

Final Words of Advice

“Hold on. Trust yourself. It's going to be a ride—but you're strong enough to navigate it.”

Erica reminds us that Spirit is always supporting us—but we have to meet them halfway.

Find Erica at:

- Website: ericarusso.co
- Instagram & TikTok: @ericawrusso
- Podcast: The Erica Russo Show

Hannah: Thank you, Erica, for your honesty, insight, and fierce love for this work. You've inspired us all to surrender just a little more and shine a little brighter.