



# Mediumship Matters Podcast Transcripts

## Season 6 Episode 23 - Listener Questions

Numerology, Angels, Spirit Communication & Spiritual Ethics

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

Today, we're diving into some fascinating listener questions about angels, spirit guides, past lives, fear of dying, negative implants, and spiritual ethics.

Let's get into it!

Are Angels Real? Or Just a Human Construct?

(Karen's question)

Karen shared a beautiful story about seeing a butterfly-shaped cloud after her mum's passing—a moment of deep spiritual connection. She also asked about angels:

“Do you see angels as distinct beings, or are they just another way spirit presents itself to us?”

My take? Angels are real—but maybe not in the way we traditionally think.

- ◆ I don't believe in a hierarchy in the spirit world (e.g., archangels as “spiritual bosses”).
- ◆ I think we label energies as angels to help us connect.
- ◆ Feathers, signs, even the classic winged human image—they aren't literal, but they work as symbols.

For example, Metatron's energy is widely associated with sacred geometry. But is he actually an individual? Or is he just a frequency of energy we call upon?

The spirit world isn't as separate as we think. When we call on angels, we're tuning into specific energy frequencies—not necessarily distinct beings.

That doesn't mean they aren't real. It just means we give them form to help us connect.

Spirit Communication & Why Labels Help Us

I had a wild experience recently where I started working with a new trance guide. At first, they came through with a different letter of the alphabet every time I connected (clearly messing with me!). Eventually, they revealed themselves not as a “person” but as the frequency of joy.

This made me realise something—

- ◆ Maybe spirit guides aren't “people” at all.
- ◆ Maybe they start off presenting as individuals because we need them to.
- ◆ But over time, we learn to connect to pure energy instead.

And I think angels work the same way. We call on them, we experience their energy, but do they exist as separate beings? Or are they just part of the universal consciousness?

- Something to think about!

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## How to Tell If Spirit Is Waking You Up

(Sabrina's question)

Sabrina recently lost her mother-in-law and has been struggling with waking up to voices at night. She asked:

“How do I know if this is spirit or just my mind playing tricks on me?”

Here's a simple rule: Spirit will always respect your boundaries.

- ◆ If you tell spirit, “Please don't wake me up,” they should stop.
- ◆ If it continues? That's your own mind processing emotions.
- ◆ If you're unsure, try connecting during the day—if they have a message, they'll deliver it then.

This is why I have a hard boundary with spirit: I do not want to be woken up. Ever. And they listen. So if you're experiencing night disturbances, set that boundary! If it's truly spirit, they'll find another way to reach you.

## Past Lives & Fear of Dying

(Sabrina's second question)

Sabrina also asked about past lives and why we don't remember them.

My take? Time doesn't exist in the spirit world.

- ◆ We experience all our lives at once—they aren't truly “past.”
- ◆ That's why some people remember fragments, but most don't—because it's happening simultaneously.
- ◆ Souls don't “lose pieces” over time—we are whole, always.

This ties into fear of dying too. If we dissolve into oneness, will we still get to see our loved ones?

💡 I think of it like expanding into everything rather than disappearing into nothing. You'll be reunited with everyone you love—but also with all souls.

That's a big concept for our human brains to grasp, but it brings me comfort.

## Negative Implants & Spiritual Fear-Mongering

(Anonymous question)

Someone asked about negative implants, J-seals, and chakra removal—things some healers claim must be removed to free us from the 3D matrix.

I have big issues with this kind of teaching.

- ◆ It's fear-based spirituality—telling people they're broken so they'll pay to be “fixed.”
- ◆ It removes personal power and makes people dependent on healers.
- ◆ If spirit is loving and protective, why would they let us be “infected” with implants in the first place?

If you believe something is wrong with your energy, your belief makes it real for you. But that doesn't mean it's an objective truth.

Healing is powerful, but be wary of anyone selling fear as a service.

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Final Thoughts: Question Everything

The theme of today's episode? Question everything.

- ✓ Angels exist—but maybe not in the way we think.
- ✓ Spirit guides may just be frequencies—not individuals.
- ✓ Spirit will always respect your boundaries.
- ✓ Time is nonlinear—past lives are happening now.
- ✓ Fear-based spirituality is a red flag.

You are not broken. You don't need to be "cleared" or "fixed" by someone else. Trust your own connection to spirit, and never give your power away.

Let me know your thoughts—I love hearing from you!

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

Love,

Hannah x

Keywords for SEO: Are angels real, spirit guides explained, how to connect with angels, past lives and time, mediumship boundaries, negative implants spirituality, spiritual healing myths, fear of dying spirituality, evidential mediumship, spirit communication ethics.