



# Mediumship Matters Podcast Transcripts

## Season 3 Episode Episode 67 - Interview With Medium Erika Anderson

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the wonderful Erika Anderson, a spiritual medium, acupuncturist, Reiki practitioner, psychic, and evidential medium. Erika has a fascinating journey filled with profound experiences, healing work, and spiritual awakening. I can already tell this is going to be one of those episodes where I struggle to remember I'm meant to be interviewing and not just having a laugh!

Erika's Journey—From Childhood Spirit Encounters to Mediumship

◆ Erika saw spirits as a child but was terrified due to her religious upbringing. ◆ She was raised Catholic, which made her feel that spirit communication was wrong or dangerous. ◆ At around eight years old, she saw a man floating in her bedroom—but she had to tell herself a comforting story to stop being afraid. ◆ For years, she shut down her abilities, believing she wasn't "powerful enough" to have these experiences.

💡 "I thought something was wrong with me, and that I was going to hell."

The Healing Journey—From Anxiety to Awakening

◆ Erika struggled with anxiety for years, not realizing she was an empath picking up other people's emotions. ◆ Her healing path led her to Reiki and acupuncture, but she still didn't fully understand her sensitivity to energy. ◆ The biggest shift came when she became a mother, which opened her heart to a new depth of love and connection. ◆ A traumatic event—nearly losing her child—became the catalyst for her spiritual awakening. ◆ She turned to meditation, which triggered a full Kundalini awakening—an intense energetic shift that changed everything.

💡 "It was like fireworks going off in my body—my entire consciousness shifted."

Dream Visitations—Spirit Finds a Way to Communicate

◆ Shortly after her awakening, Erika had her first dream visitation from a friend's deceased father. ◆ He appeared in a train station setting, holding her son, and told her, "Your son is going to be okay." ◆ He returned the next night, sitting at the foot of her bed holding up a picture of his daughter, urging Erika to reach out. ◆ She finally called her friend after 10 years of no contact, leading to a deeply healing conversation.

💡 "I didn't even know what a dream visitation was—but I knew it was real."

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## Understanding Spirit Communication—Why Some Spirits Appear More Clearly

◆ Erika's childhood spirit visitor—a man who frequently appeared—was likely there for her mother, not her. ◆ Spirits aren't always trying to communicate directly with the person who sees them—sometimes they're just present for someone else. ◆ Mediumship is about trusting the process and surrendering to what spirit wants to show you.

💡 “Just because you can see spirit doesn't mean they're there for you personally.”

## How Mediumship Has Changed Over Time

◆ At first, her mediumship was loud, clear, and undeniable—but then it became softer and more subtle. ◆ She learned that spirit doesn't always need to “shout”—once trust is built, their presence becomes more gentle. ◆ Her energy healing work has also transformed—instead of directing energy, she now simply channels and lets spirit do the work.

💡 “They were waiting for me to stop trying to control it. The more I get out of the way, the stronger it gets.”

## Surrender—The Key to Mediumship & Healing

◆ Initially, she used traditional Reiki hand positions and symbols, always questioning if she was doing it “right.” ◆ Now, she surrenders completely, allowing spirit to guide the healing process. ◆ The same applies to mediumship—when she stopped forcing messages, they flowed more naturally.

💡 “We don't need to ‘do’ anything—we just need to be open vessels for spirit.”

## A Personal Spirit Encounter—A Message of Love from Her Uncle

◆ Erika's uncle passed away during COVID, alone in a nursing home, which was heartbreaking for the family. ◆ The night before his memorial, she felt him hug her, and then the bathroom lights flickered on and off for two minutes. ◆ She heard him and her grandmother talking about her as she got ready. ◆ At his memorial, she could feel all their passed loved ones gathered around.

💡 “That moment solidified everything I'd ever believed about the afterlife.”

## Faith & Spirituality—Reframing Her Relationship with God

◆ As a child, she saw God as huge and herself as small. ◆ After her awakening, she realized God is within us—we are reflections of divine consciousness. ◆ A profound moment of clarity came when she heard spirit say: “Fear is not the same as respect.”

💡 “I used to think I had to be small. Now I know I'm part of something infinite.”

## Erika's Advice for Developing Mediums

◆ Mediumship is about love—not ego or proving yourself. ◆ The subtlety of spirit communication is a sign of trust, not weakness. ◆ TV mediumship is edited—don't compare yourself to staged readings. ◆ Healing and mediumship go hand in hand—surrender is the key.

💡 “Mediumship isn't about being right—it's about bringing healing and love.”

## Erika's Podcast & Upcoming Events

🎧 Podcast: Spirit Guided—a podcast about mediumship and spiritual development, co-hosted with Pearl. 📅 Live Event: Hosting Dominic Bogue in Colorado for readings, a public demonstration, and an advanced mediumship workshop. 🌐 Website: Find more details on her website (linked in the show notes)!

💡 “We are here to learn—so let's enjoy the journey.”

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## Final Thoughts—Living with Spirit

💡 Key takeaways: ✓ Mediumship starts loud, then softens—it's a sign of trust, not loss.

✓ Surrender to the process—stop trying to control spirit.

✓ Healing and mediumship are deeply connected.

✓ You are not small—you are part of something infinite.

A massive thank you to Erika Anderson for this beautiful conversation! If you loved this episode, be sure to check out her podcast Spirit Guided and upcoming events.

And as always—have a bloody marvellous day! 🚀