



Mediumship Matters Podcast Transcripts

Season 3 Episode 78 - Interview With The Angel Mystic Amanda Tooke

Angels, Manifesting & Divine Guidance with Amanda Tooke

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I have a fantastic guest—Amanda Tooke, an Angel Mystic, psychic, manifesting expert, author, hypnotherapist, and NLP coach. She does so much, and I'm thrilled to have her here! In this episode, we dive deep into spiritual guidance, angel communication, manifesting abundance, and life lessons.

Amanda's Journey into Spirituality

Amanda has been fascinated by spiritual work since childhood. Her grandmother introduced her to palm reading, tea leaves, and even Ouija boards—though she wouldn't necessarily recommend diving straight into those! Like many of us, she had a deep inner knowing but felt she had to keep her interests hidden due to societal skepticism.

Her journey took a transformative turn during a particularly challenging period in her life—going through a divorce and dealing with major life upheavals. It was in those dark moments that she turned to the unseen world, asking for guidance. She started noticing angel signs—feathers, rainbows, and synchronicities—that reassured her she wasn't alone.

From Skepticism to Angel Mystic

One of Amanda's early encounters with angels happened while she was training as a counselor. During a session, feeling overwhelmed and unsure of how to help a client, she instinctively told them to ask their angels for guidance—but then quickly added, "Don't tell anyone I told you that!" Fast forward years later, and she is now proudly embracing her role as an Angel Mystic, helping others work with angelic energy.

Opening a Spiritual Business

Spirit guided Amanda every step of the way when she opened her first spiritual shop—telling her which shop space to lease, what to call it, and even what to stock. Within two weeks, her store was up and running! While it didn't make much money at first, it was the start of something much bigger. Over the years, she has built a thriving online business, written multiple books, and created programs to help people work with their angels and manifest abundance.

Spiritual Lessons & Life's Challenges

- Amanda believes that life's hardships aren't just random events—they're part of our soul's evolution. She describes the soul's journey as a ladder of ascension, where we grow and evolve through experiences. Interestingly, she shares that her son is an older soul than she is, while her parents are younger souls in comparison—a concept that challenges the traditional idea that age equals wisdom.

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She also explains that lessons repeat themselves until we truly learn from them. If you find yourself facing the same struggles over and over again, it might be time to ask, What is the lesson here? What do I need to change?

Manifesting Abundance & Daily Practices

Amanda's Abundance Club focuses on developing a consistent daily practice to align with abundance. She emphasizes that successful manifesting isn't about luck—it's about being intentional with your thoughts, energy, and actions.

She teaches a three-tier approach:

- **Non-Negotiables:** Simple daily habits like grounding, protection, setting intentions, and gratitude—even if you're busy, these must be done!
- **Deepening the Practice:** Visualization, scripting, and affirmations to strengthen your manifesting energy.
- **Full Alignment:** Taking inspired action and trusting the process.

The Role of Angels in Our Lives

Amanda shares that angels are always with us, but they can't intervene unless we ask. The best way to connect with them is through gratitude-based requests, such as: Thank you, angels, for guiding me to the best outcome for my highest good.

She also debunks the myth that angelic communication is dramatic—often, their messages come through subtle signs like a feather on your path, a flickering light, or a ringing in your ears. If you've been asking for help but feel like nothing is happening, slow down and pay attention. The signs are there!

Angel Readings & Spiritual Guidance

In her angel readings, Amanda connects with a client's personal angels to offer insights into their life path. Unlike mediumship readings, which focus on connecting with departed loved ones, angel readings provide guidance on present and future opportunities, personal healing, and aligning with one's highest potential.

She also discusses timeline therapy, an NLP-based process that clears deeply rooted emotional patterns. By releasing fears, anger, sadness, and guilt, people can experience profound shifts in their ability to manifest and create positive change in their lives.

Books & Resources

Amanda has written several books to help people on their spiritual journey:

- **Alice Meets Twinkle** – A children's book about angels, inspired by her desire to help kids know they are never alone.
- **The Manifesting Manual** – A step-by-step guide to conscious manifesting, filled with exercises and real-life examples.
- **Do I Have an Angel?** – A guidebook answering common questions about angels and how to connect with them.

Final Thoughts & Listener Takeaway

- Your angels are with you, but you must ask for help!
- Manifesting requires consistency—daily habits create lasting change.
- Life lessons repeat until you truly learn from them.
- Spirit communication is subtle—slow down and notice the signs.

Thank you, Amanda, for sharing your wisdom! You can find her books and programs on her website (link in the show notes). Let me know your thoughts at podcast@hannahmedium.co.uk.

Catch you in the next episode!

—Hannah