



Mediumship Matters Podcast Transcripts

Season 3 Episode 117 - Listener Questions

Spiritual Downloads, Trance Healing & Navigating Difficult Readings

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

Today's episode is packed with incredible listener experiences, deep spiritual questions, and lessons on boundaries in mediumship. We're diving into trance healing, energy readings, spirit communication, and handling difficult sitters. Let's get into it!

Ashley's Experience with Trance Healing & Spirit-Led Healing Sessions

Ashley sent in an incredible experience that she still doesn't fully understand. While sitting in meditation one evening, she felt a powerful spiritual presence—stronger than anything she'd ever experienced before.

She began slipping out of her body, becoming aware of herself in a dark space, completely lit up. She could still feel herself breathing on the couch, but her awareness was somewhere else entirely. Suddenly, she felt a burning sensation on her chest. When she came back into her body, the sensation remained for 24 hours.

Interestingly, Ashley was diagnosed with postpartum heart failure after her son was born, and just as she returned from this altered state, a woman on her TV mentioned having a heart condition.

So, she asked—was this trance healing? Did she accidentally enter an altered state? Could her guides have been healing her?

Ashley, my answer is a resounding YES.

When we surrender to spirit, they work with us on many levels. Sometimes, we think we're connecting for one reason (to work on mediumship, for example), but spirit knows exactly what we need—and sometimes, it's healing.

This is a reminder that mediumship isn't just about messages—it's also about allowing spirit to support us in whatever way we need.

Why Are Mediums Giving Me Messages from My Dad... Who Is Still Alive?

Jane wrote in with a fascinating question. She regularly receives evidential messages from visiting mediums about her father—except... he's still alive.

The messages include:

- His name
- Details of where he lived
- His career
- Even the pet name he used for her

Most mediums ask if he has dementia (he doesn't), and this has been happening for 18 months.

- So, what's going on?

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Jane, this is a classic example of psychic vs. mediumistic work.

Here's what I believe is happening:

- The mediums are working psychically, not mediumistically.
- They are reading your energy field, where details of your father naturally exist.
- Because most of your father's loved ones are in spirit, his energy is deeply intertwined with them—but he himself is not in the spirit world.

I personally believe spirit does not communicate pre-death. Your soul is contained within your physical self while you're incarnated.

So when mediums bring through messages about people who are still alive, they're reading energy rather than delivering a true mediumship message. And, as you've seen, this can create confusion. This is why understanding the difference between psychic and mediumship work is so important. Not all mediums are aware of this distinction, and it can lead to situations like yours where a psychic reading is mistaken for a spirit connection.

If this happens again, trust your instincts. You can also ask spirit for clarity—your own guides can help you discern what's really happening.

Navigating Difficult Readings & Setting Boundaries

Kayla, from Ohio, sent in a voice note about a challenging reading experience.

She was supposed to read for one woman, but when she logged onto Zoom, there were four people in the room. One man, in particular, spent the entire reading shaking his head, dismissing everything, and even speaking about her as if she wasn't there.

Eventually, he outright stated that he didn't believe in mediumship and accused her of fishing for information.

Here's the kicker—after the reading, one of the family members messaged to say they loved it and wanted another session—without him!

Kayla, here's my advice:

- NEVER allow unexpected sitters in a reading. If you agreed to read for one person and more show up, you have every right to refuse.
- Use Zoom's built-in recording. That way, clients don't need someone else in the room to record the session.
- Walk away from toxic energy. If someone is hostile, closed-off, or deliberately trying to disprove you, their energy is not compatible with yours—and it's okay to stop the reading.
- Some people are not ready for mediumship. We can't force people to believe, and it's not our job to convince them.

Boundaries are everything. You deserve to feel safe, respected, and valued in your work. Trust your gut, stand firm, and don't let one sceptic shake your confidence.

How Do We Explain Spirituality to Clients?

Kayla also asked a great question about explaining spirituality to clients. She doesn't subscribe to one single belief system but struggles to put her understanding into words.

Here's my approach:

- Spirituality is ever-evolving. I always tell people, "This is what I believe right now—but it may change as I grow."
- We are not separate from spirit. I explain that we are physical incarnations of spirit, experiencing life in the physical realm—but we are never separate from the non-physical.

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- God/Source is within us. I personally believe we are all part of God, rather than God being a separate entity.
- Hell is not a place—it's a human experience. The idea of fire and damnation? That's just fear-based conditioning. Real hell is the suffering we experience here on Earth.

If you're struggling to define your beliefs, that's okay. Spirituality isn't about having all the answers—it's about being open to growth.

Final Thoughts: Stand in Your Power & Keep Learning

Today's episode covered so much—from trance healing and psychic readings to handling sceptics and defining spirituality.

If there's one takeaway, it's this: You have the power to set boundaries, trust your intuition, and define spirituality in your own way.

Thank you to everyone who sent in questions and experiences! If you've got a story, a challenge, or a question—send it in. I love hearing from you.

Until next time, trust your journey, honor your energy, and stay connected to spirit.

Love,

Hannah x

Keywords for SEO: Mediumship training, trance healing, psychic readings vs mediumship, spirit communication, energy healing, evidential mediumship, spiritual development, setting boundaries in readings, dealing with sceptical sitters, connecting with spirit guides, intuitive work, mediumship challenges, spiritual awakening.