



Mediumship Matters Podcast Transcripts

Season 3 Episode 116 - Listener Questions

Navigating Your Spiritual Journey, Overcoming Doubts & A Huge Podcast Milestone!

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

I've just returned from an incredible five-night retreat that was truly transformative, not just for the attendees, but for me as well. Coming back to reality—shopping, laundry, and the general chaos of life—has been a challenge. Honestly, I feel like I need a week to recover!

This retreat was a big milestone for me. It was my first five-night experience after years of hosting three-night events, and I have to say, I'm so proud of myself. The impact it had on everyone involved was profound, and seeing the transformation in people from the moment they arrived to the moment they left was just magical.

So, here's to pushing past our limits, stepping into new experiences, and saying YES to spiritual growth! (Even if it leaves you in a bit of an exhausted heap afterward.)

Big News: Mediumship Matters is Up for TWO Podcast Awards!

Before we dive into today's episode, I have some exciting news. Mediumship Matters is in the running for The British Podcast Awards AND The International Podcast Awards! If you love what I do, I'd be incredibly grateful if you could take a moment to vote.

Yes, I know it's a hassle. Yes, I know you have to give an email address. But if you could, it would mean the world to me. Links are in the show notes. Thank you in advance!

Now, let's get into today's listener questions...

"I Feel Stuck in My Mediumship Development – What's Happening?"

A listener sent in a fantastic question about feeling stuck in their mediumship journey. They're getting big, obvious signs from spirit, but when they sit in quiet connection, it feels like... nothing.

I pulled three cards for them:

- The Sun – A time of great joy and success.
- Nine of Cups – Wishes coming true.
- Five of Cups – Focusing on the negative. (Ah, spirit with their no-nonsense honesty!)

Here's what's happening: At the beginning of mediumship, spirit's presence feels huge and overwhelming—it's like a big BAM! in your energy field. But over time, as your vibration rises and becomes more naturally aligned with spirit, their presence feels more subtle. It's not that they've gone anywhere; you've just adapted to their energy.

So, if you feel stuck, challenge yourself. Push beyond your comfort zone. Join a practice group, do live readings, or take the next step in your training. Spirit is already telling you you're doing great—you just need to trust it!

Mediumship Matters Podcast Transcripts

“How Can I Get Closure on Past Events That Still Trouble Me?”

Kelly reached out, asking how to find closure and heal from past events. I pulled three cards for her:

- Queen of Cups – Trust your intuition, but don't forget to take care of yourself.
- Queen of Pentacles – Take a practical approach to healing.
- Ten of Cups – Happily ever after.

Here's the message: Closure isn't always neat and tidy. Sometimes, we're waiting for a final moment of peace that may never come. Instead, spirit is urging Kelly (and all of us) to focus on joy NOW.

Shift your energy from what hurts to what lights you up.

If something drains your energy, it's time to stop giving it your focus. Healing comes from choosing yourself and embracing what makes you happy.

“Mediumship Feels Normal Now – Have I Lost the Magic?”

Juan from NYC sent in a brilliant question: After three years of mediumship development, readings and messages no longer feel mind-blowing—they feel normal. He's wondering if he's taking spirit for granted.

Here's the truth: This happens to all of us.

When you work consistently with spirit, the thrill fades. That's a sign of mastery, but also a cue to level up. My advice?

- Take on bigger, scarier opportunities.
- Put yourself in new, challenging situations.
- Find ways to expand beyond your comfort zone.

The magic never leaves, but it evolves. When you push past your limits, the wonder comes flooding back.

“I Want to Believe Dark Spirits Don't Exist, But I'm Not There Yet”

Binky sent in an update about a previous episode on dark spirits and fear in spirituality. She wants to believe dark forces don't exist, but she's struggling to let go of the scary stories she's heard.

I love this conversation, so let's get straight to it:

- If demons did climb into people's bodies during astral projection, what would they even do? (Go for a joyride? Watch Netflix?)
- Why would spirit allow it? If spirit is powerful enough to remove them, why wouldn't they stop it in the first place?

Most “dark” experiences are psychic projections of fear, not actual spirit interactions. If you're worried, start with a protection invocation:

“I ask Archangel Michael to protect my energy and space, allowing only the highest, purest vibrations.”

Spirit will always support your sense of safety. Lean into that, and trust your own power.

Until next time, keep believing, keep trusting, and remember: spirit is always with you.

Love, Hannah x

Keywords for SEO: Mediumship development, spiritual growth, psychic insights, evidential mediumship, spirit communication, protection in mediumship, overcoming fear in spirituality, connecting with spirit guides, healing from grief, real spirit stories, mediumship training, intuitive development, messages from spirit.

Mediumship Matters Podcast Transcripts

A Beautiful Story of Spirit's Presence in Grief

Avril from Dublin shared an incredible personal experience. After losing her mum suddenly, she struggled with guilt and grief over not being there when she passed.

But during a Reiki master training session, she had a profound vision:

- She saw her grandfather take her mother's hands and gently lead her out of her chair.
- She then saw her mum reunited with her loved ones in spirit, all smiling at her.

This was an incredible gift from spirit—a confirmation that her mum wasn't alone when she passed.

Stories like this are why I do what I do. We are never, ever alone.

A HUGE Milestone: 200,000 Podcast Downloads!

Before I wrap up, I just want to say a massive THANK YOU. As of last night, Mediumship Matters has officially hit 200,000 downloads!

I'm blown away. This podcast started as a little experiment, and now it's part of so many people's spiritual journeys. Thank you for listening, for sharing, for sending in questions, and for being part of this community. I couldn't do it without you!

Final Thoughts: Keep Growing, Keep Trusting

This episode covered so many important themes—trusting your journey, expanding your comfort zone, releasing fear, and embracing the magic in everyday spirituality.

I'd love to hear your thoughts! Drop me a message, share your experiences, and if you'd like to vote for Mediumship Matters in the podcast awards, links are in the show notes. 😊