



Mediumship Matters Podcast Transcripts

Season 6 Episode 16 - Listener Questions

Navigating Mediumship: Nerves, Omnipresence & the Role of Healers

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today's episode is packed with brilliant listener questions, and we're diving deep into the big stuff—nervousness in readings, how spirit really works, whether soulless beings exist, and why spirit needs us to heal others.

Let's get stuck in!

Handling Nerves in Mediumship: Denise's Tip

Denise wrote in with a great tip for dealing with nerves before readings:

"I convert my nervous energy into raising my vibration. Before a reading, I offer it to my spirit team as excitement for another opportunity to work with them. I'm still nervous as hell, but it helps!"

Denise, I love this! What if we stopped seeing nerves as a problem and instead viewed them as energy we can channel?

💡 Next time you're feeling the jitters before a reading, try saying:

- "Spirit, I offer this energy to you. Use it to strengthen my connection."

It's all about perspective. Instead of fighting nerves, reframe them as fuel for your connection.

Why Can't We Just Ask for the Right Spirit?

(Epiphany's question)

Epiphany asked: "Why can't we just ask spirit to bring through the person our sitter wants to hear from?"

Great question! Here's my take:

◆ Spirit is omnipresent—meaning they are part of everything that ever was and will be. ◆ We don't "call them in"—they are already here. ◆ Mediumship is about tuning in to the right frequency—like adjusting a radio dial.

That's why sometimes we bring through the wrong person. We're tuning in to a close-but-not-quite-right frequency.

What I don't believe? The old excuse of "Spirit chooses who comes through."

⚠️ Imagine a grieving mother sitting with a medium, desperate to hear from her son. If the medium only brings through her great-aunt and says, "Spirit chooses who steps forward,"—that feels cruel.

- Sometimes, we just don't get the connection right. And I believe we should work to improve that instead of accepting it as the norm.

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Are There Soulless Beings on Earth?

(Amy's question)

Amy shared a conversation from her Reiki course:

"Some believe that certain people—those who commit terrible crimes or abuse power—are here without souls. These soulless beings serve no purpose and will be left behind as humanity ascends."

My thoughts? I don't buy it.

◆ Most people who cause harm have experienced deep trauma themselves. ◆ If trauma leads to soullessness, where do we draw the line? ◆ Who gets to decide who has a soul and who doesn't? I believe spirit doesn't judge like we do. And if someone truly had no soul, why wouldn't spirit just erase them?

And let's be honest—this idea is very convenient for those who want to separate "good" people from "bad" ones.

That said, if I ever meet someone and think, "Yep, no soul in there," I'll let you know! 😊

Do Healers Actually Heal?

(Dawn's question)

Dawn asked:

"If spirit is all-powerful, why do they need us to heal others? Couldn't they just do it themselves?"

YES, Dawn! This is a question that's been on my mind for ages.

💡 I don't think healers do the healing. I think we hold space for others to receive it.

Spirit doesn't need us to heal people, but...

- Humans struggle to believe in their own power.
- Receiving healing from someone else feels more tangible.
- The experience of surrender helps people open up.

This is why I don't buy into Reiki attunements or "special" healing frequencies. Spirit doesn't limit healing based on whether you've taken a certain course!

Imagine spirit saying:

"Oh, Hannah is only Reiki 2, so we can't give full healing today." 🙄

Does that sound like a loving, unlimited universe? Not to me!

Healing isn't about being chosen—it's about what we believe we can access.

Why Does Spirit Need Mediums At All?

(Dawn's follow-up question)

Dawn also asked:

"Spirit can move objects, make noise, show themselves... so why do they need mediums to communicate?"

And honestly? I don't know.

◆ If spirit can make themselves visible, why don't they just do it? ◆ If they can prove life after death, why rely on mediums at all? ◆ Why let people suffer in grief when they could simply appear and say, "Hey, I'm still here!"?

The only answer I can come up with? Maybe this is by design.

Maybe we are meant to live in partial disconnection—so that faith, trust, and growth become part of the journey.

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If spirit was obvious and undeniable, would we still:

- Question, learn, and evolve?
- Appreciate love and connection as deeply?
- Seek out spiritual growth?

It's a head-scratcher, but I love these questions!

Final Thoughts: Embrace the Mystery

Mediumship isn't about having all the answers—it's about learning to be okay with not knowing everything.

- ✓ Nerves are energy—use them to fuel your connection.
- ✓ Spirit is omnipresent—we tune into them, not summon them.
- ✓ There are no soulless beings—just complex, wounded humans.
- ✓ Healers don't heal—spirit does, but we help hold space.
- ✓ Spirit could communicate directly, but maybe we're meant to do some of the work.

So let's keep exploring, questioning, and evolving together.

Let me know your thoughts—I'd love to hear from you!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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