



Mediumship Matters Podcast Transcripts

Season 2 Episode 27

Listener Questions

The Purpose of Pain & Soul Growth

Hannah Macintyre:

Hello and welcome to Mediumship Matters! We're back with Season 2, Episode 27, continuing with your listener questions because, well, I just can't stop talking. Let's get right into it!

Our first question comes from Sammy on Facebook, who asks:

"Why do we have to experience pain and trauma for soul growth? If Spirit comes from love, why do we need to learn this way? Also, what happens to our many incarnations when we've fully developed?"

Oh, Sammy, what a question! I wish I had all the answers, but here's my take.

I believe there are certain experiences we need for our soul's growth, and then there are things that happen simply because we're human and disconnected from Source. While Spirit is pure love, being in a human body clouds that perspective—and sometimes we make poor choices because of it.

We are all part of oneness—whether you call it God, Source, or the universe. But life on Earth is a contrast to that, and it's through this contrast that we grow. Abraham Hicks describes life as the "joy of conscious creation," and I love that idea—except I would call it "learning through the shitstorms" instead. 😊

I know I wouldn't be the person—or the medium—I am today if I hadn't made terrible choices, sought validation from the wrong places, and learned to stand in my own power.

Do we ever "fully develop"? Well, Buddha might say we reach Nirvana, but my belief is that because time doesn't exist in the Spirit World, we are already whole. We exist in all possibilities simultaneously—so perhaps, in some way, we are already at our full potential, even as we continue learning.

Raising Your Vibration While Parenting

Our next question comes from Melanie, who asks:

"I'm a single mum, and I often feel drained from parenting challenges. I want to explore my spiritual path, but I feel blocked—almost like I'm not worthy. If I've been in a bad mood, does it lower my vibration? Should I still meditate and connect, or should I wait until I'm in a better space?"

Melanie—before anything else, let's tackle that worthiness issue. You are enough, exactly as you are.

Parenting is hard. Even if you're spiritually aware, even if you're doing your best, you are still human. I promise you, every parent has moments where they lose it—including me! But none of that makes you unworthy of connecting to Spirit.

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Spirit doesn't only show up for us when we're zen and perfect. They are with us through it all. If anything, you need that connection even more when life is chaotic.

So, should you still meditate, pull an Oracle card, or explore your spirituality? Absolutely. Your spiritual path is part of your healing, not something you have to "earn" by being in a good mood.

Why Don't We See Dinosaur Ghosts?

Next up is a brilliant question from Abigail, who asks:

"Why don't we see the ghosts of dinosaurs or other ancient beings? Does earthly energy fade over time?"

I love this! And yes, I do think energy fades. Ghosts are energy imprints—residual echoes of people who lived before us. Think of it like a battery that needs charging. When people actively look for ghosts—like in haunted castles—they "charge" that energy with their focus. But no one's out there trying to connect with a T-Rex ghost (though that would be hilarious).

I also believe animals reincarnate much faster than humans. They have a higher vibration and don't hold onto earthly experiences like we do. So it makes sense that we don't see ancient spirits of dinosaurs or long-gone animals.

That said, if anyone wants to start a dinosaur ghost-hunting group, count me in! 🦖 🌀

Can You Block a Spirit You Don't Want to Hear From?

A deeply personal question comes from Jacqueline, who shares:

"I experienced sexual abuse as a child. I'm afraid that during a reading, that person's spirit might come through. How can I stop that from happening?"

First of all, Jacqueline—I see you, I hear you, and I honour your strength.

Now, when I work as a medium, I believe I serve both the Spirit World and the sitter in front of me. If a spirit comes through that you do not want to hear from, you always have the right to say no. Spirit understands boundaries. If you say, "I do not want to hear from them," a good medium will honour that. The spirit might want to say something—for their healing or yours—but you are never obligated to listen.

If this is a concern for you, let your medium know beforehand. You can also set an intention before a session that you are only open to receiving messages from specific loved ones. Spirit is always respectful of your readiness.

Final Thoughts: Spirit is Always There for You

To wrap up:

- Pain and trauma help us grow, but we are already whole.
- Parenting challenges don't make you unworthy of spiritual connection.
- Ghosts fade over time—hence, no dino ghosts!
- You always have control over which spirits you engage with.

If you have more questions, email me at podcast@hannahmedium.co.uk—I love hearing from you! Thanks for listening to Mediumship Matters. Until next time, keep shining. 🧡

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