



Mediumship Matters Podcast Transcripts

Season 2 Episode 105 - Psychology or Spirituality?

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Minis! See how much smoother that intro is getting? 😊

Today's question comes from Susie, who asks:

👉 What are your thoughts on empaths just being hypersensitive people who have experienced early trauma?

Oof, what a question! Let's dive in.

Are Empaths Just Hypersensitive People with Trauma?

I think there's definitely some truth in this idea, especially when we talk about childhood experiences.

- When we arrive in this world, things happen to us that we don't necessarily attract or control.
- At a young age, we aren't developed enough to consciously work with manifestation or the law of attraction.
- I do believe that many of these experiences are either predestined or chosen by our soul for learning and growth.

So yes, a lot of spiritual people are very sensitive, even hypersensitive.

And yes, many empaths have had difficult early experiences.

But does that mean all empaths are simply traumatised people? I don't think so.

The Link Between Empathy & Sensitivity

For me, empaths and sensitivity go hand in hand.

- You can't be an empath without being sensitive—you need to be able to perceive and receive external energy.
- But you can be a highly sensitive person without being an empath.
- There are people who are highly emotional but don't connect with others' emotions deeply.

And then there are people who have completely turned off their empathy.

- Some are just naturally more self-focused.
- Others may have conditions that make empathy less accessible to them—and that's okay too.
- The human experience is a rich and diverse tapestry, and not everyone processes emotions the same way.

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Spiritual vs. Psychological Perspectives

I don't believe it's a case of spiritual versus psychological—I think it's both.

- Spirituality is often about undoing psychological barriers.
- Many of us are drawn to mediumship and spiritual work because of trauma.
- We may have chosen our families, relationships, and key experiences before coming here for our soul's growth.

This is where things get complicated but fascinating.

I actually started studying psychology at university, but life took me in a different direction. Even so, I've always been fascinated by the intersection between psychology and spirituality.

- Yes, some things need to be treated as psychological issues.
- But others are part of a bigger spiritual journey—a lesson, an experience, a path to growth.

So Susie, my answer is this: 🌟 It's not one or the other—it's both. It's everything. And that's what makes spirit so bloody clever and mind-blowing! 🤯

Final Thoughts

🌟 Key Takeaways:

- Many empaths have experienced trauma, but that's not the whole story.
- Sensitivity and empathy are deeply connected, but not identical.
- Some people naturally have less access to empathy, and that's okay.
- Spiritual growth often involves working through psychological challenges.
- There's no clear divide between spiritual and psychological experiences—it's all interconnected.

I'd love to hear your thoughts on this, Susie! And for everyone listening—let me know what you think.

Thank you so much for your question, and if you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨