



# Mediumship Matters Podcast Transcripts

## Mediumship Matters – Season 7, Episode 23 – When Spirit Goes Silent

Hello and welcome to Mediumship Matters. I'm Hannah Macintyre, and today we're diving into something that every spiritual seeker experiences at some point: what it means when it feels like Spirit has gone silent.

This topic was inspired by a recent spiritual assessment session I did with someone who felt completely cut off from Spirit. It struck a chord with me because I've been there too. And I realised, it's something we don't talk about enough.

So let's talk about those moments in our spiritual development when it feels like our connection is gone. You're reaching out for guidance, for signs, for comfort, and there's nothing. No synchronicities, no signs, no intuitive hits. Just silence.

### Feeling Spiritually Disconnected

Personally, I've experienced these quiet patches, especially in times of high stress or illness. It feels like reaching out for a spiritual high-five and getting left hanging. It's painful, confusing, and can shake your faith.

But here's the thing: Spirit hasn't actually gone anywhere. They are omnipresent. They are always with us. The issue lies in our ability to perceive them. Imagine your spiritual connection as a radio. Sometimes, life interference throws off the signal. Stress, grief, anxiety, and physical illness can all act like static.

### A Personal Story: Loss and Questions

I once had a student who passed away suddenly from stomach cancer. We had worked together for months. We had messages from her guides. Her father even came through on a spirit board to give advice. But not once was the illness mentioned. And when she reached out to me from hospital, she said she felt betrayed by Spirit. I didn't have the words because I felt the same way. It's one of those moments that can make you question everything. Why wasn't there a sign? Why wasn't she warned? It shakes your trust in the process.

### The Human Side of Spirituality

There's a lot of spiritual noise out there that says if you're truly aligned, spiritual, and doing the work, life will reward you. And when life doesn't? It's tempting to feel like you're doing something wrong. I've had chronic migraines despite doing all the "right" things: meditating, eating well, exercising, energy healing, being of service. Still, they come.

- It's easy to blame Spirit or ourselves. But maybe it's part of the soul's growth. Maybe it's part of being human.

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## When Signs Disappear

In tough times, signs often seem to vanish too. I remember during one difficult period, I saw no signs. Now, when things are going well, I see feathers, birds of prey, angel numbers. But then? Nothing. And yet, that silence had meaning too.

Signs are co-creative. Our energy has to be in the right space to receive them. So when we're in pain or grief, it can actually block our perception of those signs.

## The Trap of Expectation in Mediumship

As mediums and spiritual practitioners, we often fall into the trap of expectation. When we're new to the path, we're just excited. We open up and Spirit responds. But over time, as we try to get better, we start demanding more. More signs, more evidence. And that very pressure can block our connection.

Mediumship, like all spiritual work, thrives on surrender. The more you try to control it, the more elusive it becomes.

## Lessons in Faith and Trust

The hardest part? These quiet times are often by design. They're not punishment. They're growth. They invite us to deepen our faith, trust ourselves, and take responsibility for our energy.

In those moments when I've asked Spirit, "Where were you?", the answer is always the same: "We never left."

We just need to tune back in.

## Final Thoughts

If you're feeling disconnected from Spirit right now, you are not alone. It doesn't mean you've lost your gift. It doesn't mean they've abandoned you. You're just in a recalibration period.

Keep the faith. Be gentle with yourself. And when you're ready, Spirit will be right there.

Thank you for listening to Mediumship Matters. If this episode resonated with you, consider sharing it or leaving a rating. And as always, I'd love to hear your thoughts.

Until next time, Hannah x