



Mediumship Matters Podcast Transcripts

Season 3 Episode 49 - Do Spirit Help When We Don't Ask For It?

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode is a Mediumship Mini, featuring an incredible question from Lorelli, exploring the role of spirit guides, free will, and accepting spiritual help.

Lorelli's Question – Do Spirit Guides Help Us Even If We Don't Ask?

Lorelli writes:

“Hi, Hannah. Hope you've started 2023 in the best possible way. I have been catching up on your podcast after a tough 2022, where grief buried me in work, and I lost my willpower for anything else. One day, in a moment of need, I called out to my spirit guides for help, having rarely done so since my bereavement. The next day, I found the strength to keep going. This made me wonder: Do our spirit guides help us no matter what, or only when we ask? How does free will play into it?”

The Role of Spirit Guides & Free Will

What a fascinating question, Lorelli! Here's what I believe:

- ◆ Spirit guides absolutely help us—even when we don't consciously ask.
- ◆ Spirit knows the path we agreed to take before we were born.
- ◆ There are times when they need to give us a gentle nudge to keep us moving forward.

However, free will still plays a role.

💡 “We create our path as we go, but I believe some key experiences are pre-agreed upon before we get here.”

Help Is Always Available—But We Must Accept It

- ◆ The energy of help and support is always present—we are never truly alone.
- ◆ However, we must be open to receiving it—sometimes we unconsciously block guidance.
- ◆ This is why some people struggle despite having support all around them—they don't allow themselves to accept it.

💡 “Spirit can't override our free will. If we shut ourselves off from help, they can't force us to accept it.”

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Why Some People Feel Abandoned by Spirit

◆ Some people ask for help but feel it doesn't arrive—why? ◆ I don't believe spirit ever withholds assistance. ◆ The issue is often resistance to receiving it—fear, doubt, or emotional overwhelm can block us. ◆ Help doesn't always come in the way we expect—it's not always a booming voice from the heavens!

💡 “The universe is constantly supporting you. The real question is—are you letting it in?”

Healing Through Time – You Can Help Yourself!

One of the most mind-blowing concepts I've explored in my Spirit-Led Reiki courses is healing yourself across time:

- ✔ You can send healing energy back to your past self—to comfort yourself through difficult times.
- ✔ You can send healing into the future—for an operation, a funeral, or a challenging conversation.
- ✔ This means that you may have been the one helping yourself all along—your present self sending love to your past self!

💡 “Maybe when you needed help years ago, the energy that supported you came from your own future self.”

Final Thoughts – Trust, Accept & Open Up

💡 Key takeaways: ✔ Spirit guides help us even if we don't ask—but we must be open to receiving that help. ✔ Free will allows us to accept or reject spiritual support. ✔ If we feel unsupported, we may be blocking guidance without realising it. ✔ Healing is not limited to the present—we can send support across time. ✔ Sometimes, the person helping us most is our own Higher Self.

Lorelli, thank you for your amazing question! I hope this gives you clarity and reassurance that spirit is always with you.

And as always—have a bloody marvellous day! 🚀

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Final Thoughts—Expanding Into More Public Work

◆ Hailey is now focusing on larger group readings, moving beyond one-to-one sessions. ◆ She's embracing audience demonstrations—taking the leap into bigger stages. ◆ Her podcast House Guest will be a mix of historical investigations, real-time readings, and interviews.

💡 “Book the venue—say yes first, then figure out the details later!”

A huge thank you to Hailey Lowe Fennell for sharing her journey! Be sure to check out her podcast House Guest for more on spirits, history, and mediumship.

And as always—have a bloody marvellous day! 🚀