



# Mediumship Matters Podcast Transcripts

## Season 5 Episode 5 - Listener Questions

### Ouija Boards, Spirit Communication & The Purpose of a Soul's Journey

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today, I'm answering a mix of long-overdue and recent listener questions, so if you've ever wondered about Ouija boards, spirit communication, energy dynamics, and why souls choose to incarnate on Earth, this episode is for you. Let's dive in!

### Ouija Boards: Truth vs. Hollywood Myths

One of the most requested topics lately has been Ouija boards—or as I prefer to call them, spirit boards.

Spoiler: I love them. And no, they won't summon demons to your living room.

Here's why I think they're amazing tools for spirit communication:

- They provide direct, evidential messages from loved ones in spirit.
- Each spirit has a unique way of moving the glass, reflecting their personality.
- They're a collaborative effort, requiring trust and energy alignment.

### What You Need to Know Before Using a Spirit Board

1. You are part of the process. The glass won't move if you just sit there passively.
2. Spirit boards don't work well if people are afraid. Fear lowers the energy and makes the process clunky.
3. Spirit personalities come through. Some spirits move the glass in big, dramatic loops; others are slow and precise.
4. Scepticism and overthinking block the flow. If you're trying to guess words before they're spelled out, you'll disrupt the connection.

My most profound experience? My Nana came through on a spirit board just five hours after she passed.

Spirit boards are powerful, beautiful tools—but like all mediumship, they require an open, trusting energy.

### Why Some Readings & Spirit Connections Feel Stronger Than Others

Ever wonder why sometimes spirit communication flows effortlessly, while other times it feels like pulling teeth?

- Energy plays a huge role. If you're tired, stressed, or doubting yourself, it will impact your connection.
- Not every reading is meant to be mind-blowing. Sometimes, spirit just wants to let you know they're around.
- We need to raise our vibration. Singing, clapping, or even laughing can shift the energy and help.

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When I do my Spiritual Experience Retreat, we often include a spirit board session, and every year, someone walks away absolutely mind-blown. It's not just about the messages—it's about feeling spirit move through you.

Listener Question: How Do I Strengthen My Connection with Spirit?

Brittany writes: "My sister passed a year ago, and since then, I've felt drawn to the spirit world. I've had moments where I hear her, but now it's faded. I try to meditate, but it's hard to quiet my mind. Any tips?"

First, Brittany—you are already connected. Spirit communication isn't about waiting for big, dramatic signs. It's about:

- Trusting the subtle, quiet messages.
- Practicing regular energy clearing.
- Letting go of the need for it to feel the same as it did in the beginning.

When we first awaken, spirit hits us hard to get our attention. But as we become more aware, they don't need to be so forceful. That's why it feels different now.

Also—meditation is not the only way to develop! Walking, music, or even washing dishes can create space for spirit to step in.

Keep going, keep trusting, and keep allowing.

Medication & Mediumship: Will It Block My Connection?

Leanne from Scotland shares her experience: "I struggled with migraines for years but avoided medication because I was afraid it would block my connection to spirit. After finally trying a small dose, my migraines improved—and my connection to spirit remained just as strong."

This is such an important topic.

- Your health matters. You cannot serve spirit or others if you are suffering.
- Spirit adapts. Medication doesn't disconnect you—it just shifts your energy slightly.
- Don't let spiritual fear-mongering hold you back. You're allowed to prioritize your well-being.

I've been on migraine medication myself, and guess what? Spirit is still here, just as clear as ever.

Are Spirit Guides Supposed to Give Us Direct Answers?

Steve from New York asks: "I receive messages during Reiki sessions, but I struggle to understand my spirit guides. Are they supposed to give direct answers?"

Short answer? No.

- Spirit guides guide—they don't dictate. Their role isn't to hand us every answer but to help us grow.
- They work through signs, synchronicities, and nudges.
- The answers often come through experience, not instant clarity.

If you're expecting a clear voice saying, "Steve, go left, not right," you might be waiting forever. But if you tune into the subtle shifts in energy and intuition, you'll realize they're always guiding you.

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Why Would a Soul Choose to Incarnate on Earth?

Cheryl from my Mediumship Matters school asks: “If the spirit world is so beautiful, why would a soul choose to experience Earth’s suffering?”

Honestly, I wrestle with this question all the time. But here’s what I believe:

- Contrast creates appreciation. Just like you don’t realize how much you love driving down your usual road until it’s closed, we don’t fully grasp joy without hardship.
- Earth offers a unique experience. In spirit, everything is love and unity. Here, we get to feel growth, pain, and triumph.
- It’s about evolution—but also about experience. Maybe we’re not here to “learn” in the way we think, but to simply experience duality.

And here’s the kicker—time doesn’t exist in spirit. That means that while it feels like we’re living a long, separate life here, our soul is also already home.

Final Thoughts: Keep Questioning, Keep Exploring

If there’s one thing I hope you take from today’s episode, it’s this:

- Your journey with spirit is unique.
- You don’t need permission to develop.
- Keep asking the big questions.

And, of course, trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Ouija board safety, how to use a spirit board, spirit communication tips, strengthening your mediumship, spirit guides and direct answers, medication and psychic abilities, why souls incarnate, purpose of life, energy clearing for mediums, spiritual development.