



Mediumship Matters Podcast Transcripts

Season 2 Episode 70

Managing Multiple Spirits

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Before we dive into today's episode, I just want to give a little shout-out to Miranda, Sue, Kelly, and Gecko—thank you for emailing in and sharing your thoughts on the podcast. I truly appreciate it!

Today, we're diving into some listener questions, covering reading difficulties, multiple spirits, and the connection between spirit and music. Let's get into it!

What Happens When More Than One Spirit Comes Through?

Holly sent in a great question about a challenging reading she had:

"I was doing a practice reading and connected strongly with my sitter's granddad. But then I received the name Claire and a rose tattoo—these matched my sitter's neighbor instead! The reading became difficult, and I felt muddled. I believe two spirits were coming through at once, but I didn't know how to manage it. Since then, I've lost confidence in my readings."

Holly, I completely understand how frustrating that must have been. But here's the good news—this was actually a brilliant learning experience!

- ◆ If two spirits step forward at once, take control. Imagine them as two Velcro strips stuck together—mentally separate them in your mind. Place one on your left, the other on your right, and label them. I often do this in demonstrations—like calling one spirit Teeth Nan (because she had dentures) and another Feisty Nan (because of her personality).
- ◆ Give priority to the most dominant spirit. Sometimes, one spirit will be louder or more eager—let them have their say first before turning back to the other.
- ◆ If your sitter starts questioning things, stay strong in your power. Sometimes, they may try to redirect the connection or overthink the details. Trust your intuition and stick with the energy you're receiving.

The more you experience situations like this, the better you'll become at handling them. So don't let this knock your confidence—take it as proof that your connection is getting stronger! 💪

Can Spirit Communicate Through Music?

Sarah sent in this fascinating question:

"I was listening to 1930s music on YouTube and fell asleep. I had a dream about a woman showing me her house. I asked how she passed, and she showed me that she had been killed. The next day, I saw her in my kitchen. Do you think the music called her in?"

Sarah, absolutely! Spirit is incredibly clever, and they use all sorts of things—music, films, books, even random conversations—to create the perfect conditions for contact.

🎵 Music can be a spirit portal. When you listen to music from a certain era, it opens a "valve" that allows spirits from that time to step forward.

Mediumship Matters Podcast Transcripts

👁️ Dreams are often a medium's training ground. If spirit is showing you something in a dream, it's because your mind is open and receptive in that state.

If this happens again, try saying out loud: "Spirit, I am open to learning from you. Please show me only what serves my highest good." That sets a boundary while still allowing the experience to unfold.

Is This Spirit or Just Residual Energy?

Sally (a.k.a. Gecko) shared this amazing story:

"A work colleague's father passed, and their relationship was difficult. Over two months, I kept hearing his favorite band—sometimes multiple times a day. Eventually, I mentioned it to my colleague, and he was stunned. He showed me a picture of his dad with the band's lead singer! My colleague asked if I could feel his dad, but I wasn't sure. I told spirit I didn't want to get involved in family drama, and after that, the songs reduced but still played once per shift. Was this spirit, or just residual energy?"

Sally, this was definitely spirit!

📖 Spirit often uses music as a way to say, 'I'm here!' Your colleague's father was likely trying to make amends. When a spirit needs to pass on an apology or healing message, they will find a way to get through—whether it's through songs, numbers, or random coincidences.

💬 You played the role you needed to. Just by mentioning the band, you sparked something in your colleague. Whether or not they were ready to receive more is their choice, not yours.

So, trust that you were the perfect messenger for that moment. Spirit knew exactly what they were doing!

How to Manage Overwhelming Spirit Messages

Laura shared that her mediumship is developing quickly, but she's struggling with intense messages:

"I hear spirit in my head, and they seem to expect me to help them—like finding their lost daughter or solving their murder. I also see shadow people and experience extreme fatigue. How do I manage this?"

Laura, first of all—you're not responsible for solving spirit's problems!

⚡ You are in control of your energy. Spirit won't be offended if you set boundaries. If they're draining you, it's because they sense an open invitation—so let's close that door a bit.

Here's what I recommend:

1 Visualize an "off" switch. Imagine flipping a switch in your mind and say, "I am closed to spirit now." 2

Set clear boundaries. Say, "I will only receive spirit messages when I am in a reading. Not at night. Not

randomly." 3 Ground yourself daily. Walk barefoot, meditate, or simply place your hands on your stomach and breathe deeply.

This will regulate your energy and stop you from feeling like a 24/7 spirit hotline! 📞

Final Thoughts: Mediumship is a Learning Journey

Every experience you have—whether it's a confusing reading, a spirit showing up in a dream, or music repeating over and over—is an opportunity to grow and refine your skills.

⚡ Trust what you receive. Even when it doesn't make sense in the moment.

⚡ Know that spirit is intelligent. They are always working in ways that benefit the highest good.

⚡ Set boundaries when needed. You are in control of your connection.

Keep going, keep practicing, and most of all—keep enjoying the journey!

Join The Gateway: Your Spiritual Development Community

If you're looking for a genuine, grounded place to develop your mediumship, The Gateway is here for you.

Inside, we offer live workshops, practice sessions, and a community of like-minded people who care about authenticity in spiritual work.

Join us today at www.mediumshipmatters.co.uk.

Thank you so much for listening! If you enjoyed this episode, please leave a review—it helps more than you know! And if you'd like to share your thoughts, email me at podcast@hannahmedium.co.uk—I'd love to hear from you!

See you next time! Transcribed & adapted for accessibility & SEO.