



Mediumship Matters Podcast Transcripts

Series 1 Episode 9

Crystals & Listener Questions

Mediumship Matters – Episode 9: Crystals, Spirit Guides & Setting Boundaries

Introduction Hello, and welcome to Mediumship Matters! It's me, Hannah Macintyre, and today we're diving into some juicy topics—crystals, spirit guides, and setting boundaries. Let's get stuck in!

The Truth About Crystals

Ah, crystals. People love a good label, don't they? "This one's for protection, this one's for love, this one will make you rich"—as if they're a magic spellbook. But here's the thing: crystals are energy. They're not sitting there with a checklist deciding if you're worthy of abundance today.

How Crystals Actually Work

- They vibe with you and what you need in that moment.
- There's no hard and fast rule—trust your gut and let a crystal pick you.
- You don't have to keep chucking them under the full moon every five minutes (unless you like the aesthetic, in which case, go for it!).

If you go crystal shopping, let them call to you. Seriously. Walk around, see what jumps out, and stop overthinking it!

Spirit Guides: Are They Shared?

One of the big questions I get: do we share spirit guides? Short answer—yes and no. Helpful, right?

- Guides are limitless. They can work with multiple people at once because time isn't real (mind blown, right?).
- Some stay with you for life, others come and go like dodgy WiFi.
- You're not "losing" a guide if a new one comes in—it's just an upgrade to the next level.

If you feel a guide is drifting, don't panic. It's just the natural flow of things. Spirit is way better at knowing what we need than we are.

Why Are Some People Just... Awful?

Big existential question—why do some people choose to be, well, absolute nightmares? If we're all souls learning and growing, why do some people just seem intent on being cruel?

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A Few Things to Chew On:

- Free will is a thing. Guides can give you a nudge, but they won't take the wheel.
- Some souls sign up for the villain role in your life so you can learn (fun for them, not so much for us).
- People will make bad choices, and the spirit world won't stop them because Earth is basically a free-for-all experiment in "how much can you mess up before you learn?"

When these people cross over, they'll have to face what they've done. And let me tell you, facing unconditional love after being a total git? That's gotta sting.

Do You Need Spiritual Healing or a Therapist?

Someone asked, How do I know if I need spiritual healing or just good old-fashioned therapy?

Here's the truth—you probably need both.

- Spiritual healing helps with soul-level stuff: patterns, past-life weirdness, energy shifts.
- Therapy helps with, y'know, being a functioning human and dealing with trauma, boundaries, and all that fun stuff.
- There's no prize for doing it all alone—get the support you need, from all angles.

Honestly? If you feel lost, don't overthink it. Just start somewhere. Healing isn't linear, and there's no "right" first step.

How to Stop Being a Doormat (Aka Setting Boundaries)

So many of us struggle with this. "Oh, but it's their journey, I should be understanding." NO. Just because someone is learning doesn't mean they get to treat you like a doormat.

How to Put Your Foot Down:

- Anger is valid. You're allowed to be annoyed. Own it.
- Saying NO is spiritual growth. Stop being "nice" at your own expense.
- Not your circus, not your monkeys. Their drama? Not yours to fix.
- Guilt is a trick. You don't owe anyone access to your energy just because they want it.

Your guides aren't sitting there going, "Oh dear, she stood up for herself, better dock some karma points." No! They want you to respect yourself.

Final Thoughts

So there you have it—crystals, guides, boundaries, and a little existential crisis thrown in for good measure. If you've got a question, email podcast@hannahmedium.co.uk—I love hearing from you!

Until next time, set those boundaries and shine your light (but, y'know, don't let anyone dim it).

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