



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 1 - Finessing Frequencies

### Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Can you believe it? Season 3 is here! 🎉

I hope you've missed me as much as I've missed you! I tried to take a break, but let's be honest—I'm not great at it. I love recording and chatting with you all, so I couldn't wait to get back. To kick off Season 3, we're going back to basics—but don't scroll away just yet! Even if you've heard me talk about this before, I promise you, my understanding of energy is always evolving. So, let's dive into the foundations of energy perception, mediumship, and the frequencies we work within.

### Energy Perception: You're a Radio!

The best way to think about energy is to imagine yourself as a radio.

- ◆ You choose the frequency you tune into. ◆ Spirit doesn't set the channel for you—you do.
- ◆ Different frequencies = different types of communication.

Just like turning the dial on an old FM radio, you can adjust where your energy is tuned in. Now, how do you actually perceive energy? Through the Clairs!

### The Clairs: How We Receive Energy

People often tell me, "I work with clairvoyance" or "I'm a clairaudient medium." And I'm here to pop that bubble—because we all have access to all of the Clairs!

You might have one that's stronger, but they're all available. Here's a quick refresher:

- ◆ Clairvoyance (Seeing): Seeing images in your mind's eye (like imagining a teddy bear). ◆ Clairaudience (Hearing): Not a booming voice outside your head—it's the same voice that reminds you of embarrassing moments at 3 AM. 😊 ◆ Clairsentience (Feeling): Picking up emotions or sensations. ◆ Claircognizance (Knowing): That deep, unshakable inner knowing.
- ◆ Clairalience (Smelling) & Clairgustance (Tasting): Rare but powerful ways spirit communicates.
- We all receive energy differently. Some spirits may send information in a certain way, but often, we subconsciously decide how we interpret it.

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## The Five Frequencies of Mediumship

Let's talk about energy frequencies—the different ways we can work with spirit.

### ● Psychic Frequency

- Reading energy in this dimension—not spirit communication.
- Includes auras, objects, photographs, plants, and people.
- Examples: That moment when you think of a friend, and they text you seconds later? That's psychic energy.

### ● Healing Frequency

- You become a vessel for spirit's healing energy.
- The best healers completely surrender and let spirit do the work.
- This is not about controlling where the healing goes—just allowing it to flow.

### ● Spirit Guide Frequency

- Communicating with your guides and receiving wisdom.
- This feels natural because we've worked with our guides all our lives.
- A gentler, more intuitive energy to sit in.

### ● Evidential Mediumship Frequency

- Proving the continued existence of the human spirit.
- Fact-based validation—not just general messages.
- This is a collaboration between the medium, spirit, and sitter.

### ● Trance Frequency

- Deepest level of blending with spirit.
- Can involve speaking, movement, or healing through spirit.
- Not full possession (you always remain present on some level).

## Why Understanding Frequencies Matters

### ◆ Most mediums unknowingly mix frequencies.

- Ever been to a mediumship demo where the person jumps between aura readings, psychic impressions, and spirit messages? That's uncontrolled shifting between frequencies!

### ◆ Each frequency requires different energy.

- If you split your focus, you weaken the connection.
- Think of those electric plasma globes—when one person touches it, the energy is strong. But when multiple people touch it, the energy spreads thin.

### ◆ Setting clear intentions strengthens your work.

- If you tell spirit, "I'm working evidentially," you'll receive clearer, stronger messages.
- If you say, "I'm in healing mode," you'll be a better channel for healing.
- This level of control and awareness will elevate your mediumship to the next level!

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## Practical Exercise: Tuning into Different Frequencies

Want to get better at shifting between frequencies? Try this!

**1** Sit quietly and say out loud: “I am tuning into my psychic frequency.”

- Notice how it feels.

**2** Shift to the spirit guide frequency.

- Does the energy feel lighter? More intuitive?

**3** Move to evidential mediumship.

- Feel the difference. Can you sense spirit more distinctly?

The more you practice, the easier it becomes to control and refine your energy.

## Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- You control the frequency you work in—not spirit.
- You have access to all the Clairs, not just one!
- There are five key frequencies: Psychic, Healing, Spirit Guide, Evidential Mediumship, and Trance.
- Mediumship requires control—randomly switching frequencies weakens the connection.
- Set clear intentions and practice tuning in deliberately.

If you're serious about strengthening your mediumship, try tuning into different frequencies daily and see how it transforms your connection!

Thank you so much for listening! If you enjoyed this episode, please leave a review and share it!

And if you're ready to dive deeper into your spiritual journey, check out my courses and mentorship programme at [www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

Until next time—keep shining your light! ✨