



Mediumship Matters Podcast Transcripts

Season 2 Episode 87 - Listener Questions

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! I've got three podcast episodes for you this week because I've been inundated with listener questions! Plus, I'm toying with the idea of taking December off—I know, shocking! But if I hit my 100,000 downloads before then, I might just spend December fannyng around with nutmeg, cinnamon, and Christmas movies. Before we dive in, a quick shoutout to Cindy, who messaged me saying one of my past episodes answered all her questions in one go—now, that's what I love to hear!

Also, a reminder that Spirit-Led Reiki is now open for booking! If you'd like to be part of this first-ever online course, check out my website at www.hannahmedium.co.uk.

Now, let's get into the questions!

Paranormal Activity & The Energy Echo Theory

Question from Natalie:

"Hannah, I used to believe in paranormal TV shows, but after listening to your podcast, I'm rethinking things. I now understand that hauntings are often energy echoes rather than trapped spirits. But here's my question: If negative energy is just an imprint, how do scratches appear on people? I'm baffled by this one—any thoughts?"

Great question, Natalie! Here's the thing: Even if you believed in evil spirits, they'd still be made of energy. So how exactly would an energy-based entity be physically scratching someone? I'll be honest—I've never personally witnessed a scratch appear on someone live. I've had people show me marks afterwards, but I've never seen it happen in real time. That makes me wonder if:

- It happens in their sleep, without them realizing.
- They accidentally scratch themselves in a moment of fear.
- It's linked to psychosomatic reactions—where fear manifests physically.

Let's be real—I am clumsy as hell. I constantly have bruises I don't remember getting. My husband often asks, "Where did that come from?" and I have no idea. So, could some of these paranormal scratches be self-inflicted unknowingly? Possibly.

That said, if anyone has a video of a scratch appearing live, send it my way! I promise I'll put on my big girl pants and watch it!

Why Do Spirits Appear as Their Most Recent Lifetime?

Question from Sonia (Germany):

"I believe we live many lives, so why do spirits always appear in their most recent form? Why don't they show up as an earlier past life version of themselves? And if the soul is just light and consciousness, why do they take on a human shape at all?"

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Sonia, I love this question! Here's my take:

When spirits communicate, they are intelligent beings. They know that their sitter is expecting to see them in their most recent human form. If your grandmother came through as Joan of Arc instead, you wouldn't recognize her!

However, I do believe we can pick up past life versions of spirits—especially if we're accidentally working psychically instead of evidentially.

Another fascinating thought: If time doesn't exist in the spirit world, why do we only get past life readings and not future life readings? Mind blown, right?

Ultimately, spirits present themselves in the way that will be most meaningful to us. And when we pass over, we'll probably have a far more expanded understanding of our soul's journey than we do now.

How I Prepare for a Mediumship Demonstration

Question from Sammy:

“How do you personally prepare before a demo?”

Sammy, I love this one because my answer is... unconventional.

1. I rap. 🎧 Yes, you read that right. When I drive to a demo, I blast Iggy Azalea, The Fugees, and Eminem at full volume. Rapping opens my throat chakra, gets me into a powerful flow, and helps me step into confidence.
2. I don't eat before I work. Heavy meals slow me down, so I usually eat a big lunch but skip dinner before a demo.
3. I get glammed up. Big hair, bold lipstick, lots of RuPaul playing while I get ready—it puts me into a show-ready mindset.
4. I create a high-vibe atmosphere. Before the demo starts, I make sure the venue energy is buzzing—no sad music or heavy vibes. I want people engaged, awake, and ready.
5. I mentally repeat affirmations. Before I walk on stage, I remind myself: “I am an exceptional medium.” That energy builds confidence and connection.

It's all about getting into a heightened, energized state so the mediumship flows smoothly!

Talking to Non-Spiritual Partners About Your Path

Question from Sammy:

“If you live with someone who isn't spiritual, do you talk to them about your work?”

Great question! My husband is not spiritual at all. He has never seen me work live, and for years, he didn't ask about my circles or readings. If he asked, “How was circle?” I'd just say, “Good.” That was the end of it!

One night, after a few drinks, he finally asked me for a reading. I brought through someone he didn't even know had passed. When he later looked it up and saw they had died, it shook him. It was the first time he truly understood what I do.

Still, he's not obsessed with spirit the way I am. He even told me to stop showing him orb videos because he finds them boring! Can you imagine?!

But here's the key: I don't need him to validate my work. It's okay if he doesn't get it. He supports me in his own way.

If you live with someone who isn't spiritual, don't force them to engage in a way that doesn't feel natural to them. Support can look different for different people.

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Final Thoughts

Wow, that was a jam-packed episode! Thank you to Natalie, Sonia, and Sammy for these brilliant questions.

🌟 Key Takeaways:

- Scratches in paranormal cases might be self-inflicted or psychosomatic.
- Spirits present themselves in ways we can recognize.
- I prep for demos with rap, RuPaul, and high-energy affirmations.
- Not everyone will understand your spiritual path—and that's okay!

If you enjoyed this episode, please leave a review! And if you have a question for a future episode, send it to podcast@hannahmedium.co.uk.

Until next time—keep shining your light! 🌟