



Mediumship Matters Podcast Transcripts

Series 1 Episode 16

Listener Questions

Mediumship Matters – Season 1, Episode 16

Hannah Macintyre:

Hello and welcome to Mediumship Matters! It's me, Hannah Macintyre. How are you all? If you're anything like me, you've probably had a tough couple of weeks. We're all feeling the effects of this planetary energy shift—the Age of Aquarius is in full swing, and it's impacting us all in different ways. If you've been feeling exhausted, a bit flat, or just out of sorts, you're not alone. It's all part of this massive vibrational shift we're navigating.

Understanding Frequency & Energy Shifts

So what exactly is happening? Well, nobody ever told me this when I first started, and I had to learn it from my Spirit Guides. When we work with spirit, our job is to raise our frequency—to shift into a higher vibrational energy so that we can communicate more clearly with the spirit world. Spirit exists in a high-frequency state, and us humans... well, we're a bit more up and down!

Think about the people in your life. You probably know those who are always negative, always complaining—stuck in lower-frequency energy. Then there are those who keep moving forward, focusing on gratitude and growth. We all fluctuate, but our goal on this journey is to keep raising our frequency.

The challenge? When you start shifting your vibration, it can feel like the people around you haven't caught up. And that can be tough. You might find conversations draining, or that loved ones seem more negative than ever. The reality? They haven't changed—you have.

This happens a lot when people get a Reiki attunement. I always warn my students that after their energy shifts, they may find their partner, family, or friends triggering them. It's not that their loved ones have suddenly become negative—it's that they are seeing everything from a new, higher perspective. But it's important to be patient. You're a radio transmitter, constantly broadcasting your frequency to those around you. Give them time to adjust.

The Problem with Unwarranted Spiritual Advice

Now, this brings me to a question I received after my last podcast—about mediums giving unwarranted spiritual advice. It's a pet peeve of mine, so let me tell you a quick story.

A few years ago, I was early for the school run, and since my kids' school was next to a pub (lucky me), I decided to sit in the beer garden with a half-pint and enjoy some peace. Well, the spirit world had other plans. A man in the garden wouldn't stop talking to me. Eventually, I told him I was a medium, and he said, "Oh, I met a medium once. He told me I had a spirit guide behind me who said I could choose the red pebble or the blue pebble. But I never figured out what that meant."

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Now, really—what was the point of that message? Does anyone actually think the spirit world took time and effort to deliver something that sounds suspiciously like *The Matrix* but provides no real guidance? That's what I mean by showboating—giving messages for the sake of seeming mystical, without any real meaning or value. True messages from spirit should be clear, practical, and loving—not cryptic nonsense.

The Difference Between Psychic Work & Spirit Communication

This is where we need to understand the difference between working psychically and working with spirit.

- Psychic work is reading energy—yours, an object's, a room's. We all do this to some degree.
- Spirit communication is when we work directly with the spirit world, receiving messages with their wisdom and guidance.

One of the biggest issues? Psychic work is often mistaken for spirit communication. For example, if a psychic picks up on discomfort in someone's energy and says, "You might want to get that checked out," they may have just planted a seed of worry that leads to unnecessary stress. Our minds are powerful, and the placebo (or nocebo) effect is very real.

And then there's the unsolicited energy work—messages like "You looked a bit tired today, so I sent you healing." No, thank you! If I didn't ask for healing, don't assume I need it. There's a fine line between offering help and overstepping boundaries.

Energy Drain & Protection

Another listener asked about protecting their energy while in a volatile relationship. The truth? No one can take anything from you that you don't give them. If someone is draining you, it's time to set firm energetic boundaries. Visualizing a protective bubble can help, but the most important step is deciding—mentally and emotionally—that you are not available to be drained. I'll be doing a full episode on energy protection soon, but for now, practice saying: "My energy is mine. You cannot take it." Hold that thought, and it will make a difference.

Are Spirit Signs Warnings?

Another great question came from Kirsty, who recently lost her dad. She wonders if the signs she noticed before his passing were warnings she ignored. My take? Not necessarily.

Sometimes, the spirit world gives us signs not to warn us, but to support us—so that when the inevitable happens, we know we are not alone. Your dad always believed in destiny, and his transition was likely always meant to happen that way. Free will and life choices can sometimes alter timing, but ultimately, the spirit world works within a much bigger picture than we can comprehend.

Final Thoughts

Thank you all for listening, for your support, and for your incredible questions. Keep them coming! If you enjoyed this, please share Mediumship Matters and help spread the word.

See you next time. Lots of love!