



Mediumship Matters Podcast Transcripts

Season 2 Episode 8

Interview with Melanie Veares

Welcome & Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and today I have a very special guest with me—Melanie Veares, an incredible author and medium. Melanie kindly sent me her book, *My Forever Heart*, to read and review, and I have to say—it completely opened my mind to new spiritual perspectives. I've mentioned it on the podcast before, but today, we're diving deep into her journey and the wisdom she's gained through working with Spirit.

Melanie Veares: Hi, Hannah! Thank you so much for having me. I'm so excited to be here.

Hannah: It's an absolute pleasure! Let's start at the beginning—how did your journey into the spiritual world begin?

Tragedy, Awakening & Spiritual Healing

Melanie: My journey into spirituality wasn't something I expected. In 1999, when I was 31, my husband tragically took his own life. We had two young children at the time, and I was thrown into unimaginable grief and shock. I had never really dealt with death before, and suddenly, I found myself facing this enormous loss.

The first few nights were terrifying—I was scared to be alone, so my mother and mother-in-law took turns staying with me. But on the third night, something incredible happened. As I lay in bed, I felt a warm, loving presence envelop me. It started at my feet, like a soft, warm blanket wrapping around me, and I felt myself floating. I had never known such peace before. When I woke up the next morning, I knew something profound had happened. From that moment, I was never afraid again.

Months later, I was drawn to visit a medium, something I had never done before. She gave me a mind-blowing reading, bringing through my late husband with undeniable evidence. She even mentioned details about my father's past that I didn't know—until I later confirmed them with him. That reading changed everything.

Discovering Mediumship & Healing

Hannah: Wow, what an incredible experience! Did that reading push you toward developing your own abilities?

- Melanie: It definitely planted the seed, but at the time, I wasn't ready. My boys were still young, so I put it on hold. Fast forward two years later, I met my now-husband, who brought so much love into my life. But my journey with loss wasn't over.

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Over the years, I experienced multiple tragic losses—my niece was killed in a car accident, my father was diagnosed with terminal brain tumors, and my brother-in-law passed away unexpectedly. Each time, my connection with Spirit deepened. When my father was given three months to live, I refused to accept it. That’s when I was guided to spiritual healing.

I started attending healing circles, and the results were profound. My father lived two years longer than expected, and his passing was peaceful, surrounded by love. That experience led me to train in Reiki, spiritual healing, and mediumship development. I sat in a circle for eight years, practicing energy healing, scribing, trance mediumship, and cabinet work. Spirit was guiding me every step of the way.

A Devastating Loss & Connection Beyond Death

Hannah: And then, your biggest loss happened—your son’s passing. How did that impact your faith?

Melanie: Losing my son was earth-shattering. He was 20, sensitive, and struggled with finding his place in the world. When he passed, the pain was physically unbearable. But Spirit didn’t abandon me.

The day after his passing, my husband and I were sitting in the kitchen when the TV suddenly switched on—playing Band of Brothers, my son’s favorite show. I knew it was him. Then, lights started flickering, objects moved, and messages kept coming through.

Two weeks later, I returned to my spiritual development circle, hoping to reconnect with him. During a meditation, he appeared—young, happy, with our family’s dog beside him. He told me, “Mum, everything you’ve said about the spirit world is true. I’m okay.” It was the confirmation I needed.

Writing My Forever Heart & Channeled Wisdom

Hannah: That’s so powerful. Is this what inspired you to write My Forever Heart?

Melanie: Yes. After his passing, Spirit kept telling me to write a book. I resisted at first, but eventually, the ideas flooded in like a movie playing in my mind. Within weeks, I had the full story written. The book explores:

- Life after death
- Past lives & soul contracts
- Healing grief through spiritual understanding
- The concept of “many lives” happening simultaneously

I didn’t just write this book—I channeled much of it. Spirit guided me to philosophical concepts I hadn’t even considered before, such as:

- The idea that our lives are not linear—they are happening all at once.
- How we can choose different paths and experience multiple realities.
- The role of free will vs. destiny in our spiritual evolution.

Free Will vs. Predestination

Hannah: That’s such a fascinating perspective! So, do you believe we have a fixed destiny, or do we shape our path as we go?

Melanie: I believe in soul contracts—that we plan certain life lessons before we’re born. But we also have free will. If we veer off course, we may take a longer route, but eventually, Spirit nudges us back in the right direction.

Sometimes, we experience parallel versions of our lives, where different choices lead to different outcomes. Spirit showed me that in one version of reality, my son lived to old age, and that brings me comfort.

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Final Thoughts & Where to Find My Forever Heart

Hannah: Your book is so beautifully written—it's both deeply philosophical and incredibly accessible. It challenges readers to think differently about life, death, and the afterlife. Where can people find it?

Melanie: My Forever Heart is available on Amazon, and you can find more about my work at melanieveares.com. I also offer healing meditations, which are available on my website with a special 25% discount for podcast listeners—just use the code 25PERCENT at checkout.

Hannah: That's amazing! Thank you so much for sharing your story, your wisdom, and your heart. It's been an absolute privilege talking with you.

Melanie: Thank you, Hannah! And thank you to everyone listening—I hope my journey helps others find peace and connection.

Hannah: To our listeners—if you loved this episode, please leave a review and share it with someone who needs to hear it. Until next time—keep trusting, keep growing, and keep connecting with Spirit!