



Mediumship Matters Podcast Transcripts

Episode S7, Ep 26 – Soul Shapes, Spirit Kids & The Messy Path of Development

Hey lovely souls, welcome back to Mediumship Matters with me, Hannah Macintyre. Today is a Q&A episode with some absolute crackers of listener questions. So grab a cuppa and let's dive in.

First up, a beautiful question from Kayla, who asked what our souls look like when we pass, and whether we go back to an all-knowing source where we recognise all of our past lives and soul family. What a question, right?

Here's my take: I don't think we look like ourselves. Not really. When we pass, we return to our light body, our true soul essence. But I also think spirit is smart—they know what we need to see. That's why, near death experiences and transition moments often involve seeing loved ones who look like we remember them. It's for comfort. For familiarity. But ultimately, I believe we reconnect on a vibrational, energetic level. We don't need faces and names to know each other in the spirit world—we feel each other's essence.

And as for recognising past lives—yes, but not in the way we imagine. I think it's more of a knowing than a remembering. Everything our soul has ever been, every path, every possibility, exists simultaneously. I know that sounds wild, but think about it like sliding doors. Every choice we make splits into another version. Our souls are vast. They want to experience as much as possible.

So no, we probably don't walk around in heaven looking like a Victorian schoolteacher bumping into our former gangster rapper self. But yes, on a soul level, we carry and connect with all of it. Tanya then asked about a young girl spirit she keeps seeing around her daughter's bed—and her mum saw the same spirit at a different location! Tanya, this is such a classic example of how spirits connect with our children's energy. Spirit loves kids. Kids are wide open energetically, so it's easier for spirits to be visible around them. And no, this isn't a haunting. I don't believe in that. This is likely a protective spirit connected to your family—possibly from another life.

We also talk about dream interpretation (spoiler alert: I don't do it), angel numbers, hay fever interfering with mediumship, and the hard truths of juggling motherhood and spiritual development. A listener asked: can you really develop mediumship when you're a busy mum with no time and no money?

Yes—but it's hard. And I won't lie to you. When my kids were little, I sacrificed a lot to follow this path. I turned up to practice circles with Haribo-fuelled children parked in front of iPads. I missed things. I felt guilty. And I questioned myself a lot. But I also knew deep down that I had to follow this calling. Even when it didn't make sense. Even when people judged me.

If that's you—I see you. I honour you. And I promise, you can still grow. It might be slower, but slow growth is still growth.

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Chloe also asked about working at spirit fairs as a developing medium. Are they worth it? Sometimes yes, sometimes no. You have to treat it like a business. Ask the organisers how they're promoting it. Visit first if you can. Don't be afraid to say no. And definitely don't work for free thinking it'll lead to exposure. Exposure doesn't pay the bills.

Whew! That was a lot, right? But that's the beauty of these episodes. Real questions from real listeners on the spiritual path—just like you.

So whether you're wondering what your soul looks like, seeing spirits in your hallway, or trying to figure out how to develop without losing your mind—this one's for you.

Thank you for being here, and thank you for being you.