



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 16 - Spirit Guides Frequency

### Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing? January is always a challenging month for me, which is why I planned my Spiritual Experience Retreat—to have something to look forward to! But wow, how quickly is this year flying by? Here we are already at Season 3, Episode 16!

Today, I'm finally circling back to a topic I promised to discuss ages ago—Spirit Guides. I know I've gone down a few ranty rabbit holes, but they were fun! And I've had so many incredible messages from people sharing their aura graphs and insights from the Psychic Frequency episode, so thank you for that! Knowing this podcast resonates with you makes all the difference.

So, let's talk about Spirit Guides—the most transformational energy I've ever worked with.

### What Are Spirit Guides?

Most people begin their spiritual journey seeking connection with loved ones in the spirit world. That's important and necessary—but as we evolve, we begin to hear the call of our spirit guides. For me, working with my guides was life-changing. They took a miserable, crushed version of me and helped me unfold into joy. They don't make life perfect—I still have leaky pipes and house dramas—but they help me find hope, purpose, and growth through it all.

Your spirit guides have been with you forever. Whether you realise it or not, they're constantly guiding, supporting, and challenging you to become your highest self.

☞ Some guides are lifelong companions. ☞ Some come in for specific lessons. ☞ Their only purpose is to help you grow, expand, and align with your path.

They don't always give you what you want—but they always give you what you need.

### Feeling Their Presence & Overcoming Resistance

When I first started working with my spirit guides, I struggled to even sit in their energy. The unconditional love they radiated was so overwhelming it would bring me to tears.

💡 Why? Because we're not used to love without expectations. On Earth, love often comes with conditions—people want something from us. But spirit guides? They love you exactly as you are. I had to learn to receive before I could even listen to their guidance. If you find yourself struggling to hear your guides, ask yourself: ☞ Am I actually allowing myself to feel their presence?

☞ Am I so focused on “getting a message” that I'm missing their energy?

Sometimes, just sitting with them is enough.

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## The Appearance of Spirit Guides—Does It Matter?

Humans are visual creatures, so naturally, we often want to see our guides. But here's the thing:

👉 Spirit guides will present in a way that makes them accessible to you.

That's why:

- Some people see Native American chiefs or Buddhist monks.
- Others see animals, angels, or abstract energy.
- Some don't "see" anything at all—they just feel a presence.

And none of it is wrong.

💡 The form they take isn't the point—the message they bring is.

I've sat in development circles where people compared their guides like a game of spiritual Top Trumps:

- "Oh, yours is a warrior? Well, mine's a chief."
- "My guide's headsize is four times bigger than yours."
- "I tucked in my angel wings before I sat down."

And honestly, it's all human nonsense! Spirit doesn't care about status symbols. They just want to connect.

So if you can't "see" your guides, stop worrying! Just focus on what they're telling you.

## Are Spirit Guides Separate Beings or One Energy?

This is something I've changed my mind on over time.

I used to believe my guides were individual souls, each with a distinct role. I had multiple guides—each stepping in for different aspects of my healing, protection, and development.

But as I've progressed, I've come to realise: 👉 Spirit guides are not separate beings—they are part of one collective energy.

Spirit takes individual forms so we can relate to them. But in reality, we are all one—connected through the infinite web of existence. When we return to spirit, we shed the illusion of separation and reunite with the whole.

So whether you perceive your guide as one being, many beings, or just an energy presence, it's all correct.

## Working With Your Spirit Guides Daily

Want to strengthen your connection? Try these methods:

### 1. Daily Conversations

Spirit guides aren't just for big moments—they're with you every day.

- Say "hello" in the morning.
- Ask "What do I need to know today?"
- Invite them to help guide your decisions.

The more you engage, the stronger the connection becomes.

### 2. Oracle Card Messages

💡 Pro tip: If you want to hear from your guides, use oracle cards!

- Shuffle the deck, ask a question, and pull a card.
- Instead of looking at the guidebook, ask spirit what the card means for you.
- Trust the first thought or feeling that comes.

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One of my favourite decks for this is The Sacred Traveller by Denise Linn—but any deck works! And yes, you can buy them on Amazon—spirit won't judge you. 😊

### 3. Ask for a Sign

Your guides love to communicate through signs and symbols.

- Ask for a colour, object, or word.
- Be open to how it appears—it could be in a song, a dream, or a random conversation.
- Don't overthink it—just trust.

### 4. Reflect on Past Lessons

Often, spirit teaches us through real-life experiences.

- Think back to a challenging time.
- What did you learn from it?
- How did it shape your growth?

Spirit doesn't remove challenges—they guide you through them so you can expand into your highest potential.

### Final Thoughts & Takeaways

#### 🌟 Key Lessons from This Episode:

- Your spirit guides have been with you forever—they're dedicated to your growth.
- They radiate unconditional love—sometimes, just sitting in their energy is enough.
- Spirit guides appear in a way that makes sense to you—but their form doesn't matter.
- They are not separate beings but part of one collective energy.
- You can strengthen your connection through daily chats, oracle cards, and asking for signs.

I hope this helps! If you found this episode valuable, please leave a review and share it! And if you want to dive deeper, check out my courses and mentorship programme at

[www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

Until next time—keep shining your light! ✨