



Mediumship Matters Podcast Transcripts

Season 1 Episode 32

The Soul's Purpose

Mediumship, spirit world, overcoming fear, personal growth, spiritual development, energy work, spirit guides, commitment, healing, lost souls, and listener questions.

Hannah Macintyre:

Hello, lovely listeners! Welcome back to Mediumship Matters with me, Hannah Macintyre. Yes, it's been a while—blame house renovations, kids at home (even teenagers find ways to need you), and, of course, the ever-evolving shifts in energy that life throws at us. But here I am, ready to dive back into the magical world of mediumship, growth, and spirit connections.

The Fear Factor: My First Solo Demonstration

Let me start with a little story about facing fear head-on. I recently did my first solo in-person demonstration since lockdown. No safety net, no co-medium—just me, an audience, and spirit. And let me tell you, I was terrified. Picture me sitting next to a fire exit, seriously contemplating making a run for it. But I didn't. I stayed. I did the work. And you know what? It went brilliantly. This experience reminded me of something important: the spirit world doesn't take away your fear. They don't sprinkle magic dust and make you feel brave. You have to feel the fear and do it anyway. That's where the growth happens.

The Commitment to Spirit Work

Someone recently told me, "You're so lucky the spirit world helped you build your business." And oh, did that trigger me! Yes, I'm lucky to do what I love, but it's not luck alone. It's years of hard work, self-reflection, and dedication. I've shown up when I was tired, when life was tough, when it would have been easier to quit. That's not luck; that's commitment.

Spirit has been nudging me to acknowledge this. My journey isn't just a happy accident. It's a calling. And recognizing that has shifted my mediumship to new levels.

Listener Questions: Answering Your Spiritual Curiosities

1. Do Humans Ever Not Have Souls?

Cassidy asks: Do you think some humans don't have souls?

Short answer: No. I believe every human has a soul. But some people become disconnected from their soul, which can lead to harmful behaviors. It's not soullessness—it's disconnection. We are all divine, multi-dimensional beings, even when we forget.

2. The Munchies After Spirit Work

Eleanor asks: Why do I crave junk food after spirit work?

Oh, Eleanor, you are my kindred spirit! I call this the "spiritual munchies." After intense energy work, your body craves grounding—and sometimes that means Nutella straight from the jar (guilty as charged). For a healthier option, try grounding foods like nuts, dark chocolate, or fruit

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3. Lost Souls: Are They Real?

Eleanor also asks: Do lost souls exist?

This might ruffle some feathers, but no, I don't believe in lost souls. I believe in echoes of energy—residual imprints left behind by intense emotions or trauma. True souls don't get stuck. The spirit world is far too intelligent for that. What we often experience are energy echoes, not trapped souls.

4. Healing in the Afterlife

Lorelei asks: Why would someone need healing in the spirit world if they're free from pain?

Great question. In spirit, we are whole and perfect, but we may still need to process and reflect on our earthly experiences. Healing isn't about fixing wounds; it's about integrating lessons. That said, time doesn't exist in the spirit world, so this healing is instantaneous from our perspective.

Final Thoughts:

Mediumship is a journey of continuous growth. You're never done. There's always another layer to peel back, another fear to face, another lesson to learn. And that's what makes it magical.

Thank you to everyone who sent in questions—keep them coming! Email me at podcast@hannahmedium.co.uk. Also, if you enjoy the podcast, please leave a review, share it with friends, and help spread the word.

Until next time, trust your journey, embrace the fear, and keep connecting with spirit.

SEO Keywords:

Mediumship, spirit world, spiritual growth, overcoming fear, personal development, energy work, spirit guides, commitment, healing in the afterlife, lost souls, soul connection, self-reflection, spiritual development, Hannah Macintyre, mediumship podcast.