



Mediumship Matters Podcast Transcripts

Series 1 Episode 2

Spirit Guides

Mediumship Matters – Episode 2

Understanding Spirit Guides

Introduction

Welcome to Mediumship Matters with me, Hannah Macintyre. This is Episode 2, and today, we're diving into the topic of spirit guides—who they are, what they do, and how they work with us.

What Are Spirit Guides?

Spirit guides are teacher-like, love-based energies that have agreed to accompany you on this incarnation. Their role is to support and guide you but not to remove your life lessons—because we grow through challenges, not through ease. Their purpose is to help us heal, inspire us, and nudge us toward what serves our soul's growth.

The Two Types of Spirit Guides

You have more than one spirit guide. Some guides stay with you from birth to passing, while others come and go depending on what you need at different stages of your life.

1. Known Guides – Guides you may interact with, build a relationship with, and receive insight from.
2. Unseen Guides – These guides work in the background, influencing your path without direct communication.

Spirit Guides Are Not Your Loved Ones

It's a common belief that deceased loved ones become spirit guides, but this is not the case. While loved ones in spirit may watch over and support you, spirit guides are different—they are highly evolved souls who have walked many paths across many lifetimes.

The Trap of Expectation

Many people struggle to connect with their spirit guides because they are overly focused on seeing them or knowing their names.

- Spirit guides have had multiple incarnations, identities, and names.
- Fixating on their physical appearance or time period can limit your connection.
- Instead, focus on feeling their presence, receiving guidance, and embracing their energy.

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Personal Experience: A Spirit Guide Drawing

When I first started, I ordered a spirit guide drawing from a well-known artist. The guide I received, named Edward, was an architect. But despite waiting in anticipation, I have never worked with or heard from that guide! This was a powerful lesson from spirit: I was too focused on labels and appearances rather than the real message they had for me.

Breaking the Stereotypes of Spirit Guides

Many assume spirit guides must have been spiritual figures in life, such as monks or Native Americans. But just as we are all spiritual beings, so were they—regardless of their earthly occupation. Your guide could have been an artist, a scientist, or even a Victorian chambermaid!

- Spirit guides present themselves in ways that resonate with you.
- They are not bound by human ideas of spirituality or tradition.
- Being open to who they are rather than what you expect deepens the connection.

Do Spirit Guides Have Names?

Your guide may have a name, but it might not be an elaborate one! Many people expect grand, mystical names and feel disappointed when their guide is called Joe or Simon. But names are a human construct—spirit doesn't need them. Trust what comes to you, even if it's simple.

Spirit Guides Adapt to You

Spirit has no ego, so if you mistakenly call a guide the wrong name for years, they don't mind! They will appear in whatever way helps you connect. Their primary goal is communication, not identity.

How to Connect with Your Spirit Guides

The best way to build a connection is through surrender and presence rather than overcomplicating the process. Try the following:

- Sit in quiet meditation – Ask your guides to come close and observe how you feel.
- Don't chase messages – Focus on being with them rather than constantly asking for guidance.
- Commit to daily practice – Like strengthening a muscle, consistency is key.
- Let go of expectations – They may not appear how you think they will.

The Power of Unconditional Love

One of the most profound experiences with spirit guides is feeling their unconditional love. Unlike human relationships, there are no expectations—only complete acceptance. Many people, including myself, experience deep emotions when first feeling this energy.

- Love from spirit guides is pure and transformative.
- They help you see your own worth and heal your self-perception.
- True growth begins when you learn to accept this love.

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Learning from Our Spirit Guides

Spirit guides teach through experience. Sometimes, they won't intervene because we need to learn the lesson ourselves. A great example from my life involved a frustrating journey to a yoga class:

- I initially felt that I shouldn't pick up a friend but ignored my intuition.
- I faced multiple delays and stress along the way.
- Spirit later reminded me: We told you not to go, but you didn't listen.

They often guide us through feelings, nudges, and gut instincts rather than direct words. Trust those first instincts—they are often your guides speaking!

Spirit Guides Have a Sense of Humour!

Many people assume guides are serious and solemn, but they often have playful personalities.

- My guides frequently joke with me and even send me GIFs in my mind's eye!
- They communicate using our personal language and humor.
- They are here to uplift and encourage, not judge or lecture.

Final Thoughts

Spirit guides are incredible sources of love, wisdom, and healing. The best way to work with them is to surrender, trust your feelings, and stay open to their guidance in unexpected ways. If you have questions about spirit guides or any other mediumship topics, email me at podcast@hannahmedium.co.uk. Thanks for listening, and I look forward to sharing more with you in the next episode!

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