Alessia Borriello, "Entry on: Spirits by Amanda McLoughlin, Julia Schifini, Eric Schneider", peer-reviewed by Elżbieta Olechowska and Daniel A. Nkemleke. 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 November 05, 2026.

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

This Project has received funding from the European Research Council (ERC) under the European Union's Horizon 2020 Research and Innovation Programme under grant agreement No 681202, *Our Mythical Childhood… The Reception of Classical Antiquity in Children's and Young Adults' Culture in Response to Regional and Global Challenges*, ERC Consolidator Grant (2016–2021), led by Prof. Katarzyna Marciniak, Faculty of "Artes Liberales" of the University of Warsaw.

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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 multitude.productions (accessed: April 2, 2020).

Profile at spiritspodcast.com (accessed: April 2, 2020).

Bio prepared by Alessia Borriello, University of Bologna, alessia.borriello2@studio.unibo.it



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:

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Bio prepared by Alessia Borriello, University of Bologna, alessia.borriello2@studio.unibo.it



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).

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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 (accessed: April 2, 2020).

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 distractive.

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

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	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.)
Classical, Mythological, Traditional Motifs, Characters, and Concepts	Circe Cupid Eros Hades Heracles Hercules Persephone Psyche Zeus
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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