



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 92 - Listener Questions

### Glastonbury Energy, Mediumship Challenges & Spiritual Growth

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I'm just back from an enlightening trip to Glastonbury, and I have to say—what a place! If you traveled to see me, you cannot possibly know how much that meant to me. The effort you all made was incredible, and I'm so grateful.

### The Magic of Glastonbury

I had never been to Glastonbury before, and I honestly don't know why! The moment I arrived, it felt like coming home. There's something so special about the energy there—so accepting, open, and spiritual. Every shop sells crystals, and there's this collective feeling of “live and let live.”

But, of course, along with that comes the full spectrum of spirituality—from the beautiful to the downright bizarre. No judgment here, but let's just say I saw some interesting expressions of spirituality! And I'm sure some of them thought I was the strange one. It was a fantastic experience, and I'm already planning to return next May—possibly with a workshop alongside Amanda Tooke—so keep your eyes peeled for that!

### Listener Feedback: Raise Your Vibe Meditation Week

Before I dive into your questions, I want to share a lovely voice note from Sue, who took part in my Raise Your Vibe Meditation Week:

“Hi, Hannah. I just wanted to say thank you. I've just finished doing your seven-day meditation series, and it was absolutely amazing. The energy shifts, the heat, the emotions—I've never felt anything like it. I just finished the last one, and the feeling of love and being held was unbelievable. Your guidance made such a difference. Thank you!”

Thank you, Sue! I'm so glad you enjoyed it. If you haven't tried Raise Your Vibe, there's still time. It'll be available on the podcast until June 1st, after which it's moving to The Mediumship Matters School. So, if you want to experience some powerful shifts, check it out while you can!

### Listener Questions & Insights

#### Chris' Question: The Challenges of Returning to Mediumship

Chris emailed me about his experience stepping back into mediumship after a three-year break. He was a developing medium before COVID, doing one-to-one readings, demonstrations, and church services. Recently, he felt a strong pull to return and was asked to do a reading. His guides told him to go for it—but when the time came, it didn't go well.

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Chris asked: Was it my fear? The sitter's fear? Were they expecting too much from the evidence?  
Chris, I hear you! Mediumship is an emotional rollercoaster. There are moments where it feels effortless and magical, and others where you question why on earth you do this to yourself. I've had nights where I've thought, I could have such an easier life doing something else! But I can't leave it alone—it's part of me now.

The truth is, returning to evidential mediumship after a break takes resilience. Even after years of experience, I still have nights where I wonder if I'm making it all up. But trust me—if the pull is there, it's worth pushing through. The spirit world doesn't abandon us, but our connection does require regular work.

Let me know—have you kept going? Have things improved?

## Eleanor's Email: People-Pleasing & Perfectionism in Mediumship

Eleanor wrote in after listening to Season 3, Episode 8: Settling for Less. She shared her thoughts on why we often accept less than we deserve. For her, it's tied to people-pleasing and perfectionism—believing that if she holds others to a high standard, she must also meet that standard herself.

Eleanor, I completely relate! Mediumship has been one of my greatest teachers in overcoming perfectionism. The reality is, no medium gets it 100% right all the time. No matter how well you perform, someone will always have an issue, and not everyone will resonate with your work. I recently got a bad review from someone at my Glastonbury event. Now, I knew this person wasn't going to be happy. She turned up with an assistant dog badge she'd bought off Amazon (yes, really!), demanded my energy before the event even started, and when I set boundaries, she wasn't happy. And, of course, she left a negative review. But here's the thing—I can't let that one person's expectations overshadow the incredible energy and experiences shared by the majority of the audience.

Mediumship is not about pleasing everyone. It's about showing up, doing your best, and trusting that Spirit will guide you to the right people. Let go of perfectionism—it has no place in this work!

## Chris' Question: Doorkeepers & Spiritual Protection

Chris from Germany sent in a question about spirit guides, specifically doorkeepers. He asked if there's truly a special guide whose job is to keep negative energy away and improve contact with Spirit.

Chris, this is a great question! In my personal experience, I don't believe in a hierarchical spirit world where certain guides outrank others. The idea of a "doorkeeper" feels very human to me—like we're trying to impose earthly structures onto something that doesn't work that way. Instead, I believe in working with source energy—a universal oneness where we are all connected. My understanding of guides has evolved, and now I see them as aspects of that universal energy rather than individual entities.

If the idea of a doorkeeper resonates with you, that's great! Use it as a tool. But know that Spirit is always working in our best interest, with or without a designated "gatekeeper."

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## Julie's Question: Colours & Psychic Frequencies

Julie asked about the meaning of colours in psychic work. Do different colours have fixed meanings?

Julie, the short answer is—nope! While some traditions assign specific meanings (e.g., red for passion, blue for communication), I believe colours are subjective. Spirit will use colours in a way that makes sense to you.

For example, red might symbolize love in one reading, but in another, it could indicate unresolved anger. The key is to stay open and let Spirit guide you in the moment rather than relying on rigid definitions.

She also asked: Because I was scared and sent Spirit away as a child, have I now lost my ability to see them?

Absolutely not! Spirit never leaves us. What happens is that we shut down our awareness. If you're feeling ready again, all you have to do is start reconnecting. Meditate, sit in the power, and most importantly—trust yourself. Your ability isn't gone, it's just waiting for you to embrace it again.

## Final Thoughts

- Spiritual growth is messy, but worth it.
- Perfectionism has no place in mediumship.
- Trust your intuition over rigid spiritual rules.
- Spirit never abandons you—you just need to tune back in.

Thank you all for your questions! If you want to send in a voice note, use the WhatsApp number in the show notes, or email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

See you next time!

—Hannah