



# Mediumship Matters Podcast Transcripts

Season 2 Episode 14

## Valves - A New Way to Understand Your Connection

Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and as always, I'm so grateful to have you here with me. Life is a bit chaotic at the moment—dust everywhere from a home renovation, and honestly, that pretty much sums up how I'm feeling too!

For those of you who've been following my journey, you'll know that five months ago, I made a huge shift—closing my membership program, stepping back from one-on-one readings, and letting go of control. And guess what? The dust is still settling! So if you're in a similar place of uncertainty, feeling like you should have clarity by now but don't—you're not alone! Spirit hasn't forgotten us; we're just learning to surrender.

### What Are Energy Valves in Mediumship?

One of the newest teachings Spirit has given me is about valves. Now, bear with me—this is going to make so much sense.

Imagine your aura as a big, egg-shaped bubble surrounding you, filled with millions of tiny valves. These valves control the flow of energy in and out of your being, influencing how you receive spiritual information.

If you're a plumber, don't come at me—I know this isn't a technical definition of a valve! But hopefully, you get the gist.

Your mediumship development depends on which valves are open and how they're operating. Let's break it down:

### The Three Main Mediumship Frequencies

To develop a clear and structured connection, you need to understand the different frequencies of energy in mediumship:

#### 1. Psychic Work (Energy-to-Energy Reading)

- This is not connecting with Spirit; it's reading energy in the physical world—a person, object, or environment.
- It involves interpreting a person's energy, emotions, or past experiences.

#### 2. Evidential Mediumship (Proof of Spirit Communication)

- This is where we connect with loved ones in spirit to bring through verifiable evidence of their continued existence.
- It's about specific details—names, memories, and unique personality traits.

#### 3. Spirit Guide Communication (Guidance & Philosophy)

- This frequency is different from evidential work—it's about receiving wisdom, teachings, and spiritual insight from guides, angels, or higher beings.
- This is where you can also connect with your own loved ones, as evidential mediumship for personal connection is much harder due to emotional bias.

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If you try to work across all three frequencies at once, you'll end up scattering your energy and getting muddled information. You must set an intention for which frequency you're working in!

## How Valves Affect Your Spirit Connection

Think of your energy as liquid light. If you have all your valves open at once, that energy just pours out uncontrollably. But if you control which valves are open, you can direct your energy more effectively.

Spirit can only work with the valves you open. If you close certain valves, you limit how you receive messages.

For example:

- If you say, "I'm only clairvoyant", you close off other senses like clairaudience (hearing) or claircognizance (knowing).
- If you say, "I'm not good enough to do this", you shut your own valves down before Spirit can even get through!
- If you approach Spirit with fear ("What if I see something scary?"), you set your valves to fear-based experiences.

Your thoughts control your valves—Spirit does not override them.

## Why Some People Struggle to Feel Spirit

A big reason people feel blocked in their connection is because they've subconsciously closed their valves.

- ◆ If you don't believe Spirit exists? Your valves are closed.
- ◆ If you think you're not good enough? Your valves are partially shut.
- ◆ If you're fearful? Your valves will only let Spirit come through that fear.

This is why fear-based practices, like ghost hunts and Ouija boards, can create distorted spirit experiences. Spirit itself is not scary—but if you approach with fear, that's how your brain will filter the experience.

## Shifting Into an Open & Balanced Mediumship Practice

So, how do you open the right valves and close the unnecessary ones?

- ✓ Set clear intentions – Decide which frequency you want to work in before each session.
- ✓ Release limiting beliefs – Stop saying "I'm only this kind of medium" or "I can't do that." Spirit can give you more than you expect.
- ✓ Practice receiving in different ways – Don't just rely on clairvoyance (seeing). Experiment with clairaudience (hearing), clairsentience (feeling), and claircognizance (knowing).
- ✓ Recognize emotional blocks – If you're stressed, exhausted, or doubting yourself, your valves will struggle to stay open. Prioritize self-care & healing.
- ✓ Work in positive energy – Try sitting in sunlight, outside in nature, or in a space that makes you feel safe and loved. Don't connect in fear-based environments.

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## Final Thoughts: Your Journey Inwards

If you want to strengthen your mediumship, the journey is not outward—it's inward.

You must understand yourself first. The more healed, open, and aligned you are, the more easily Spirit can communicate through you.

So, take some time to reflect:

- Are you limiting yourself with negative beliefs?
- Are you closing certain valves out of fear?
- Are you allowing yourself to receive Spirit in multiple ways?

Your connection is already there—you just need to open the right valves and let it flow.

## Get Involved!

If you enjoyed this episode, I'd love to hear from you!

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Thank you for being here, and I'll see you in the next episode. Keep trusting, keep growing, and keep connecting with Spirit!