



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 41 - Signs or Warnings?

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

Today's episode is a Mediumship Mini—and I'll be honest, it should be a full episode, but I have an absolutely stinking hangover. It's horrendous. I've spent the whole day hoping to feel better, and I'm just starting to feel slightly less gag-tastic, so I figured I could manage a listener question. Full episodes will be back on Wednesday and Thursday—oops! It always seems like a great idea at the time, doesn't it? And then the following day... so much regret!

Listener Question from Sally

Sally writes:

“I have a specific sign I use when asking spirit questions. I'll ask for guidance about a situation and use my spirit animal as confirmation. Lately, though—over the last two months—my spirit animal keeps popping up in sets of two or three, even when I haven't asked for guidance. At first, I thought it was just spirit saying hi, so I said hello back. But now I'm nervous that they're warning me about something. I don't want to lose this connection, but I also don't want to overthink it and ruin what was once a happy sign for me. Do you think spirit uses signs like this as warnings? Or are they just saying hello?”

Are Spirit Signs Warnings?

Sally, this is such a great question because so many people struggle with this exact thing.

Here's the problem: as humans, we have this natural sense of foreboding. We start out excited about a sign—Oh wow! Spirit is communicating with me!—but then we overthink it to the point where we take all the joy out of it.

This happens all the time with Angel numbers too. People message me saying, “I keep seeing 222! What does it mean?” And my answer is always:

👉 Cooee! Hi! We're with you! 🙋

That's it! No secret message, no impending doom—just a reminder that spirit is close.

How Spirit Warns Us When Something Feels Off

If spirit needs to warn you about something, they won't do it through your spirit animal appearing in twos or threes. Instead, they'll communicate through your gut feeling.

💡 Every time I've known something wasn't right for me, I've felt it in my gut. It wasn't a sign that told me—it was my own intuition. And, of course, I've mostly ignored it (because stubborn), only to realize later what spirit was trying to tell me!

So, if your spirit animal is appearing more often, it's not a warning—it's encouragement.

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## Signs of Alignment vs. Signs of Caution

When I receive loads of signs—whether it's angel numbers, synchronicities, or spirit nudges—it usually means I'm in alignment.

Recently, I've made some big changes in my business, my priorities, and my vision for the future. And I've been seeing loads of angel numbers!

For me, that's spirit saying:

- ✓ You're on the right track!
- ✓ Good choices!
- ✓ You're in alignment—keep going!

So, Sally, if your spirit animal is showing up in twos and threes, I'd take that as a massive thumbs-up from spirit rather than something to worry about!

## Final Thoughts—Enjoy the Connection!

Sally, I hope this helps! Enjoy your signs and don't overthink them. Spirit doesn't want to scare you—they want to encourage you and remind you that you're supported.

Thank you for such a great question, and if anyone else has a question for the podcast, send it my way at [✉ podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

Thanks for listening, and as always—have a bloody marvellous day!