

Amanda McLoughlin , Julia Schifini , Eric Schneider

## Spirits

United States of America (2016)

TAGS: [Circe](#) [Cupid](#) [Eros](#) [Hades](#) [Heracles](#) [Hercules](#) [Persephone](#) [Psyche](#) [Zeus](#)



The podcast's logo, courtesy of the creators.

| General information                    |  |
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| <i>Title of the work</i>               | Spirits  |
| <i>Country of the First Edition</i>    | United States of America   |
| <i>Country/countries of popularity</i> | worldwide  |
| <i>Original Language</i>               | English  |
| <i>First Edition Date</i>              | 2016   |
| <i>First Edition Details</i>           | <i>Spirits</i> , episode 1 - <i>Persephone and Hades</i> - 17:55 min, February 1, 2016, bi-monthly.  |
| <i>Running time</i>                    | 15 min - 2 h approx  |
| <i>Official Website</i>                | <a href="http://spiritspodcast.com">spiritspodcast.com</a> (accessed: April 2, 2020)   |
| <i>Available Online</i>                | <a href="#">Apple Podcasts</a> (accessed: April 2, 2020)<br><a href="#">Spotify</a> (accessed: April 2, 2020)<br><a href="#">iHeartRadio</a> (accessed: April 2, 2020)<br><a href="#">Acast</a> (accessed: April 2, 2020)<br><a href="#">PocketCasts</a> (accessed: April 2, 2020) |
| <i>Awards</i>                          | <a href="#">2nd Top Mythology Podcasts</a> (accessed: April 2, 2020) by Fedspot (2020).  |
| <i>Genre</i>                           | Educational radio programs, Internet radio programs, Podcasts  |
| <i>Target Audience</i>                 | Crossover  |
| <i>Author of the Entry</i>             | Alessia Borriello, University of Bologna, <a href="mailto:alessia.borriello2@studio.unibo.it">alessia.borriello2@studio.unibo.it</a>   |

Alessia Borriello, "Entry on: Spirits by Amanda McLoughlin, Julia Schifini, Eric Schneider", peer-reviewed by Elżbieta Olechowska and Daniel A. Nkemele. *Our Mythical Childhood Survey* (Warsaw: University of Warsaw, 2020). Link: <http://omc.obta.al.uw.edu.pl/myth-survey/item/999>. Entry version as of March 13, 2026.

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| <i>Peer-reviewer of the Entry</i> | Elżbieta Olechowska, University of Warsaw,<br>elzbieta.olechowska@gmail.com<br>Daniel A. Nkemele, University of Yaoundé 1,<br>nkemelekedan@yahoo.com |
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## Creators



### Amanda McLoughlin (Author)

She is a podcaster and a business manager for content creators and production companies. She is the CEO of Multitude, an independent podcast collective and a production studio based in New York City. She is the founder of *Beehive Resumes*, a resume writing, editing and consultation business. She is a co-host of podcasts: *Spirits*; *Join the Party*; *Waystation*.

Sources:

Official [website](#) (accessed: April 2, 2020).

[Profile](#) at [multitudeproductions](http://multitudeproductions.com) (accessed: April 2, 2020).

[Profile](#) at [spiritspodcast.com](http://spiritspodcast.com) (accessed: April 2, 2020).

Bio prepared by Alessia Borriello, University of Bologna, [alessia.borriello2@studio.unibo.it](mailto:alessia.borriello2@studio.unibo.it)

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### Julia Schifini (Author)

She is a historian, podcaster, sound designer, writer, voice actor. She is a founding member of Multitude. She is a co-host and producer of *Spirits* and a co-host of *Join the Party*.

Sources:

Official [website](#) (accessed: April 2, 2020).

[Profile](#) at multitude productions (accessed: April 2, 2020).

Bio prepared by Alessia Borriello, University of Bologna,  
[alessia.borriello2@studio.unibo.it](mailto:alessia.borriello2@studio.unibo.it)

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### **Eric Schneider (Author)**

He is a podcaster, video editor and sound designer. He is a founding member of Multitude. He is an editor for *Spirits*, *Beyond the Screenplay*, and *ICG Creator Chat*. He is co-host of *Spirits* and *Waystation*. He was member of the early YouTube community.

Sources:

[Profile](#) at multitude productions (accessed: April 2, 2020).

[Profile](#) at [spiritspodcast.com](http://spiritspodcast.com) (accessed: April 2, 2020).

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## Additional information

### Summary

*Spirits* was named [Second Top Podcast in the Top Mythology Podcasts](#) of 2020 by Feedspot (accessed: April 2, 2020). It consists of weekly episodes, brought out every Wednesday, on mythology and urban legends from all over the world. The logo and the title of the podcast allude to the loose format of the episodes, wherein classical myths are “served up over ice”, like a cocktail in a bar, by “two tipsy history geeks”.

The tracks are listed according to thematic tags. A section tagged [Greek](#) explicitly refers to ancient Greek mythology and includes (accessed: April 2, 2020): [Hercules](#) (episode 121); [Zeus](#) (episode 51); [Circe](#) (episode 44). Other stories sourced from classical antiquity are scattered throughout the podcast and are not placed within a specific tag, e.g., [Persephone and Hades](#) (episode 1); [Eros and Psyche](#) (episode 4), and others (accessed: April 2, 2020).

Episodes run approximately from 40 to 60 minutes. Each episode comprises 5 minutes of announcements; a mid-episode ads break; end-of-episode credits to sponsors. The format varies: story-focused episodes and urban legends may be hosted alternately by either of the co-authors or by guest hosts.

Source: [spiritspodcast.com/press](https://spiritspodcast.com/press) (accessed: April 2, 2020).

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### Analysis

A preliminary consideration is that *Spirits* is set in a light-hearted radiophonic conversation format suitable as a vehicle to mythological and historical contents. Therefore, if the listeners seek “facts and figures” in plots and characters, the podcasts may appear distracting.

Nevertheless, especially in the story-focused episodes hosted jointly by Amanda and Julia, their conversation is likely to shed a new ultra-modern light on the stories. In the “Greek” episodes, myths are told by Amanda and Julia using a regular pattern. Between the two co-authors, one plays the role of an expert in terms of the knowledge of the myth, and the other tries to extract from her more juicy information, using what she knows about the stories and characters. In so doing, the story is a work-in-progress in which both hosts participate. In order to make



the story more accessible to the less informed host, the other one refashions the narrative retelling myths like stories around a “camp-fire”, mainly to entertain. The myths provide a testing ground for the “expert” host, who spontaneously brings up hot modern issues and comments on sexuality, patriarchal ideologies and so forth. Is it not what myths are for: to raise questions about the present?

With regard to questions the listeners ask, the hosts – although in an indirect and sarcastic way – clearly state their approach. Namely, they want to give a voice to “the currently and historically oppressed, with an active mission to dismantle colonialist, white supremacist, and hetero-patriarchal ideologies.” ([About](#), accessed: April 2, 2020.)

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Classical, Mythological,  
Traditional Motifs,  
Characters, and  
Concepts

[Circe](#) [Cupid](#) [Eros](#) [Hades](#) [Heracles](#) [Hercules](#) [Persephone](#) [Psyche](#) [Zeus](#)

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Other Motifs, Figures,  
and Concepts Relevant  
for Children and Youth  
Culture

[Gender expectations/construction](#) [Gender, female](#) [Isolation/loneliness](#)  
[Knowledge](#) [Sexuality](#) [Tradition](#)

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