



Mediumship Matters Podcast Transcripts

Season 2 Episode 36

One Soul

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode is a deep dive into some mind-bending ideas—oneness, mediumship, karma, and whether we are actually just different aspects of the same soul experiencing life from multiple perspectives. Buckle up; this one's going to be a ride!

Navigating Setbacks in Mediumship

I've been processing a lot lately—particularly about how we handle difficult experiences in mediumship. As mediums, we can't expect our sitters to be perfect. They're not there to make us feel better; they're there for their own experience, and that means we have to develop resilience. A huge turning point for me was realizing that fear doesn't just vanish when you become more experienced. I once asked a teacher how they overcame their fear, expecting some divine answer. Instead, they said, "Oh no, I'm still terrified every time I step on stage." That moment was a game-changer.

Fear isn't something spirit takes away from us—it's something we learn to work through. Whether you're demonstrating mediumship on stage or giving a one-on-one reading, you'll encounter challenging energy. And sometimes, that energy isn't about you—it's about what the sitter is processing in their own life.

The Concept of Oneness: Are We All Just One Soul?

We often talk about oneness in spirituality—how we are all connected. But recently, I've been thinking... what if we're not just connected? What if we are actually all one?

It's easy to think of ourselves as separate individuals, like members of a family. But what if we are actually the same soul, experiencing multiple lives at the same time? Instead of separate drops in an ocean, what if we are beads strung together, part of the same continuous thread? I came across a meme that said, "Hold the light because someone might need your guidance." At first, I agreed. But then I thought—doesn't that assume separateness? If we are truly one, then when you help someone, you are literally just helping another aspect of yourself. There's no ego in it; it's simply self-love in its truest form.

And that thought changes everything. If you look at people who frustrate you—yes, even political figures you despise—and accept that they are just another aspect of you, it completely shifts how you see the world.

Karma: Immediate or Delayed?

- If we are truly all one, then karma isn't something that "comes back around" in another lifetime—it's instant. When you hurt someone, you are hurting yourself. Not metaphorically, but literally. If there is no separation, then every negative action you take immediately impacts your own energy.

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This idea makes the concept of karma much more profound. Traditionally, we think of karma as something that unfolds over time—cause and effect playing out over lifetimes. But if we see oneness as a reality, then karma happens the moment you act, because you are inflicting energy upon yourself.

Are Challenging People Actually Spirit's Tools?

Now, let's take this a step further. If we are all one, then even difficult people serve a higher purpose. Could it be that the people who challenge us—who push our buttons and test our patience—are actually just aspects of ourselves, designed to help us grow?

Take public figures who spark controversy. What if their purpose is to make us wake up? Just like in *The Hunger Games*, where Katniss needed President Snow to rise up as a leader, perhaps these figures exist to create resistance so that we become stronger and more aware.

Even in my own work, when I encounter a difficult sitter or an unruly audience member, I now ask myself—what if they are actually here to teach me something? What if their energy is pushing me toward greater resilience?

Spirit Guides: External Beings or Just...Us?

For years, I viewed spirit guides as distinct entities. I used to think of them as individuals—Michael, Gerard, whoever. But as my mediumship has evolved, I feel less like I'm speaking to separate beings and more like I'm just tuning into a greater, unified presence.

Which leads me to another thought—what if our spirit guides are actually just different aspects of ourselves? The part of us that isn't bogged down by human struggles. The part of us that sees everything from a higher perspective.

A few people recommended I watch *The Egg* theory on YouTube, and if you haven't seen it, I highly recommend it. It presents the idea that every person you encounter is just another version of you, all part of the same soul having different experiences.

How This Changes Everything

If we truly embrace oneness:

- Every act of kindness is self-love.
- Every difficult person is another version of you, guiding you toward growth.
- Karma is immediate—because every action you take is done to yourself.
- Spiritual hierarchy disappears—there's no “higher” or “lower” soul, just different aspects of the same whole.

How would you live differently if you fully believed this? Would you show more patience? Would you practice more compassion?

Final Thoughts & Reflections

I know this is a lot to take in, and I'm not saying I have all the answers. But I do think it's worth exploring. What if everything we know about existence is just a small glimpse of something much bigger?

I'd love to hear your thoughts on this! Let me know how these ideas resonate with you—whether they blow your mind or make you roll your eyes.

For now, I'm off to watch some reality TV and give my brain a break! Thanks for listening, and I'll see you next time.