



# Mediumship Matters Podcast Transcripts

Series 1 Episode 4

## Spirit Guides

Mediumship Matters – Episode 4

Connecting with Loved Ones & Understanding Readings

Introduction

Welcome to Mediumship Matters with me, Hannah Macintyre. In this episode, we're exploring how to connect with loved ones in spirit without a medium and understanding different types of readings. This episode is inspired by an email from listener Katrina, who shared her experience of grief and her desire to feel her loved ones around her.

Katrina's Question

"I know my loved ones live on, but the physical ache of not being able to see them, hear them, or hug them is difficult. I wish I knew for sure that they hear me when I talk to them. I'd love to know how to connect with them myself without needing a medium."

Navigating Grief & Spiritual Connection

Grief is complex, and even as a medium, I still feel the absence of my loved ones. Just because we know they are still with us spiritually doesn't mean we don't miss their physical presence. It's important to acknowledge that.

The spirit world operates in a subtle way, and while they are always with us, they won't overwhelm us with their presence. Feeling them too strongly all the time could interfere with our human experience. Instead, they work in gentle ways—through signs, dreams, and emotions.

Building a Connection with Spirit

Connecting with loved ones in spirit is possible for everyone, but it requires patience and practice. It's like strengthening a muscle you've never worked before.

Practical Steps to Connect:

1. **Sitting in the Power** – Spend time in stillness, inviting spirit close without expectations. Simply be with their energy.
2. **Trusting Subtle Sensations** – Spirit's presence often feels like a gentle shift in energy, a memory popping up, or a sudden warmth.
3. **Regular Practice** – Like any skill, consistency helps build awareness and trust in your connection.
4. **Letting Go of Doubt** – Your mind will question whether it's real, but don't let that hold you back.

Spirit won't always 'prove' themselves in obvious ways, but they are listening and responding.

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## The Nature of Mediumship & Why Messages Don't Always Come

Even as a medium, I rarely receive messages for myself. Spirit prioritises those in the most need, and when we have certainty that they are around, they step back to allow others to receive. This is why you may not always get a message in a demonstration setting.

Your loved ones will always come if you need them, but the need is different from the want—and spirit works in alignment with what's best for our growth.

## Understanding Different Types of Readings

There are several types of readings, each serving a different purpose. Understanding what you need will help you choose the right one.

### 1. Psychic Readings

- What it is: Reading your energy, emotions, and potential future based on your current path.
- How it works: The medium tunes into your aura to provide insights about your life, emotions, and possible outcomes.
- Best for: People seeking clarity about relationships, career, or personal development.

### 2. Card Readings

- What it is: A mix of psychic insight and spirit guidance using tarot or oracle cards.
- How it works: The medium interprets the cards based on your energy and spiritual guidance.
- Best for: People seeking guidance on decision-making, personal growth, or spiritual insights.

### 3. Mediumship Readings (Spirit Communication)

- What it is: A connection with a loved one in spirit, bringing through evidence and messages.
- How it works: The medium blends with spirit to convey their presence, personality, and memories.
- Best for: People wanting reassurance that their loved one is still with them.

## The Truth About Future Predictions

Many people come to readings expecting predictions about their future, but spirit does not control free will. No medium can tell you exactly what will happen because the future is shaped by choices and actions. Spirit guides can show potential outcomes, but they won't tell you what will happen with certainty.

For example:

- Instead of "You will meet your soulmate in August," spirit might say, "You need to focus on self-love and healing to attract the right person."
- Instead of "You will get that job," spirit might encourage you to take steps towards growth and confidence.

Empowerment is key—spirit wants you to take action, not passively wait for things to happen.

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## Why Spirit Chooses What They Say

When receiving a spirit message, you may expect certain words or memories to be shared.

However, spirit chooses what they bring forward based on what is most important at the time.

A fun exercise to try:

- Write a list of 10 things you think a loved one would say through a medium.
- Ask your family members to do the same.
- Compare the lists—you'll likely see differences because each person holds unique memories and perspectives.

Spirit communicates through what is easiest to get through a medium, not always what we expect.

## Final Thoughts

Connecting with spirit takes patience, trust, and regular practice. Mediumship readings can provide comfort, but true healing comes from building a personal relationship with your loved ones in spirit.

If you have any questions or topics you'd like me to cover, email

podcast@hannahmedium.co.uk. Thanks for listening, and I'll see you in the next episode!

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