



# Mediumship Matters Podcast Transcripts

## Season 1 Episode 17 - Energy Health

### The Energy Special: Protecting, Clearing & Owning Your Power

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

Today's episode is a special deep dive into a subject close to my heart: energy. Specifically, how we can protect it, clear it, and make sure we're not giving it away to people who don't need—or deserve—it.

### Nobody Can Take Your Energy Without Permission

First and foremost, no one can take your energy without your consent—even if that consent is unconscious.

A conversation with someone uplifting? You both give and generate energy together. You leave feeling buzzed, excited, full.

A conversation with someone draining? Especially those deep in negativity? You feel small, depleted, like the life's been sucked out of you. That's an energy exchange, and one that didn't serve you.

Let's talk about the kind of people who seem to thrive on drama. You know the ones—the friend who's always in a crisis. You rush to their side, pour your energy into helping, and leave feeling utterly wiped while they perk up. Sound familiar?

Many people have learned—subconsciously—that playing the victim gets them attention. And attention is energy. The check-ins, the sympathy, the “Are you okay?” texts? All energy. But that doesn't mean you have to give it.

### The Earth is a Giant Battery—Plug In!

Here's the good news:

- We walk on the biggest battery available—Earth itself.
- We can ask Spirit or the Universe to refill us at any time.
- We can top up our energy through rest, joy, connection, and choice.

For me, it's walks in nature, sunshine, and good books. (Baths? Not so much—too fidgety!)

Energy is a choice. And you're allowed to say no.

### Visualising Energy Protection

When I started working with Spirit, they showed me different ways to protect my energy:

- Liquid light pouring over me
- Armour or peacock feathers as a shield
- Mirrors reflecting energy away
- Brick walls or fish-like scales

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These are visual cues that help reinforce your boundaries.

You don't have to chuck buckets of energy over people every time they're down. In fact, that can disempower them and deplete you.

Of course, there are exceptions—true emergencies require your full presence. But for day-to-day energy management, you're not obligated to keep pouring from your cup.

## Real-Life Example: My Friend 'Paula'

I had a friend—we'll call her Paula—who was in a miserable marriage. But truthfully, Paula was the unhappy one, not necessarily the marriage itself.

For six years, I listened, supported, and sympathised. I'd feel fine until I got a text from her or had a visit. Afterward? Utterly drained.

Eventually, I started visualising protection before seeing her. When she'd moan, I'd gently ask, "What are you going to do about it?" Instead of pouring energy in, I gave her the space to own her situation.

She stopped texting.

No drama, no falling out—just a quiet energetic shift. And guess what? She left her husband and changed her story. But it had to come from her. Not me.

## The Ping Pong Ball Trick

Spirit once gave me a handy tool: the ping pong ball trick.

- Imagine a ball bouncing energy back to whoever tries to offload their stuff onto you.
- It's not unkind. It's just not yours to carry.

After a while, I'd feel offended when someone tried to dump their low energy on me—like, How very dare you?! That feeling helped me hold my boundaries.

## Louise's Rose Quartz Bowl Technique

My friend Louise (from Cosmic Soul Therapy) gave me another gem:

- Imagine a giant rose quartz bowl in your lap.
- As someone's dumping their drama, you direct the energy into the bowl.
- The crystal transmutes the negativity so it doesn't touch you.

Crystals can be your energetic vacuum cleaner—just remember to clear and recharge them!

## Releasing Toxic Energy

Got a toxic workplace?

- Blow out the negative energy through your car windows as you leave.
- Use crystals to absorb it.
- Open your home windows and ask the energy to leave.

Again—it's all about intentional energy hygiene.

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## One Month, Zero Energy Leaks

Spirit challenged me to go one month without giving my energy away.

- No phone calls.
- No sympathy texts.
- Visualise boundaries before every interaction.

It was life-changing.

I even had a moment in town when I physically felt someone pulling on my energy—turned around and saw Paula walking toward me! Her subconscious knew I used to feed her. And that pull? It was real. But I didn't give in.

## The Hook & The Tantrum

People don't like losing an energy source. So expect:

- Pushback when you withdraw.
- Fishing for reactions (guilt, tears, tantrums).

Stand firm. Don't reattach the cord.

This isn't about being unkind—it's about being empowered. Even well-meaning mothers can accidentally disempower their adult kids by rushing to rescue instead of letting them grow.

## Use Your Guides for Energy Management

When a toxic woman joined my development circle, I knew she had to go—but I didn't want a confrontation. Spirit told me to tell her she was too experienced for the group. Worked like a charm.

No drama, no energy drain.

Trust your guides to give you elegant solutions.

## Final Thoughts

We are all connected. But that doesn't mean you have to let everyone plug into your socket.

✨ Energy is sacred. ✨ Energy is yours. ✨ You are not here to be drained.

Take time to:

- Reinforce your boundaries
- Cleanse your space
- Recharge your batteries

And remember: the job of a lightworker is to shine. You can't do that if your battery's flat.

You're not required to give your energy to anyone—not even for Spirit.

Protect yourself. Respect your light. And keep shining.

See you next time!