



# Mediumship Matters Podcast Transcripts

## Season 2 Episode 98 - Disconnecting After A Reading

### Introduction

Hannah Macintyre: Hello and welcome to another Mediumship Mini with me, Hannah Medium! Today's question comes from the gorgeous Susie Black, and it's all about disconnecting after a reading.

Susie writes:

"I've heard you say that sometimes it takes you a day or so to regather your energy after a big demonstration. I've heard others describe this as 'psychic flu.' But on an emotional level, I find it takes me a while to 'cut the cord' after a reading. Any advice or tips would be hugely appreciated?"

Fantastic question, Susie! Let's dive into it.

### Why I Don't Struggle to Disconnect from Spirit

First, I'll be honest—I don't personally struggle with this. I don't know if it's because I'm a rather cold fish, or if it just comes naturally to me. But when I finish a reading, I feel like spirit steps back, the job is done, and that's it.

However, I do think about my sitters a lot after a reading, and I have to be careful not to let that emotional energy linger.

- Spirit is intelligent—they know when the reading is over.
- They don't hang around unnecessarily.
- If you keep seeking them, you'll still feel them—but that doesn't mean they're still actively communicating with you.

A lot of this comes down to mindset. If you believe you are still connected, you will feel connected. If you set the intention that the reading is finished, you will feel that closure.

### The Emotional Impact of Readings

For me, the real challenge isn't disconnecting from spirit—it's disconnecting from the sitters. One reading that has always stuck with me was a young woman whose boyfriend had been shot at a corner shop while getting milk.

- Her entire family was in spirit.
- She was completely alone in the world.
- I still think about her today.

That's where I struggle. The human part of me wonders:

- How is she now?
- Is she okay?
- Did she manage to keep going?

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And honestly, that's an energy attachment, too. I am sympathetically thinking about her rather than holding the spiritual perspective of trusting in her soul's journey.

So if you find yourself emotionally attached after a reading, ask yourself: 🏹 Am I thinking from a spiritual perspective or a human one?

🏹 Am I trusting in their path, or am I trying to carry their burden?

## Understanding Energy Connections

We make energetic connections all the time. Not just in readings, but in everyday life:

- When you open the door for the postman, you create a brief connection.
- When you smile at the checkout assistant, you exchange energy.
- When you beep your horn at someone on the school run, there's an energetic tie.

Some of these connections are neutral and fleeting, while others carry emotional weight.

- You don't stay energetically tied to your postman because the job is done.
- But you stay attached to a reading because you're still processing it emotionally.

So the key is to treat readings like any other energy exchange.

- The reading happened.
- You did your job.
- The energy exchange is complete.
- Let it go.

## Practical Techniques to Disconnect

If you struggle with this, here are some things that might help:

### 1. Call Spirit Back for a Final Debrief

After a reading, call spirit back in and ask:

- What did I miss?
- What could I have done differently?

This gives your mind a sense of finality—like closing the book on the session.

### 2. Visualise Cutting the Cord

If you feel still attached, try this:

- Imagine a cord between you and the sitter.
- Visualise snipping it with scissors.
- Picture your energy returning to you.

This isn't about forcing separation—it's about giving your brain a signal that the session is done.

### 3. Set Your Intention

Simply saying: 🏹 “This reading is complete. I release this energy.” can make all the difference.

### 4. Ground Yourself with Routine

Do something physical after a session:

- Make a cup of tea 🍵
- Go for a walk 🚶
- Listen to upbeat music 🎵

This tells your body and energy field that it's time to shift focus.

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## Final Thoughts

### 🌟 Key Takeaways:

- Spirit doesn't cling—we do. If you feel attached, it's because your mindset is still engaged.
- The emotional connection to sitters can be harder to release than the spiritual one.
- You can use visualisation, intention-setting, and grounding techniques to help yourself disconnect.
- The reading is complete. You did your job. Trust that spirit will take care of the rest.

Susie, I hope that helps! Thank you for the fantastic question. And to everyone listening—if you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨