



Mediumship Matters Podcast Transcripts

Season 2 Episode 54

Where Has My Spirit Connection Gone?

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing today? I hope you're all well. Today, we're diving into a fantastic question from Emily, who sent in a voice note about the ups and downs of mediumship development—particularly why it sometimes feels like spirit communication just stops.

Emily, first of all, thank you for sending in a voice note! I know that can feel a bit nerve-wracking, but it's so much more engaging for listeners. Now, let's get into your question!

Why Does Spirit Communication Feel Stronger at Night?

You mentioned that your best spirit connections seem to happen at night or when you're really tired. That's actually very common! Here's why:

1. **Less Resistance:** At night, we're more relaxed. We're not trying so hard to connect, which allows spirit communication to flow more naturally.
2. **The Critical Mind is Quiet:** As we drift into sleep, the analytical, sceptical part of our brain steps aside, making room for clearer spiritual experiences.
3. **Tiredness Helps You Let Go:** When we're exhausted, we often think, I don't even care if this works—I'm just going to give it a go. Ironically, that relaxed state is when the best connections happen!

So, while night-time experiences feel magical, the key takeaway is: spirit is always there—it's our mindset that changes.

Is Spirit Being Difficult or Are We?

This might be a tough pill to swallow, but I truly believe the spirit world is never difficult or awkward. If communication feels blocked, it's usually something within us—not them. Spirit won't just decide to 'step back' and make things hard for no reason!

Sometimes, when mediums struggle to connect, they assume spirit is standing too far away. But think about it—why would a loving grandmother deliberately stand just out of reach and heckle you from the sidelines? That's not how spirit works!

Instead, what's usually happening is resistance on our end—whether it's pressure, expectation, or an overly cluttered energy field (which we'll talk about next).

Expectation Can Kill Your Progress

At the start of your mediumship journey, everything feels exciting. You might get a single symbol—like 'fish slice'—and be blown away when it makes sense to the sitter.

But then...you get used to it. What once amazed you now feels expected. And that's when resistance creeps in.

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- You start demanding clearer or bigger evidence.
- You unintentionally shut off new ways spirit may be trying to connect.
- Your logical brain takes over and convinces you that you're 'failing.'

Instead of chasing bigger experiences, remind yourself that spirit is always there, and it's your perception that shifts—not their presence.

Clearing Energy for Stronger Communication

If your spiritual connection feels blocked, it's time to clear your energy. Meditation is great, but it's not the only way! Here are other simple methods:

- **Decluttering:** A messy environment = a cluttered mind. Clear out your space to clear your energy.
- **Mindful Walks:** Ditch the podcast or music. Walk in silence and let your thoughts settle.
- **Digital Detox:** Take breaks from social media and external noise—your energy field needs breathing room.
- **To-Do List Dump:** If your mind is full of 'I need to do this...,' write it all down. Freeing up mental space allows for clearer spirit communication.

The spirit world always finds a way to reach us, but the clearer your energy, the stronger the messages.

Do We Really Want to Be "On" All the Time?

A lot of us, especially when we're developing, wish we could be constantly connected to spirit. But let's be honest—while spirit is wonderful, they're also a lot easier to be around than humans! However, we came here to have a human experience. So, if spirit feels quiet, maybe it's a sign that you need to focus more on life in the physical world right now. Balance is key!

The Power of Need in Spirit Communication

Have you ever noticed that the most powerful spirit connections happen when there's a deep need? When sitters truly need a message—whether it's closure, reassurance, or guidance—spirit comes through with incredible strength.

But if someone is just casually curious about a reading, the energy won't be as potent.

The same applies to our personal spiritual journeys. If you've already received answers and reassurance, spirit may step back a little—not because they've abandoned you, but because they've already given you what you need. The next step is about trusting yourself.

Final Thoughts & A Challenge for You

Emily, your experience is completely normal and actually a sign of growth! Spirit isn't testing you—they're showing you that it's time to step up and trust your abilities without needing constant validation.

To everyone listening—here's your challenge:

- Take note of your expectations around spirit communication. Are they helping you or creating resistance?
- Find one way to clear your energy this week—whether it's tidying up, going for a silent walk, or taking a break from screens.
- Remind yourself that spirit is always there—you just need to create the space to notice them.

Thank you all for tuning in, and a huge thank you to Emily for the question! If you have a question for the podcast, email podcast@hannahmedium.co.uk.

Have a wonderful day, and I'll catch up with you soon!