



# Mediumship Matters Podcast Transcripts

## Season 6 Episode 6 - Questions From July's Spirit Circle

### Ghosts, Spirit Guides & Soul Contracts: What's Real?

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode is packed with some big, juicy spiritual questions—the kind that make you rethink what you thought you knew. We're talking ghosts vs. spirits, soul contracts, spirit guides, and what actually happens when we pass.

So, let's get stuck in!

### Ghosts vs. Spirits: What's the Difference?

Annie T asked a great question: What's the difference between a ghost and a spirit?

- In truth, I think they're the same thing.
- But we've been conditioned to see ghosts as scary, trapped, or haunting places, while spirits are viewed as loving, wise, and guiding.
- I don't believe spirits get stuck or lost. That's human projection—it makes no sense for an all-knowing universe to just forget someone!

I live in an old house, and I do get spirits popping in—just like how real people sometimes visit their childhood home to reminisce. They're not stuck, they're just visiting.

If you feel like you're being haunted, I'd ask: Are you in a fear state?

- Fear creates its own energy.
- If you believe in hauntings, you'll start attracting weird energy shifts and unexplained things.
- That's not the same as an intelligent spirit trying to scare you!

So, my answer? Spirits are real. Ghosts, as Hollywood describes them, are not.

### Do We Stay Connected to the Same Souls?

Lee asked: Are we always connected to the same souls across lifetimes?

My perspective:

- It's a bit like primary school. Some friends stick with you for years, some drift in and out, some you barely remember.
- Your spirit team evolves as you evolve. Guides may feel distinct at first, then blend into just "Spirit" over time.
- At one point, I wondered if my spirit guides were actually just my higher self.

I do believe in soul families, but they're fluid—it's not like you reincarnate with the same 10 people every time. It's more like you're in a huge network of souls, playing different roles in different lifetimes.

# Mediumship Matters Podcast Transcripts

## Can Spirits Get Lost?

Annie asked: If ghosts aren't real, can spirits ever be lost?

Short answer? No.

Longer answer:

- When I used to do house clearances, I'd call in angels to "help" spirits cross over.
- They always came instantly—which made me question: If they could come immediately, why would they wait for me to ask?
- That shattered my old beliefs.

I now believe that what we were sensing in those clearances wasn't trapped souls, but stuck energy.

- Spirits don't get left behind. They have infinite intelligence, infinite love. Why would they forget someone?
- But energy can get imprinted—trauma, emotions, events. That's what some people mistake for ghosts.

## Soulmates vs. Soul Contracts

Annie, you're on fire with the questions! She asked: What's the difference between soulmates and soul contracts?

- I don't believe in soulmates. (Sorry, romance fans!)
- The idea that you're only half of a whole and need to find your "one true person" feels disempowering.
- I do believe we attract people for a reason, a season, or a lifetime.

Now, soul contracts—that's different.

- Imagine spirit-world board meetings.
- Your soul is planning its next life, and other souls volunteer for different roles.
- "I'll be your best friend, I'll be the childhood bully, I'll be the boss that fires you."
- These experiences shape us, help us grow, and expand our understanding.

But "contract" sounds so heavy—I prefer to see them as agreements made in love, designed for soul evolution.

## Why Didn't I Sense Spirit?

Danielle asked: I was offering Reiki at an event, fully open to spirit, but I didn't feel anything. Why?

GREAT question! Here's the thing:

- We don't attract spirit like moths to a flame.
- We tune into spirit like a radio station.

If you were focused on healing, then your energy was tuned into healing frequencies—not spirit communication.

Also? Ethics matter.

- If someone asks for Reiki, they didn't ask for a mediumship reading.
- Spirit respects free will—if they're not needed, they won't jump in!

So, don't worry—your connection isn't broken. You were just tuned to the right frequency for that moment.

# Mediumship Matters Podcast Transcripts

Do We Get Extra Healing in Spirit?

Lee asked: If someone dies in a dark place, do they get extra care in spirit?

No. And also yes.

- Think of life's struggles like a heavy winter coat.
- When we pass, we shrug off the coat and step into pure light, love, and healing.
- There's no time in spirit—so even if a soul needs extra healing, it's instant from their perspective.

Even people who die traumatically, take their own lives, or cause harm to others—they still return to wholeness, love, and understanding.

That might be hard for our human minds to grasp, but spirit doesn't work like human justice.

Final Thoughts: Keep Questioning!

Today, we covered some BIG spiritual topics, and I encourage you to sit with them, question them, and even challenge them! Mediumship isn't about blind belief—it's about personal experience and discovery.

If something I said doesn't sit right with you, ask spirit for your own guidance. Keep exploring.

Keep questioning.

Thank you for joining me today! If you enjoyed this, here's how you can stay connected:  Follow me on Instagram @hannahmedium

Join The Gateway for deeper mediumship development

Grab my book *You Are a Medium (You Just Don't Know It Yet)* on Amazon

Send me your questions at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk)!

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

Love,

Hannah x

Keywords for SEO: Ghosts vs spirits, spirit guides explained, soul contracts vs soulmates, what happens when we die, do spirits get lost, mediumship development, house clearances and spirit, healing in the afterlife, connecting with spirit, how to work with spirit guides.