



Mediumship Matters Podcast Transcripts

Season 2 Episode 91 - Mediumship Minis 4 - Trapped Souls & Reincarnation

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! This is the last of the Mediumship Minis for this round—unless you tell me otherwise! So, let me know, do you love these shorter episodes, or do you find them too quick? Would you prefer something longer? Drop me an email at podcast@hannahmedium.co.uk and tell me what you think!

Now, today's question is from Stephen of the Talking Animals (yes, the same Stephen who asked about spirit animals!). Stephen asks:

“A spirit of an older relative came to me—a grandfather-type figure who passed 25 years ago at around 80 years old. But when he appeared, he seemed very tired and weak and actually fell into me as we greeted one another. He felt physically bony and frail, like he needed help. Usually, spirits appear younger and healthier, but this one didn't. It made me feel like he was stuck here on Earth, unable to move on to reincarnation. I also sensed that he did something horrible in his life as a young man. My belief is that spirits can get stuck and need guidance to move on. In my culture, both Buddhist monks and shamans assist spirits in transition. My spirit guides have even taught me how to help lost spirits move forward. My question is: Do you think spirits can get stuck? Would this be considered a ghost? Do they need help to move into reincarnation?” Great question, Stephen! Let's dive into it.

Do Spirits Get Stuck? My Perspective

Stephen, I love how deeply you think about this, and I really respect your spiritual experiences. But I personally do not believe spirits get stuck.

I used to believe in earthbound spirits, trapped souls, and ghosts in limbo, but after 12 years of working with spirit, my perspective has changed dramatically. Here's why:

1. Spirit is intelligent and operates with unconditional love. The idea that someone could be “left behind” doesn't fit with the depth of love, awareness, and wisdom I've encountered from the spirit world.
2. The spirit world is our natural state. Being in a body is the unnatural part—when we die, we return home instantly. There's no delay, no getting lost, no wandering aimlessly.
3. If spirits could get stuck, why wouldn't spirit guides help them? Why would an all-knowing, all-loving spirit world need a human (shaman, monk, or medium) to intervene? It doesn't make sense to me that they would need our help to transition.

So, for me, spirits don't get trapped. Instead, we sometimes pick up on residual energy imprints or receive evidential messages that make them seem “stuck.”

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Was Your Grandfather Actually Stuck?

I believe that what you experienced was evidential mediumship, not a stuck spirit.

When spirits come through, they often show themselves as they were when they passed.

- I've had spirits step forward bald, frail, or attached to medical tubes to validate their illness.
- I've seen children who had cancer and lost their hair present that way before revealing themselves as happy, healthy, and whole.
- Your grandfather showing himself as weak and bony may have been his way of saying, "This is how I left my body."

If you had continued the connection, he likely would have shifted to show himself as healed and restored.

What About Reincarnation?

Here's where my perspective gets a little controversial—I don't believe in linear reincarnation.

For me, reincarnation doesn't work as past lives, present lives, and future lives. Why? Because I believe time doesn't exist in the spirit world.

Instead, I think:

- We live multiple lives simultaneously.
- Our soul experiences different realities at once.
- When we pass, we are fully connected to all versions of our soul's existence.

This is why I don't think spirits "wait" to reincarnate. They don't need to transition from one life to another in a linear sequence. Instead, our soul expands beyond human understanding.

How Can You Tell the Difference Between a Residual Energy Echo & Spirit?

One of the most important things to develop as a medium is the ability to differentiate between psychic energy and true spirit communication.

- Psychic energy stays within the physical world. It's energy imprints, memories, and echoes of a person's past presence.
- Spirit communication is intelligent, active, and present.

If you're picking up a weak, exhausted energy, ask yourself:

- Is this an energy echo? A moment imprinted in time that you are sensing psychically?
- Is this evidential communication? A spirit showing you how they passed as proof of their identity?
- Is this a message? What is spirit trying to tell you? What happens if you ask them to show you their healed self?

Final Thoughts

Stephen, I love your passion for exploring this, and I know that some people will agree with you and others will agree with me—and that's okay!

🌟 Key Takeaways:

- I don't believe spirits get stuck. The spirit world is too loving and intelligent to leave anyone behind.
- Your grandfather wasn't stuck—he was showing evidence of how he passed.
- Reincarnation isn't linear. Souls don't "wait" to reincarnate—they exist in multiple experiences at once.
- Differentiate between psychic imprints and true spirit communication.

As always, I'm open to having my mind changed if spirit shows me something new! But for now, this is what I've learned through my years of working with the other side.

Thank you so much for sending this in, Stephen! And for everyone listening—if you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨