



# Mediumship Matters Podcast Transcripts

## Season 2 Episode 89 - Mediumship Minis 2 - Visions of Illness

### Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today, I'm continuing with our Mediumship Minis—shorter, focused episodes answering specific listener questions. Let me know if you like this format!

This question comes from Kylie, who wrote in with an amazing experience. She says:

“Hi, Hannah! Before I start, I want to say—you are amazing! I listen to you most nights, whether it's a new show or a repeat, and I always learn something new. I wish there was a new episode every day! Anyway, I wanted to ask a question about something that happened to me recently... I've been interested in mediumship for a while. I use tarot cards and a crystal ball, and over the years, I've received messages, but I often brush them off as imagination. But last week, I had a sudden vision of my partner's Nana—just her head, very close up, like a flash. I didn't think much of it until two days later, she was taken to hospital after a stroke, and they discovered she had end-stage lung cancer that had spread to her brain. I feel like I'm connecting with spirit, but I don't know where to go from here. What are your thoughts on this vision?”

Kylie, thank you so much for sharing this! First of all—how incredible is that? I know it's a sad situation, and I'm sending you and your partner so much love, but this is also an amazing example of how interconnected we all are.

Let's break this down and talk about what's happening energetically and where you can go next.

### The Five Psychic Frequencies in Mediumship

When I teach mediumship, I explain that we work within five different energetic frequencies:

1. Psychic – Reading energy from people, places, and objects.
2. Spirit Guide Communication – Receiving guidance from our personal team in spirit.
3. Healing – Channeling healing energy for ourselves and others.
4. Evidential Mediumship – Direct communication with a spirit who has passed.
5. Trance – Spirit using our body or voice to communicate directly.

Whenever we're working, we're tuning into one of these frequencies. Part of your development is learning how to recognize which one you're in and setting an intention to work within it.

### Was Kylie's Vision Psychic or Mediumistic?

In Kylie's case, I believe she was working psychically rather than evidentially mediumistically.

Here's why:

- Psychic energy is exchanged within this physical dimension. It happens between people, not necessarily with those who have passed over.

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- She has a strong energetic bond with both her partner and his Nana. That connection creates a powerful web of energy.
- Her vision occurred before Nana's hospital admission. This suggests she was picking up on an energy shift before it physically manifested.

Psychic connections work like a giant web, where we are energetically linked to those we love and think about. Our souls are constantly in communication—but we don't always consciously perceive it. So, Kylie's vision was likely her psychic awareness tuning into Nana's energy as her body and soul began preparing for transition.

## How to Develop This Ability Further

Kylie, if you want to develop this further, I'd recommend intentionally working with each of the five frequencies so you can recognize the differences. Here's how:

- **Psychic Awareness:** Practice reading the energy of people, objects, or places. You can do this with your tarot cards or crystal ball—start by setting the intention to read psychically.
- **Spirit Guide Connection:** Set the intention to communicate with your guides, ask for insight and messages, and see how it feels different from psychic energy.
- **Evidential Mediumship:** Try to connect with a spirit who has passed, rather than reading the energy of the living.
- **Healing:** Practice sending healing energy to yourself or others and notice how the energy shifts.
- **Trance:** If you're drawn to it, explore allowing spirit to blend more deeply with your energy.

The key is practice and awareness. The more you work with these different energies, the more you'll feel the subtle shifts between them.

## Using Tools Like Tarot & Crystal Balls

Since you already use tarot and a crystal ball, you can integrate these into your development.

- When I work with tarot, I start psychically—reading the sitter's energy—then I shift into spirit guide communication for deeper insight.
- Crystal balls tend to work more symbolically. You might see an image—a rose, an eagle, a flame—which you can then interpret.

Try setting the intention:

- ➔ "I am working psychically now."
- ➔ "I am receiving spirit guide communication now."
- ➔ "I am working in evidential mediumship now."

It's like tuning an old radio—you are the receiver, and you need to fine-tune to the right station.

## Final Thoughts

Kylie, what happened to you is incredible proof of the connection we all share.

### 🌟 Key Takeaways:

- You were working psychically, picking up on energy shifts before they manifested physically.
- We are all connected through an energetic web that links us to those we love.
- Developing your abilities means understanding the different frequencies and practicing them intentionally.
- Tarot and crystal balls can be used to refine your awareness and strengthen your connection.

The next step? Practice, practice, practice! And when you feel ready, consider joining a development circle or a course to build your confidence and experience.

Sending you lots of love during this time, Kylie! And to everyone listening—if this episode resonated with you, please leave a review and share it!

Until next time—keep shining your light! ✨