



Mediumship Matters Podcast Transcripts

Season 4 Episode 35 - Listener Questions

Manifestation, Energy Shifts & Spiritual Growth

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

How are you doing? Another week, another adventure in the ever-unpredictable journey of spiritual growth! I've just done my Week Ahead Reading, and honestly, what a time to be alive. Sometimes, I do wonder—why did we choose to incarnate right now? Seriously, what were we thinking? But here we are, and at least we have each other to navigate the madness!

Today, I'm diving into manifestation, premonitions, fake mediums, spirit guides, and the energetic shifts we've all been feeling lately. Let's get into it!

Manifestation vs. Premonition: Did I See It Coming or Create It?

So, let me tell you a little story about my very expensive wing mirror.

I've been feeling uneasy about my car for weeks now. It feels too big, too wide—I just haven't been comfortable driving it. I even caught myself flinching when I was in someone else's car, convinced they were about to clip a wing mirror.

And then... BAM. A van, loaded with conifer trees, speeds past me, ramming straight into my wing mirror and obliterating it. Confetti on the road. And, of course, the driver didn't stop.

Now, here's the real question: Did I manifest this accident, or was it a premonition?

- Was my energy calling it in because I kept worrying about the car being too big?
- Or was I being warned about something that was going to happen anyway?

And that's the tricky thing with energy work—it's not an exact science. Sometimes, we just don't know where the information is coming from. Are we predicting it or creating it? Something to ponder!

The Energy Shift: A Collective Uplift?

A few weeks ago, the energy was HEAVY. And I mean properly draining, soul-crushing, what-is-the-point-of-anything energy.

But then—something shifted. Did you feel it?

- The air felt lighter.
- The weight lifted.
- It was like the universe finally exhaled.

If you're still in the fog, hang in there. It's coming, I promise! And in the meantime, be mindful of expectation energy. When we've been stuck in a low vibe, we sometimes expect things to stay difficult, which just creates more of the same. Shift your focus to joy, even in the smallest ways.

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Want to Be a Guest on the Podcast? Read This First!

I've finished my latest round of interviews, and soon I'll be opening up applications for new podcast guests.

But here's the thing—I need real people with real stories.

- If your email sounds like a template that could have been written by AI, I probably won't reply.
- If your social media is just quote reposts with no original content, I can't get a feel for who you are.
- If you have zero video content, I have no idea whether you're engaging on screen.

I don't care about follower numbers, but I do care about authenticity, experience, and having something valuable to share. So, if you're applying, make sure I can actually see who you are and what you do!

Finding a Mediumship Development Group (Without the Fakes!)

Emma messaged me saying she's struggling to find a mediumship development group in Bournemouth, and she's worried about fake mediums.

Here's the reality:

- Good circles are hard to find. Many churches only offer beginner groups, and if you're beyond that, options are limited.
- I had to create my own! It was tough, but sometimes, that's the best way.
- Online groups are worth exploring if there's nothing local.

How to Spot a Fake or Misaligned Medium:

- Do they actually demonstrate? A good teacher should be able to show you what they do.
- Are they constantly upselling? If every course leads to another course with no real progress, that's a red flag.
- Do they hold space or hold people back? A great teacher should want you to grow, not keep you small.
- Do they talk more about themselves than actually teaching? Inspiration is great, but if the class is 80% self-promotion, run.

Trust your gut. If a teacher doesn't feel right, they're not right for you.

Will We Meet Our Spirit Guides When We Pass?

Susie asked a beautiful question: When we return to spirit, will we meet our guides?

Absolutely, yes. But I also think... some of our guides are actually parts of our own soul.

- We see them as separate in this lifetime because it helps us process their guidance.
- But when we return to spirit, we merge back into our full, expanded self.
- And yes, we will absolutely reunite with the guides we've worked with in this lifetime.

And honestly? I cannot wait to hang out with Jesus. (And if you told me 10 years ago that I'd be saying that on a podcast, I'd have assumed I'd been kidnapped. But here we are!)

Pendulums: Are You Moving It or Is Spirit?

Daisy asked if pendulums are truly spirit-led, or if we're just moving them ourselves.

- Pendulums read energy. They react to the vibrations around them.
- If you're emotionally invested in the answer, you can absolutely influence them.
- This is why pendulums are best used for neutral, detached readings.

Pro tip: Use them for energy assessments, like choosing oracle cards, rather than yes/no questions about big life decisions.

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Healing Energy: Why Do Angels Need Us?

Cheryl asked a brilliant question: If healing energy is unlimited, why do angels need us to channel it?

- Healing energy is available to everyone—you don't need to be attuned.
- But humans have free will, and we have to ask to receive it.
- Healers don't "give" healing—they hold space so that others can access it.

And honestly? Sometimes, it's just easier to receive when someone else is facilitating it.

Final Thoughts: Keep Questioning Everything

- Are you predicting your future, or creating it?
- Are you stuck in low-energy expectations?
- Are you trusting your intuition over external noise?

Question everything. Challenge what you think you know. Stay open to new possibilities. That's how we evolve.

And if this episode resonated, leave a review, follow the podcast, and share your thoughts! It means the world to me.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship development, manifestation vs premonition, spirit guides after death, spotting fake mediums, healing energy, pendulum readings, energy shifts, spiritual questioning, psychic development, spiritual alignment.