



Mediumship Matters Podcast Transcripts

Season 4 Episode 38 - Life

The Soul's Journey, Karma & Why We're Here

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

How are you doing? Today, we're diving deep into the soul's journey, incarnation, karma (or lack of it!), free will, and why we chose to come here in the first place.

I've touched on this before, but I wanted to dedicate a full episode to sharing where I stand on this right now—because, let's be honest, my perspective could change in six months. That's the joy of learning and evolving! So, let's get into it!

Shoutout to Jeni Juranics & The Energy of Mediumship Demonstrations

First, a quick shoutout to Jeni Juranics. She was on the podcast recently and hosts Spirit Call, a fantastic listen.

She recently shared her experience at a physical mediumship demonstration—and while I have my own thoughts on the subject, it's fascinating to hear from someone who was mind-blown by it. I love hearing different perspectives, especially when they challenge my own.

She also spoke about how she opens her demonstrations with something I might just steal: "If you are able to wish for someone else to receive a message, that should be your wish."

I love this because the energy of an audience matters. If you've ever been to a dem where people disengage the second they realise they're not getting a message, you'll know what I mean. That murmur of disappointment, that shift in energy—it's hard to work with.

I get it, though. I've sat through plenty of boring demonstrations, and I've never once received a message in a platform setting. So, I know that oh my god, is it me? Nope. Ugh. feeling.

But if you can hold space for others and stay open, your energy remains part of the flow—and that makes a difference.

The Soul's Journey: Why Are We Here?

So, let's get to the big question: Why do souls incarnate?

I believe we come here for multiple reasons:

- To experience. The good, the bad, the beautiful, and the ugly—it's all part of it.
- To learn. Some lessons are for us; some are for those around us.
- To overcome. We crave challenges and contrast.
- To be an energy for someone else's growth. Sometimes, our role is to help someone else evolve.

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I also believe that this isn't the only place we incarnate. Earth is one stop on a much bigger journey. We exist in different dimensions, different realities, and different expressions of self.

I'm convinced I've incarnated as a man multiple times. Maybe more times than as a woman. I definitely have a lot of masculine energy, which explains why I love breaking things down, challenging ideas, and why I don't have a huge emotional response to things that others might.

Is Time Even Real?

Another big belief of mine is that time isn't linear for the soul.

- Our soul is experiencing all of our incarnations at once.
- There is some kind of progression, but not in a way we fully understand.
- We might be living multiple lives simultaneously.

This is where things get weird. I think our souls split into different experiences at key decision points.

Think of those "Sliding Doors" moments—what if every major decision created two paths, both of which your soul experiences?

Not for every tiny choice (choosing a Twix over a Kit Kat won't split your soul—sorry). But for big life decisions? Maybe. And if that's true, then we never really make the wrong choice—because our soul gets to experience both paths.

Karma: Do We Really Carry Debt?

I don't fully believe in karma in the way it's often thrown around.

- I don't think we're punished for past-life mistakes.
- I don't believe we're forced to reincarnate to "pay back" anything.
- I think karma is more about energy alignment than retribution.

We might choose to reincarnate in a way that helps us understand an experience from the other side, but I don't think it's a cosmic punishment system.

Free Will vs. Destiny

So, do we have free will, or is everything predestined? I think it's both.

- Some aspects of our life are pre-agreed.
- Other aspects are decided as we go.
- Our soul group helps shape our experience—some stay in spirit, some incarnate with us.

I see it like planning a trip:

- You set some things in stone (flights, hotel, big experiences).
- But once you're there, you make choices on the fly.

The Illusion of Separation

Spirit keeps showing me life as a virtual reality headset. When we die, we just take it off and return home.

- We were never actually separated from spirit.
- The illusion of separation is part of the human experience.
- Our loved ones are with us—always.

It's comforting to know that a part of our soul is still in spirit, always connected to those we love.

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Final Thoughts: What Do YOU Think?

I could talk about this for hours, but I want to hear from you!

- Why do you think we incarnate?
- Do you believe in karma?
- Do you think we evolve through levels, or is it all happening at once?

Drop me an email or voice note—I'd love to do a Part Two with your perspectives!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: The soul's journey, karma and reincarnation, free will vs destiny, past life lessons, spirit world connection, soul group, spiritual evolution, incarnation purpose, evidential mediumship, life path choices.