



Mediumship Matters Podcast Transcripts

Season 2 Episode 12

Listener Questions

Hello and welcome to Mediumship Matters! I'm your host, Hannah Macintyre, and if you're still here, well done! Honestly, what day is it? What time is it? Who am I? Who knows! But what I do know is today's episode is going to be packed with listener questions, personal experiences, and plenty of spiritual insight.

So, let's get into it!

Signs from Loved Ones in Spirit

First up, I want to address a beautiful email from Lauren Sherlock about seeing purple lights after her mum's passing. Lauren shared how these lights have been appearing since her mother transitioned and how they hold personal significance for her family.

So, is this a sign? Absolutely!

Spirit often communicates in personal, unique ways. Skeptics will always say, "It's just your brain," but let's be real—spirit communication will always have an element of mystery. The key is how it feels to you.

Lauren, I encourage you to acknowledge the signs, say thank you, and then ask your mum for a new way to connect. Spirit loves to experiment, and your awareness will only strengthen your bond. Keep an eye out—perhaps even for something unexpected, like a number plate with a hidden message!

The Power of Asking for Signs

My friend Amanda, a law of attraction whiz, inspired me to start asking spirit for random signs—just for fun. So, I asked for a blue feather and waited.

Days passed, nothing. Then, I scrolled Instagram and saw a necklace... with a tiny blue feather charm. Hmm... is that my sign? I thought.

I refreshed the page, and BAM—a huge blue bird covered in feathers appeared! That's how spirit works!

They'll give you what you ask for—but in their own, often unexpected way. So, if you're looking for signs, be open to how they show up.

Law of Attraction & Spiritual Work

This question from Lorelli really got me thinking:

“What's the balance between doing the work and trusting the process?”

Short answer? It's all about vibration. Imagine you're walking up a staircase of spiritual growth. The thing you desire is 10 steps ahead, but if you force yourself forward, you end up scattering Lego bricks all over the stairs—making the journey harder.

Instead, focus on aligning your vibration with your goal. Prioritize: Self-care Joyful activities Removing negativity from your life

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Your job is to get out of your own way so spirit can bring in what's meant for you.

Why You Might Not Be Seeing Signs

Iris asked why she hasn't received signs from her mum and if her mother is aware of how she's coping.

Iris, I promise you—your mum is right beside you. Sometimes, when we desperately need a sign, our expectation creates resistance. It's like holding water in your hands—the tighter you grip, the more it slips away.

Try this: Be specific in your request, and then let go. Ask for something like a yellow butterfly, a star, or a certain song, and trust. Signs can take time, but they will come.

How to Strengthen Your Connection to Spirit

Andy Potter wrote in saying he feels spiritual but struggles to connect.

This comes down to vibration and frequency. The spirit world is high vibrational—if your energy is too low, it's like trying to tune into a radio station with static.

To raise your vibration: Prioritize joy—watch lighthearted shows, read fun books, avoid heavy news. Give yourself quiet time—not to force spirit, but just to be. Self-care is key—rest, eat well, and set boundaries.

When your vibration matches spirit's, the connection happens naturally.

Can You Be a Medium Without Spirit Guides?

Tina asked if spirit communication is just energy transference and if we even need spirit guides.

This is a fantastic question. My understanding of spirit guides has evolved. At first, we often see guides as distinct beings (often mystical-looking elders), but over time, I've realized:

- ✨ Spirit communication is source energy. ✨ Guides may simply be how we interpret that energy.
- ✨ Information can come directly from our higher self.

You don't have to believe in spirit guides. What matters is how you experience connection.

Do Our Pets Stay With Us After They Pass?

Jo Howard wrote in about feeling her dog's presence after he passed.

Yes, animals stay connected! Pets are often soul companions, offering love and support even after they've transitioned. I've had moments in readings where a beloved animal sneaks into a session—sometimes as vividly as a human loved one.

So if you feel your pet, trust it. They're still with you.

Do Spirits Have Feelings?

Someone (or I dreamt someone asked—who knows anymore?) wanted to know: Do spirits still feel emotions?

My belief? Yes, but differently.

Loved ones in spirit feel love, joy, and awareness, but they don't experience human suffering in the same way. They see things from a broader perspective, without the limitations of fear or pain.

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Final Thoughts

We are all on a journey of growth and self-discovery. And here's something to take with you today:

You don't empower yourself by disempowering others.

Let's continue exploring, questioning, and allowing ourselves to evolve.

Got a question? Email me at podcast@hannahmedium.co.uk. Even better—if you're feeling brave, send me a voice message on my Facebook page, Mediumship Matters, and I'll feature you in a future episode!

If you enjoyed this episode, leave a review—it makes such a difference. And remember: keep growing, keep trusting, and keep sending love—to yourself and everyone else.

See you next time!