



Mediumship Matters Podcast Transcripts

Season 3 Episode 48 - Interview with Medium Samantha Cooper (Mindful Mandy)

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm thrilled to introduce you to Samantha Cooper, better known as Mindful Mandy 108 on TikTok. We connected through social media, and she always makes me laugh—I hope I do the same for her! Samantha has had quite the rollercoaster journey into mediumship, so let's dive into her story.

Samantha's Journey into Mediumship

Samantha's mediumship wasn't something she sought out—it found her.

◆ Raised in a Catholic household, her intuitive experiences weren't exactly encouraged. ◆ As a child, she had vivid imaginations and premonitory thoughts, but she dismissed them as guessing. ◆ Later, as a nurse, she encountered overwhelming emotions, grief, and unprocessed trauma, leading her to seek meditation and healing practices.

💡 Her turning point? She started Vipassana meditation at a traditional Buddhist centre, and after two years, mediumship hit her like a freight train!

The Moment Mediumship Took Over

Meditation opened her up to more than she bargained for:

◆ She started experiencing strong premonitions, intuitive hits, and dreams that came true. ◆ A clairvoyant Reiki healer told her she had mediumistic abilities and predicted she'd be working professionally in eight years—Samantha laughed it off at the time! ◆ Eventually, she could no longer ignore spirit's presence and had to accept her calling.

💡 "I thought I was losing my mind. I even went to a psychiatrist to check! Turns out, it was just mediumship."

How She Developed Her Abilities

Like many analytical minds, Samantha needed proof before fully accepting her abilities.

◆ She read every book she could find on the subject. ◆ She sought out a mentor, who appeared in her life at exactly the right time. ◆ Through mentorship, she learned the mechanics of mediumship, how to structure a reading, and—most importantly—how to trust spirit.

💡 "The teacher appears when the student is ready."

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The Role of an Analytical Mind in Mediumship

Samantha believes having a logical brain helps evidential mediumship:

✔ It helps spot patterns in communication. ✔ It prevents blind faith—she always seeks strong evidence. ✔ It pushes her to go deeper rather than accepting surface-level messages.

💡 “I want spirit to prove themselves to me as much as I want to prove it to the sitter!”

Her Most Mind-Blowing Spirit Experience

One of her first unintentional spirit contacts happened while working in a hospital:

◆ A nurse colleague’s father had recently passed, and Samantha kept hearing a repetitive thought: “Ask about the light.” ◆ She ignored it all day—until she saw a Coca-Cola bottle with the name ‘Robert’ on it. ◆ In that moment, the thought shifted: “That’s my name!” ◆ She finally asked her colleague if her father was Robert, and if something was happening with the lights at home. ◆ The colleague’s jaw dropped—her family had been leaving the lights on overnight as part of their cultural tradition for the deceased.

💡 That moment confirmed: This was real. She had to explore it further.

What’s the Purpose of Life?

Samantha’s answer? It’s the greatest mystery.

◆ She believes we’re here to experience and learn. ◆ Every person is a unique expression of something greater. ◆ She tries not to overthink it—there’s beauty in the unknown.

💡 “We’re microcosms of something much bigger. But the purpose? That changes all the time.”

How to Find a Good Medium

If you’re new to mediumship and searching for a reading, here’s Samantha’s advice:

✔ Look for someone aligned with your values and beliefs. ✔ Watch their work if possible.

Demonstrations, live readings, or social media clips can help you gauge their style. ✔ Word of mouth is golden. The best recommendations often come from friends or family who’ve had amazing experiences. ✔ A good medium gives pure evidence—not just generalizations or personal opinions.

💡 “The best mediums don’t force meaning onto messages—they let the evidence speak for itself.”

Biggest Myth About Mediumship?

🔊 We are NOT ‘on’ all the time!

◆ Mediums don’t walk around constantly tuned in to spirits. ◆ Just because we’re in a room with you doesn’t mean we’re reading you. ◆ TV shows have completely distorted how mediumship actually works!

💡 “I’ve lost count of how many times people ask, ‘What’s my granddad saying?’ while I’m just trying to eat my dinner!”

Advice for Developing Mediums

Samantha’s top tips:

✔ Don’t compare yourself to others. Your journey is YOURS. ✔ Check in with your ‘why’. Why are you doing this? Keep reconnecting with your purpose. ✔ Live your life! Don’t spend more time talking to the dead than the living—your experiences shape your mediumship. ✔ Embrace the ups and downs. There will be highs and lows—ride the wave and keep growing.

💡 “Mediumship is a lifelong journey. The more life you live, the richer your readings become.”

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What's Next for Samantha?

Samantha is expanding her work into mentorship, evidential readings, and therapeutic support.

☀️ She offers: ✅ 1:1 and group mentoring for developing mediums.

✅ Evidential readings (online & in-person).

✅ Tarot practice circles—helping people develop their intuitive Tarot skills.

✅ A future focus on blending mediumship with therapy.

💡 She's also exploring psychedelic-assisted therapy and how healing, grief, and mediumship intertwine.

Recommended Books & Tarot Decks

📖 Books:

- Magician to Mystic – Simon James & Brian Robertson
- Between Two Worlds – Janet Nohavec

🎴 Tarot Decks:

- Rider-Smith-Waite (Best for beginners)
- Light Seer's Tarot (A stunning modern deck)

Final Thoughts—Healing Through Mediumship

💡 “Mediumship is about healing—not just for the sitter, but for the medium too. It's about connection, comfort, and understanding that we are never truly alone.”

A huge thank you to Samantha for this amazing conversation! If you'd like to connect with her, check the show notes for her website and social media links.

And as always—have a bloody marvellous day!