



Mediumship Matters Podcast Transcripts

Season 7, Episode 19 – The Things I Was Wrong About: Demons, Law of Attraction & Spirit Control

Mediumship Matters – S7 Ep 19: Demons, Entities, Energy Clearing, and the Evolution of Belief

Host: Hannah Macintyre

Hannah:

Hello and welcome to Mediumship Matters! I'm your host, Hannah Macintyre. Today's episode is a little different. I'm letting myself hit record and just see what flows, inspired by the energy of my development journey, reflecting on everything I thought I knew... and how much of it I had wrong.

If you're new here—hi! Welcome. Grab a cuppa and get comfy because today we're diving into some big themes around mediumship, belief systems, and the spirit world.

When Beliefs Break Down: Demons, Entities, and Attachments

In my early mediumship journey, my first teacher—who I am forever grateful for—believed in demons, attachments, and the importance of heavy-duty energy protection. And, naturally, so did I.

I was taught to "sit in the power" to expand my energy, to reach out to the spirit world. Back then, I believed the bigger my energy got, the better my connection would be. But here's the truth I've learned since: sitting with your self is the real power. Expanding your energy can feel good, but it's not the key to evidential mediumship. Real growth happens when you heal, reflect, and connect inwardly.

One night, practicing my energy expansion, I saw a shadow figure at the end of my bed. It scared the life out of me. I ran to my guides, who helped calm me down. When I told my teacher, she said it was because I hadn't protected myself properly and that I was attracting demons who wanted to steal my light.

And for a long time—I believed her.

The Unravelling: Training in Entity Release

After angelic Reiki training, I was led into "entity release" work—trained to identify and clear demons, attachments, energy parasites, and more. I even got certified.

It made sense to me then. It validated my experiences, gave me purpose, and made me feel powerful. I thought Spirit needed me to clear darkness from the world.

But over time, little cracks appeared. Spirit started asking me questions I couldn't easily answer:

- Why would angels need me to help them do their work?
- If spirit is all-loving and all-powerful, why would they leave souls trapped or haunted?
- Why was my experience of the spirit world scary when others' experiences were peaceful?

It didn't change overnight. Spirit helped me unwind years of ingrained belief very slowly, patiently peeling away the layers.

Mediumship Matters Podcast Transcripts

A New Understanding: Fear, Energy, and the Power of Belief

Today, I know that what I saw and experienced wasn't the spirit world at all. It was energy—often human energy—filtered through my own fears, traumas, and belief systems.

Our brains pull from what we already know to interpret energy. If you've filled your subconscious with horror movies, guess what? That's the imagery your mind will use when you sense negative energy.

It wasn't demons. It was congested, heavy human emotion, made visual by my own expectations. And when I stopped believing in demons and attachments—they disappeared from my experience completely.

I don't protect myself from the spirit world anymore. I only protect against human energy and psychic attack, and I have no fear living next to a graveyard. Spirit is always loving, always safe.

Experiencing Poltergeists and Negative Energy

So where does that leave experiences like poltergeists, hauntings, and scary phenomena?

Here's my take: if you believe there are scary forces, you will encounter energy that feels scary. If you believe the spirit world is only love, you'll experience only love.

Energy is real. Psychic energy is real. Residual trauma in places is real. But spirit—true spirit—is loving, supportive, and never there to harm you.

You create your experience through your beliefs and frequency. It's not about gaslighting yourself into positivity. It's about genuinely shifting your inner world, your energy, and your trust.

Spirit Boards, Group Beliefs, and Energy Imprints

A quick note on spirit boards: if everyone in the room trusts and loves spirit, you'll have a lovely experience. If even one person is fearful, that energy can manifest unsettling phenomena—not because spirit is bad, but because human fear is powerful.

We're creating energetic imprints all the time. Haunted houses often aren't haunted by spirits—they're soaked in decades of human fear, expectation, and storytelling.

The Trap of Rescue Mediumship

For years, I believed I was helping "trapped" souls cross into the light. It was beautiful and emotional... but wrong.

Spirit doesn't trap souls. No one gets left behind. The natural state after death is to return to spirit. What we were clearing wasn't trapped souls—it was leftover energy: grief, trauma, regret. Powerful, but not spirit itself.

The Truth About the Law of Attraction

Another thing I got wrong? The Law of Attraction.

I used to believe if you just thought positively enough, you could manifest anything. But it's much more complex.

You co-create your life with your soul plan, your human experience, and the energetic realities of the people around you. No amount of affirmations will erase systemic issues or deep trauma without deep healing work.

Affirmations are powerful if you also face the wounds they trigger.

Spirit Chooses... But Not Always

Finally, one of my big wake-ups: spirit doesn't always control who comes through in a one-to-one reading.

On platform mediumship, yes—they bring forward who can create the strongest link quickly.

But in private sittings, sometimes the medium just doesn't land on the right person. It's not because spirit is punishing anyone or teaching them a lesson. It's because mediums are human too. We make mistakes.

Mediumship Matters Podcast Transcripts

Blaming spirit protects the medium's ego but disconnects us from accountability.

Embracing Change and Growth

I've caused harm with some of my old beliefs, and I own that. I validated fear for people. I reinforced limiting ideas about the spirit world. Not intentionally—but it happened.

That's why I believe it's crucial we talk about where we were wrong. That's real growth. That's real spiritual development.

Spirit isn't rigid. Spirit isn't rule-bound. Spirit invites us to expand, evolve, question, and love deeper every day.

So let's keep questioning. Keep evolving. Stay humble. And always, always come back to love.

Hannah:

Thank you so much for being here today. Let me know your thoughts—whether you agree or want to challenge me, I'm all for it. Let's keep this conversation growing.

If you enjoyed this episode, please rate, share, and review—it really helps Mediumship Matters reach more people who need to hear these messages.

Speak soon. Bye for now!