



Mediumship Matters Podcast Transcripts

Season 3 Episode 6 - The Psychic Frequency

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Can you believe we're already on Season 3, Episode 6? Whoop whoop! 🎉

Today, we're diving deep into the psychic frequency. If you haven't already, I highly recommend going back and listening to Season 3, Episode 1: Finessing Frequencies, because it lays the foundation for what we'll discuss today. It's not that I don't want you here, but it'll all make a lot more sense if you have that context!

Let's get started.

The Misunderstanding of Psychic Work

There's a certain snobbery around psychic work in the spiritual world. You've probably heard people say, "Oh, that's just psychic—it's not real mediumship." But that mindset is absolute nonsense.

The psychic frequency is hugely valuable—both for your development and for the people you work with. It's an incredibly powerful tool for gaining insight into:

- Your energy body
- Your emotional state
- Your potentials and possibilities

Let's break it down.

Understanding the Psychic Frequency

The psychic frequency is all about reading energy—not spirit communication.

- Psychic = Energy to energy in this physical space.
- Mediumship = Communicating with spirit.

Many people don't realise when they're actually working psychically instead of mediumistically. Understanding the difference is so important because it helps you refine your skills and work with more clarity.

The Power of a Psychic Reading

A psychic reading can provide clarity and validation by showing someone:

- Where their energy is at right now
- What their emotional and mental state is creating
- Their potential paths and possibilities

I don't believe in fixed future predictions—because we are constantly creating our own future.

👉 Every choice you make shifts your timeline.

- 🔄 A bad day doesn't ruin everything—you can always realign.

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☞ Your energy reflects your current trajectory, but you have free will.

That's why I love psychic readings—they help people see their potential, not just their limitations.

The Inner Battle: Spirit vs. Human Self

I see this all the time, and I experience it myself:

☀️ Spirit Self: Believes in limitless potential, abundance, and infinite possibilities.

😬 Human Self: Says, “Yeah, but can you though?” “Wouldn't it have happened already if it was possible?” “Aren't you being greedy for wanting more?”

We all have these contradictory voices. The psychic frequency can help cut through the doubt and remind people what they're truly capable of.

One of my favourite things about psychic readings is seeing how a person's energy shifts by the time they leave. Their aura expands, they shine brighter, and they believe in themselves a little more. It's incredibly rewarding.

What Blocks Our Potential?

Imagine your energy as a hot air balloon.

📍 The balloon itself represents your true potential.

🎒 The sandbags holding it down are limiting beliefs, past trauma, and unresolved emotions.

No matter how much positive energy you pump into the balloon, it won't rise if it's weighed down by old baggage.

This is why psychic readings can be so powerful—they help bring awareness to the sandbags, so you can start letting them go.

Exercises to Strengthen Your Psychic Abilities

If you're interested in developing your psychic skills, here are some great exercises:

1. Tuning Into Your Own Energy

Start by sitting quietly and asking your own energy field what it needs.

1 Close your eyes and take a few deep breaths.

2 Ask, “What does my body need right now?”

3 Listen—do you hear words, feel sensations, or see colours?

4 Act on whatever comes up—whether it's rest, water, movement, or a mindset shift.

2. Expanding & Feeling Your Aura

Your emotional and mental state affects the size of your aura.

☞ When you're having a bad day, your aura shrinks.

☞ When you're happy and in flow, your aura expands.

Try this: 1 Hold your hands out in front of you, palms facing each other.

2 Slowly move them apart and back together, feeling for energy resistance.

3 Notice if your aura feels small or expansive, and experiment with shifting it.

3. Working with Colour & Aura Graphs

One of my favourite psychic tools is creating aura graphs.

- An aura graph is a drawing of someone's energy field.
- It helps reveal patterns, blocks, and potentials.
- You don't need to be an artist—just intuitively follow what colours and shapes come up!

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If you want to try this: **1** Draw an outline of a human figure.

2 Set your intention to tune into someone's energy.

3 Pick a colour you feel drawn to and place it on the paper where you feel it belongs.

4 Ask, "What does this colour represent?" "Why is it showing up in this area?"

5 Continue adding details, following what you receive.

Aura graphs are so much fun—give them a go and see what you pick up!

Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- The psychic frequency is just as valuable as mediumship—it's a powerful tool for self-awareness.
- Psychic readings focus on energy in the present moment, not fixed future predictions.
- Your energy field reflects your beliefs, emotions, and potential—it's always changing.
- Blocks and limiting beliefs weigh us down—awareness is the first step to clearing them.
- Exercises like aura reading, energy tuning, and aura graphs can strengthen your psychic abilities.

I hope this has been helpful! If you try any of these exercises, let me know—I'd love to hear about your experiences.

If you enjoyed this episode, please leave a review and share it!

And if you're ready to develop your abilities further, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨

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