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SPEAKERS

Hannah Macintyre

H Hannah Macintyre 00:00

Hello, and welcome to medium ship matters with me, Hannah MacIntyre, how are you doing? I'm going to be answering some long overdue listener questions today and some ones that are quite recent. So will we work your way through? And then I think I'm completely up to date, I think with questions, so if you've have anything that you have a burning desire to know the answer to or to discuss, then give me a shout out and let me know I'm just writing down one that I remembered as I'm speaking, always, always professional. Okay, I can't find the comment that I was just noting down. But I think it was from Steve. And apologies if it wasn't Steve. But I know that somebody commented on one of my Facebook posts or Instagram posts, and asked me to talk about Ouija boards. So let's start with that, shall we? I bloody love Weege board. I think they are absolutely miraculous. It's something that obviously you see being incredibly over spooked on horror movies. But actually, they're a great way of getting very direct and very meaningful messages from your loved ones in spirit evidential messages. I think they're rather wonderful. Now things to be clear about on a spirit board. I normally call them spirit board. Because even though someone once told me that we G means good luck. I still think that people get that weird kind of connotation from horror movies, when you say big board that they're going to get a demonic attachment come through spelling, Read Rom read on their Weege board, which has never happened. Now. I made my own witchy board from two bits of plastic layered. So I have a white piece that has all the letters written on it with a marker pen, and then a clear plastic cover. And I use a shot glass. So you can make a witchy board out of anything you want. But one of the things that's really important to understand is that you are part of this oracle. So if you just sit there and wait for the glass to move without any input from you, it's not going to move. Now what I don't mean by that is that you push it. But what I do mean is that you need to be allowing you're part of the process, which is a sort of knife's edge to walk along. And so if you just sat there and stared at it and didn't put your finger on it, it's not going to move, which sounds obvious. But then when you say to people, well, I'm part of the the board, it needs me to make it work. Everyone goes, Well does it. And then it sounds like you're interfering with it. So it's that funny little space. True story about a Ouija board. When my grandmother passed the day that she passed, and it was expected. We were I was already booked with a friend of mine to go to a spirit board night. That was run by another medium. And because we because my grandmother's passing was expected and I was very sad. But I was also functioning. We decided still to go. And my Nana came through on that wage board.

And that, you know, within five hours of her passing or something ridiculous, so they can be incredibly profound and amazing. One of the things that I particularly like about Ouija boards is even though you don't spirit are spelling out letters. And it's quite like text speak. It's short, it's it's to the point, they're not going to write your chapter and verse because you'd be exhausted. You can still get people's personality, you can still, you know, some people. When the shotglass moves, they do big looping letters. Some people are very slow and hesitant. Some people are very fast and powerful. And even though it can be one session with a Ouija board and you're calling in, I don't know. 10 different spirits. I don't know if I could do 10 I think my arm would fall off but you know what I mean? They will all have different personalities and different presences. Sometimes they tell jokes. Sometimes they're very soft and gentle and it just really depends on that spirit. And I think it's absolutely incredible. I normally try and offer a spirit board as part of my January winter retreat experience. Because it's mind blowing really there's nothing quite like it. And I love that spirit are able to communicate that way with us. And because it is using you, as part of the spirit board, you do become sometimes just a little bit aware of things before they're written of things before they're said. And that is, that's okay. I think that's part of it, as long as the worst thing on a big board is when someone starts guessing what they think it's going to be. So you've got two letters, and it's P OE. And they're going police, pulmonary artery, RT pulmonary heart disease, I don't know, trying to get POS and those the ones that are coming in really quickly. And it's actually going to be polite, or something like that. So you have to just, even if you're aware of what the next letter is going to be, you have to allow it to unfold and work with the spirit that way. And if you've got anybody that's afraid, it doesn't work very well. One of my biggest lessons, in my development, as a teacher, was when I did a spirit board night here, and one of my students who hadn't been learning with me that long for how Alpha they decided to be, it got stuck between two letters, and it just kept going back and forth, and back and forth. And sometimes they get stuck in a loop like that. And it's because they haven't got enough energy to make it work. So you have to raise the vibration of the room by singing a song dancing, clapping. And even then, if you've got someone who's very afraid, or very uncomfortable, or you're feeling the heat is the medium, it can be not very successful. Anyway. And she, she took over my own spirit board and said she could do it better than me. It still leaped. So that was quite satisfying. But the fact that I had a relationship with students where they felt that they could do that was the big lesson for me. So thanks for that. Yeah, so that's something to bear in mind. I mean, one of the things, I think, with any form of sort of physical mediumship, whether you believe in all versions of it or not, is that you have to accept, it's not always going to work the way you want it to. And people who come for that kind of experience, have to accept that it may not be successful. And if you're putting yourself under loads of pressure to get results, you're going to be sort of compounding that energy. So I always say to my students, it might not happen, it might not happen today. And sometimes it does, sometimes it doesn't. But mostly it does. But sometimes we get a little stuck. And then we know that the energy needs shifting, the one thing I will say from my point of view, is we do boards, and table tipping and stuff like that, they cost me quite a lot in energy. Because I think in order to get that physical movement, they need to use your vessel, and it needs to be a really big strong blend. And so that can be quite draining. And that's the thing, everything that I can say on big boards. But if there's anything that you're thinking, Well, why haven't you asked answered this or said this and drop me a message? Let me know. Yeah, I can't actually remember what your exact question was about them. But that's, I think they're good. I think you're just communicating with loved ones in the spirit. Well, I've never had anything come through other than that. Because I don't think there is anything other than that. Of course, if you believe that there is then that will be your experience. So we will have to just accept that my experience is one thing and your experiences another. There we go. Next up, I've got a question from Brittany. Hannah. Hello. I

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Hannah Macintyre 09:00

found your podcast about a week ago and I listened to it. I'm on season two about the middle of the way. I just want to say you make me laugh so much. And every time I have a question, the next podcast answers it. It's mind blowing. My sister passed a year ago and about six months ago, I started getting this spiritual feeling, I guess you would call it that. I've been so interested in knowing who I am and coming to realisation that we are all beautiful sparkling spirits inside a human body. Never in my life would I have thought that. I don't know what it is. But something is drawing me to this world. And I'm so Godly in love with it. When my sister had passed, we were looking for clothing for her to be presented in. And I was going through the racks at the department store. And in my head. I first heard her knew it was her voice though and she was laughing and saying nope, and all that fun stuff. And I thought I was going crazy. Then while walking up a ramp with a box of things to decorate the funeral home. I was with my family and I just got this overjoyed Feeling like my family is here? And I'm like, Well, I don't think I should be feeling this way haha. Then I realised a few weeks afterwards that I think I'm experiencing her time passed, and she was here and there. Then I started feeling like I need to dig into this and be able to communicate with her. And I do, but I can't do it for anyone else. Now I only hear in my head. But now it's my voice. I tried to meditate, but it's so hard to quiet my mind. Do you have any tips? I know you say meditation is not the only way. Also, I signed up for your free seven day spiritual class, me and my nine year old son did day one so far, and I'm so happy he joined me anywho love your podcast, so happy to have found you. I'm from the USA. Obviously, I'm a talker, like you haha. My tips, Brittany would be that I find generally speaking that if you are lucky enough to have awakening experience like you have. That doesn't mean that that is the standard for the rest of your relationship with spirit. So don't feel that your sister is no longer with you. It's just in the beginning, when they're cracking US Open, they have to hit us with the energy of it much harder than they do once we're looking for it. That's the other thing looking to do this kind of work creates its own resistance because seeking is not a surrender, but you have to seek to be able to do it. And so you may find that it is not as clear and easy as it used to be. And that doesn't mean you're doing anything wrong. That's just the way the cookie crumbles. So don't feel like you need to meditate. But make sure that you are clearing your energy by dealing with as much stuff as you can. You may have heard, but I have a book called You Are a medium, you just don't know it yet, which is a how to guide with all of my tips to get started. But all of them I have covered on this podcast. So they're all out there for you guys to listen to. And I'm sure Brittany, as you keep going, you will find more and more answers to this question. But really, it's a case of understanding the mechanics of it, and then practising and pushing yourself out of your comfort zone and putting yourself in that vulnerable space where you're with somebody and you feel like you might not get anything and you feel like you're making it up and giving it a go. Anyway, and that is the best advice I can give you. I hope that helps. I've had a lovely email from Colin. Just calling in can't call him Ross a medium. And he was letting me know that he agrees with me about trance. So that's really lovely. Colin, thank you for getting in touch and keep shining your light. Right next up. I had a lovely email from Leanne, who said, Hi, Hannah, I am a psychic medium from Dundee, Scotland. I've been listening to your podcast for a while now and I love it. The EPA seems like she didn't say that I did. The episodes seem to find me at the right time. So thank you for that. I just wanted to contact you about your migraines. I've had two years of hell with migraines. It makes it nearly important to work as that tends to make mine worse. I was going out of my mind with worry that if I was on medication, my connection to spirit would be affected. I went back to previous teachers and asked and their response was, ooh, that's quite a heavy drug. But you need to put your health first. Hello mediumship is a huge part of who I am. I couldn't risk losing it. I tried all traditional preventative medication treatments, some with horrific side effects. I also tried

Botox which didn't work but gave me a lovely line free face. I also tried acupuncture, which was lovely but no it didn't cure it. Then spirit started to show me an amitriptyline tablets split in half over and over in my head. Of course I ignored it for about two months. Then after going to a less than useless appointment with my neurologist. I asked my GP to prescribe me at again. She laughed when I said I would only take half. Nine months on here I am with very little migraines in between. It also helps me to sleep especially after Spirit work. If I do feel one coming on, I can take up to three quarters without feeling the effect. It's given me my life back. My point is don't be scared to try anything. I spent two years avoiding it. They won't go anywhere and some of the spiritual folk giving advice that we need to be Have everything are draconian in their thinking, your body will adapt, spirit will adapt, you will be fine. Go and enjoy your break, let go of that to do list when I feel lost going back to basics helps me while I'm reading then too. We fall in and out of love with it all the time. It's not an easy job, especially when teaching we forget our own further development and times, which is where our own magic lives. Take care of you, Leanne lackey. Thank you, Leanne. And I completely agree I have been taking my propranolol that honestly, my medication names, I did share a meme on Instagram the other day that said when you mispronounce your prescription and summon a demon, because it does feel a bit like that. But I have been taking one a day and I have reduced my migraines now to I think I have about two a month. And they're not as bad as they were. So absolutely life changing. And you are absolutely rightly, spirit. We're just they're the same as always, in fact, easier. And I do have this, I've had this conversation people before because some people I know have actually given up Spirit work because it was giving them a migraine every time they did it. And I think it is a super stressful job if you want to do it properly, and putting yourself in that vulnerable position. And I think it does impact us. But yes, I absolutely have found that spirit have still been absolutely they're easy to communicate with easy to get evidence from everything that I hoped and wished for. And you're right about teaching to anyone that teaches mediumship I'm sure will agree. You spend so long focusing on your students you forget to focus on yourself. Next up is an email from Anne Sophie, and she is French. So she's asked us to excuse her English, which is amazing English, may I just say, I am learning French and absolutely pansit it and very much like an English person learning French, when my pronunciation is absolutely awkward and atrocious. But I'm trying. And Sophie says I just come to listen to several of your podcasts on Spotify. And I would like to share something that I personally live in my psychic abilities. And that differs from what you describe. I know we are all different. It is about the colour audience. You say the voices from spirits, including Spirit guides are the same voice than ours. But for me, it is different. I can clearly hear them in my head and they have their own voice. I can clearly distinguish if it is a man or a woman. And now with experience I know who was talking either my grandmother or someone else like a higher guide. My clairvoyance is not as much developed I don't see them only forms of heat sometimes and also my dreams at night when they want. But I'm developing visions when I connect with someone. My Clairsentience is also very developed as the clairaudience. I don't think that my mission is to give messages to people. But I know that I will have a book to write later in my life, about my story with my opinion of freewill and destiny. For me it is important and interesting to understand how they think and handle situations that I live my life to try to help me What is part of freewill and what is part of God's will. And lately I have learned about a third factor. But that is another story. Please tell me if you've heard about other mediums who hear spirit with their own voices.

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Hannah Macintyre 18:45

I'm curious to know. Hi and Sophie I have. But this is where it gets really interesting. Because if I'm communicating with a spirit, even though the words are my words, in my head, I can tell if

they're a man or a woman. I can tell if they've got an accent. I might not always get it right. But I'm not actually hearing that accent. I'm just knowing that accent. And so that's the first thing I want to say. The other thing is if I'm communicating with like my grandparents, or one of my spirit guides that I know very well then I will hear it in their voice because I know what their voice sounds like. But if I'm sat in front of you and you say to me, Hannah, I want to hear from my grandmother. I wouldn't know what your grandmother's voice would sound like and so I would hear it more in my own voice. So yes, I think you're absolutely right. And that is wonderful for you that you hear them so clearly. I'm a little bit jealous and Sophie, but that is the wonder of it. Everybody's gifts work differently. And the reason why I talk a lot about it being your own voice in your own head is because when I first started work Working with spirit, I thought I wasn't communicating with spirit at all, because it was my own voice in my own head. So for the people who are like that, where we don't get that validation of feeling the separateness it can be really hard to follow this path and trust what you're getting. But for you, you know it spirit you're hearing it differently. So that works great. You lucky ducky, another email from Brittany. Now as I'm going through the pile about medication, which I think I've already answered, funnily enough, Brittany, just like you said, in your first email, you ask a question. The answer is they're absolutely fine. Okay, next up, I have got an email from Steve and Steve says, Good day, Hannah, I guess you could say I'm a novice at communicating with and understanding the spirit world. I'm a retired registered nurse after 45 years of practice living in Long Island, New York, and have always been empathy. Empathic I knew it was in there, for as long as I can remember, two years ago, I obtained and started volunteering as a Reiki practitioner at a local hospital with caregivers of ill or deceased family members. During the short time, much to my surprise, spirits of family members began to contact me during my Reiki sessions, I have reached out to local contexts for guidance, education and mentorship. My question is this is a spirit guide, something I can see or audibly hear or just a specific thought, I can't seem to get one specific answer, which leaves me unable to move forward. If I can't understand what's happening, I can't grow, which I very much wish to do. For me, one of two experiences occur, either loved ones communicating my thoughts almost intrusive at times, it seems with a specific message, or I get a thought image, if you will, that is very strong as it comes across. Most have been spot on when I don't misinterpret them. There's a learning curve here. Please help me understand what I'm experiencing and how might clarify the entity of spirit guides. Well, Steve, Spirit guides are an energy. And I personally believe that the way you receive the energy from that energy is down to you. It's down to you and how you are able, but I will say this, I'm not sure that spirit guides are here to give us always specific messages, if we are here, and we are saying What should I do about this? I don't know a situation? And the answer is that we have to find the answer for ourselves, and we have to explore and we have to learn and we have to work out what the answer is. They're not going to tell us they're not going to give you a direct answer. Also, often when I ask spirit guides or question like, because a lot of my stuff is obviously how mediumship works and all of that kind of thing. As I delve into what you know, trance the the whole of last season and trance than me sort of going well what is trance, what isn't trance? Why can't you do trance and another language? Why is it okay to sing as if you are a Native American, but it's not okay to give me a message that actually is meaningful, how much of that is trance? How much of that is us? As I've been asking that of spirit? The answer has not just been a word in my head of Hey, Hannah, here's the answer. It has been different experiences, different stories, different people coming to me with information and sharing their experiences and different things that I've learned. And so it's more like a collaboration. I think when you're working evidentially, when you're connecting to someone's loved ones in spirit, they they understand the purpose of proof, they understand that you need to know this, this, this and this so that the person in front of you knows that they are communicating. But when you're dealing with spirit guides, it's more about you understanding what you need to understand for your life path. And so that isn't a sort of easy

answer to give. It's something that unfolds and unfurls within you and takes phases. So sometimes I see an image. Sometimes I hear a voice which is normally a voice in my own voice in my own head, as we've just been saying with Sophia and sometimes I just get a knowing sometimes I ask a question and it feels like dead air because in the seeking, you are getting in the way of the naturalness of mediumship which should be a surrender and receiving And so therefore it takes them time to be able to bring that information to me in the days and weeks ahead. I don't know if that helps or not, Steve, I don't know. Because I can see the email trail when you were talking to Aaron. I don't know if you've actually listened to this podcast before. But I hope that if you go back and listen through it, you will find some of the answers that you seek. But just allow, and allow yourself to receive it however you do, because that might change depending on your energy, but also your points of reference within you. Next up, I have a question from Lisa Marie, who says, I love your podcast, I'm listening from the beginning. But I would love to know what your take and spirit's take is on ADHD. I've always been drawn to spirit. And since I attended my first circle, at 13, I've dipped in and out but I couldn't concentrate and thought it was not for me, because I couldn't be spiritually obedient. In recent years, I was diagnosed with ADHD in my 40s. And learning lots about myself and also realising that the old paradigm dem paradigm paradigm, oh, what is wrong with me today? The old paradigm is no longer this way. And maybe there is space for my crazy mind that maybe doesn't involve sitting still. Thank you again, for all you do and being so down to earth. I love it. I don't have a quiet mind either. Lisa Marie. I don't know from ADHD. I know I've got plenty of ADHD traits, especially the getting really fixated on a new hobby that you spend a huge amount of money on and then never touch again. That is a problem. Anyway, aside from that, I know that was a really easy part of ADHD. By the way, please don't get angry with me, everybody. I'm just messing around. So I am not a steal sitter. I am not a quiet, soothing space to be around.

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Hannah Macintyre 27:08

I like the vibrancy of working with spirit. And I think there's space for everybody within that. So if you are drawn to the stillness, the quietness, the breath, work, the meditation. And when I'm talking about meditation here, I'm not talking about somebody talking you through a visualisation, I'm talking about just you and your breath. And sitting still, if that's your jam, my God, you're brilliant, keep it up. But if you're like me, and you find as soon as there's space, your brain goes off in 57 Different deep dives. And you start wanting to, you know, look up stuff on Google and go on IMDb and find out if they're still married. And then you're over here looking at this and over there looking at that, you can still be a medium, and I am living proof of that. And more. So I would say it really helps you decide the kind of medium you want to be. Because I believe that my busy mind is part of my gifts. The fact that I can think on my feet, and my brain is always 400 miles ahead and just going for it actually is what makes me a really good platform medium. Because I have seen platform mediums where it's like the meditating and it's really slow and really still, and it's actually really frickin boring. Now, I know that there are people out there who love that kind of mediumship. And this is the joy of wherever you're at with mediumship. Now, because if that's the kind of mediumship you like, I am not the medium for you. Equally, if you want someone that's going to be all going What took you 100 miles an hour, lots of animation, then I am the medium for you. And that's okay. I think in the old paradigm. There has been a lot of kind of fitting into a mould which doesn't make any sense. Because your soul Lisa Marie chose to come here with ADHD. There's no mistakes. Your soul didn't go I'm going to incarnate here. Oops, oh no, I've effed up, I've got this now I'm not gonna be able to live out my life plan. Your soul knew that that was going to be part of you. And maybe that is your greatest gift. Maybe in your work with spirit, it's going to be your greatest

ally, if you stop trying to make yourself into what everyone else tells you. You need to be. So play with it. And you know, there are many roads to spirit communication. And one of the the best path for me personally, was the path where I just pushed through my fear barrier. Never stopped talking, never gave a breath because if I do that's when my voice inside pipes up when Celeste comes in and says you You're a failure and everybody hates you. If I don't stop talking, she can't get a word in. So I use that kind of bubbly side of me to keep my fear at bay and keep myself going. So just work with it. And absolutely, there is a place for your crazy mind. And your crazy mind is beautiful, and exactly what your soul wanted it to be. Next up, I've got an email from Kate. And Kate says, I wondered if you could answer this question for me. When I meditate, I see indigo blue, then pink and purple swells with bursts of gold and small black flecks Is this normal? Yes. Thanks for messaging by Kate No joking. Yes, that's perfectly normal. So what you need to do now Kate is feel into it. How does that feel when you work with it? What do you feel like that colour is representing? What is that energy and enjoy it? What are the black flecks? What are the bursts of gold? What is the pink? What is the purple? What is the Indigo feeling to each individual colour and sit with it and see what it's bringing you lash. I keep jokes. That one's for later. And that one's for later. And I've got one more question then today, which is from my lovely Cheryl on the mediumship matters school. And Cheryl says Hi, Hannah. I totally forgot about questions this morning was gutted. I had a question I wanted to ask but thought it might be one for the body now. So you know, I've been questioning everything. And it's made me think about the purpose of a soul incarnating Why would a soul from an amazing place filled with so much love, energy and power need are more to the point want to come and be human? Earth is filled with pain, suffering hatred, discrimination, grief, heartache, and all the horrendous things as humans like to even do to each other. I mean, it's pretty horrible when you look at it. Obviously, there are parallels to go alongside that like love, happiness, kindness, etc. But what purpose would it bring spirit? What purpose does experiencing those things give spirit when they return to pure love and light is not exactly fun in comparison. And why can't they use their unlimited power to experience these things while they are there? Why do they need Earth and humans? Am I making sense? Or am I going into another essay debate? Anyway, feel free to chew that apart and spit it right back at me? Loads of love as always. This is what on the school on the mediumship matter school, I do two monthly question and answer sessions where we get in the Zoom Room and we hash out all sorts of stuff. And recently, oh my god, the questions these guys have been bringing me they have been so amazing. And it's just been. I just bloody love it. I love it. Anyway. Cheryl, good question. And I think an important one to think about as I think all of your questions actually are. And you know, I love questions. So you will never you will never pay me off with them. I think that when everything is good, we get comfortable with good. And so we need to come here where darkness is because there is no darkness in the spirit world to be able to experience the contrast. Now it's really interesting because I had a message from spirit the other day. And I didn't know what it was for. I knew it's for the podcast, but I didn't know like how I was going to shoehorn it in. And it is the answer to this question. So in my tiny little village I live in, we have had a road close the main road through the village closed for the last two, three weeks. It's really pissing me off. You have to do a big dig out of your way. And it's just taking ages to get anywhere. And I was moaning in my head to myself or so I thought about it the other day, so I was driving my car. And then Spirit said to me, but think how much you will appreciate driving through your village. When you can again, think how much you've taken the fact that you can drive down that road for granted every single day for the last 17 years. And now you can't when you can again, you will be so appreciative of that. And I do think there is something in that with the being here. Like we come here for the difficulties to try and find the light in the dark for the pain and yes, we know that there's an evolutionary thing here that Spirit says we need to have. But then of course, if we take that there's no time in the spirit world, your soul is also as evolved as it's ever going to be, isn't it? It's not like school, there's no time all the evolution has already happened. And as

every soul is part of the oneness, you are also bringing to fruition every single other souls learning experience in every single life ever lived. And then if we take the moving and you know, path splitting, and your soul getting to experience both aspects of the, of the path, even though the Incarnation you're in right now feels very solitary. Then you get to experience not only every twist and turn that your soul has made in this lifetime, but you also get to experience every twist and turn that every soul has ever made in any lifetime. So how much learning Do we still need? We've been incarnating all this time since you know, cavemen, surely we're nearly there now. But that's the point, isn't it? I think we come here for a specific type of pain. I think we come here, like funny little collectors, of specific griefs and hardships and difficulties. So that we can feel what it feels like when we go home to spirit. And we no longer have to experience that. And also, so we can feel the satisfaction, when we overcome it here. Those moments you get when you break through your conditioning, or through the life that you know, your family story that carries on or the your your life story where you break through that and you choose yourself or you choose happiness, and you start living in those moments.

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Hannah Macintyre 36:58

Is that not what it's for? And I don't know, that's just what I think at this moment at this time. But one of the things for me, a great example of this is my husband and I, we've watched too much Location, location, location, and we bought this big old house without any real sort of understanding of what it would need from us or how much work it required. And then the markets crashed. We both worked in finance, it was a very difficult time for us. And at that time, it was devastating. My heart was broken, it was so stressful. That's when my migraines started, I think I popped something in my head. And it was just so painful. And I felt so crushed by life. I didn't know about spirit, then it was a really difficult and dark time for me. You know, law of attraction, I kept attracting more pain and difficulty. And if you had asked the version of me that was alive, then what I thought it was for, I would say, I don't know, I'm so angry with the spirit world, the universe. I don't know why I'm here. I don't know what it's for. But now that things are on an even keel, and my husband and I, we went to Ronnie Scott's for Sunday lunch to watch Curtis staggers the other weekend. And just to be able to do that, to be able to get the train to London, and buy those tickets, and sit and have his bloody good roast dinner and have a roast dinner. And listen to Curtis digas. And be in that space, felt so incredibly magical. I felt so lucky to be in that space and be in that moment. And I know that if I had always been in a space where money was just available, and we were just able to do that, whenever we wanted, then I wouldn't have appreciated it in the same way. Now I know that that is an easy example. If you're listening to me talk right now. And you're grieving the loss of somebody that you love so desperately much, and they're gone. Please don't think I'm not aware of that. But please also know that from a soul's point of view, there is no separation because there is no time. So although this life here feels incredibly long laid out in front of you, missing that person that you love so very much. Your soul is already with them. That reunited pneus that you're looking forward to has already happened. And when you move back into spirit, you will feel that and know that multifaceted pneus of it that the separation was an illusion. And I don't know whether our souls forget how bloody hard it is when we're here, or whether it's part of the plan. First of being here, that it feels so long and so hard and so separate. But there we go. So I hope that that helps. I hope that that answers your question well enough. And I hope that it brings up another 30 questions because I love my Cheryl questions. Bring them on. And actually, I think they're, they're good ones for the podcast, Cheryl. So never hold back. And if you've been listening to this, and you have got some questions, now is the chance to get your questions in for season five. If not, you will have to wait for season six, which is going to be later this year.

So get them in now. Don't hold back, drop me a WhatsApp, drop me an email if I've missed you. And you're like, Excuse me, Hannah. I sent you an email or a message and you haven't answered it. I'm sorry. It's chaos all the time. I'm trying my best. But please just drop me a little reminder. And I will catch up with you all again next week.