



Mediumship Matters Podcast Transcripts

Season 2 Episode 37

Earthbound Spirits

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, we're diving into a fascinating and sometimes controversial topic—earthbound spirits. There are so many differing opinions in the spiritual community, and as always, I encourage you to stay open, ask questions, and challenge your own beliefs.

The Evolution of Beliefs in Mediumship

I've been on quite the journey when it comes to my understanding of earthbound spirits. There was a time when I believed spirits could get stuck, unable to cross over. I was even trained as an entity release practitioner (yes, I had a certificate and everything!).

But here's the thing—we are always evolving. And through my experiences with spirit, my views have changed.

At the start of my development, my first teacher was an incredible medium, but she firmly believed in earthbound spirits, attachments, and entity release. So, naturally, I believed it too. That's what happens when you start learning—you trust your teacher! But over time, I started questioning it, and spirit started revealing a different perspective.

Are Earthbound Spirits Really “Stuck”?

I've heard many mediums and paranormal investigators say that spirits get trapped because they “choose not to cross over.” But let's really think about this.

- Why would some spirits get stuck, but others pass instantly?
- Wouldn't the spirit world, with all its intelligence, help them move on?
- If spirits can be in multiple places at once (which I know to be true), how does that fit with the idea of them being stuck?

Over time, I realized that much of what we perceive as “earthbound spirits” might actually be residual energy—an imprint left behind, rather than an actual soul that's trapped.

Imagine a traumatic event happening in a location. That energy lingers, and sensitive people can pick up on it. But that's different from an intelligent, conscious spirit being stuck and needing to be rescued.

How Perception Shapes Spirit Encounters

One of the biggest things I've learned is that our own filters shape how we perceive spirit energy.

- A great example: When I first started mediumship, I experienced some pretty scary imagery when working with entity release. I saw terrifying, distorted figures. But over time, I realized—it wasn't the energy that was scary, it was how my mind was interpreting it.

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This was confirmed when I did shamanic work. During one session, I visualized a beautiful golden treasure chest, but when I opened it, I saw a shriveled, almost mummified version of myself. It was horrifying! But as I held and comforted this image of me, it transformed—became whole again. That moment taught me something huge: Spirit energy isn't inherently scary—it's how we interpret it that makes it so.

Ghost Hunting, Paranormal Investigation & Seeking Fear

Let's talk about ghost hunts. I'll be honest—I hate the term “ghost hunting.” But it's a popular concept, so let's explore it.

When people go ghost hunting, what are they expecting to find? Creepy, scary spirits. And guess what? That's often what they experience.

Here's my theory: If you go looking for ghosts with the expectation of fear, you're going to interpret every spiritual interaction through that lens.

Think about haunted locations. Why is it always the tragic figures—the murdered travelers, the tormented prisoners—who are “stuck”? Why don't we ever hear about Ken the happy bricklayer, who just loves the pub and wants to stick around?

Because the expectation is fear and tragedy, and that's the lens people are viewing spirit through.

Residual Energy vs. Intelligent Spirit Communication

I believe a lot of what people call earthbound spirits is actually residual energy—emotional imprints left behind from intense experiences.

- Residual hauntings are like spiritual echoes—repeating the same patterns over and over, but without true awareness.
- Intelligent spirits can interact, provide evidence, and communicate in meaningful ways.

And here's something to think about: If you truly believe a spirit is stuck, why wouldn't you help them cross over, instead of just recording evidence and leaving them there?

The Intelligence of the Spirit World

One of my biggest issues with the earthbound spirit concept is that it implies a lack of intelligence in the spirit world.

I firmly believe:

- The spirit world is highly intelligent and loving.
- Spirits don't get forgotten or abandoned.
- There is no separation—only our human perception makes it feel that way.

I've connected with spirits who have died suddenly, tragically, even violently—but never once have I encountered a soul that said, “I'm stuck here.”

Instead, I've found that the energy of the trauma may linger, but the soul itself? It's home. It's healed. It's at peace.

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Final Thoughts: Keep Questioning & Stay Open

So where does that leave us?

I'm not here to tell you what to believe. But I do encourage you to question everything. Mediumship is a lifelong journey of learning, unlearning, and evolving.

- If you believe in earthbound spirits, ask yourself: Where does that belief come from?
- If you've encountered something unsettling, could it have been residual energy rather than a stuck soul?
- If the spirit world is loving and intelligent, would they really let souls be abandoned?

I'd love to hear your thoughts—where do you stand on this? Message me and let's continue the conversation!

Until next time, keep exploring, keep questioning, and trust in the wisdom of spirit. 🌟