



# Mediumship Matters Podcast Transcripts

## Season 7 Episode 15 - Does the Soul Need Healing After Death? Plus Spiritual Timeout, Faith & Family Conflict

🏠 Mediumship Matters – S7 Ep 15

Title: Soul Healing After Death, Spiritual Timeouts & Navigating Family Conflict Over Beliefs

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🧠 Can the Soul Be Damaged by Human Life?

In this episode, I answer a powerful question from listener Tamsyn: Does our soul need healing when it returns to the spirit world after living a human life?

It's such an important conversation, because let's be honest — life is tough. Tamzin shared how some human experiences feel like they could “shatter your soul,” and asked whether spirit needs help, restoration, or realignment after what we go through here on Earth.

My honest answer? I don't know for sure. But here's how I see it...

🕒 Spirit Exists Outside of Time

In my experience, spirit doesn't work in a linear timeline like we do. So when mediums say a loved one "isn't ready yet," I sometimes wonder if that's more about the sitter than the spirit.

When I did one-to-one readings, I could usually connect with the specific soul someone asked for — if I knew who I was seeking, I could find their energy in the vastness.

Because spirit is beyond time, they already know what they're signing up for before they incarnate. It's already happened, from their perspective. So do they need healing? Maybe not in the way we imagine.

🏠 Soul Contracts & Pre-Life Planning

I often visualise our soul planning its lifetime, like sitting at a boardroom table with others. You agree on lessons, experiences, and even the painful parts — like someone promising to be your soulmate, but to leave early in your life to teach you about grief, love, or resilience.

It's heartbreaking to think about — but I believe those hardest lessons shape us most. I wouldn't be the medium I am without my hardest experiences. That doesn't mean I like them or that I forgive everyone who hurt me. (Let's be honest: some people just need to stay out of your energy.)

🛡️ Does the Soul Need Energy Healing in Spirit?

To me, healing in spirit feels like shedding heavy armour. Like taking off a suit of chain mail — all the grief, trauma, and pain just slips away. What remains is the truth of who we are: whole, connected, and expansive.

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What people often perceive as “hauntings” may actually be emotional residue — not spirit themselves, but the energy impressions they leave behind.

Is this provable? No. But that’s how I interpret it through my current understanding — and spirit might show me something new in six months' time!

## 🕒 Spiritual Timeouts: Real or Just Perspective?

Listener Carly asked whether she was in a spiritual “timeout” — when signs stopped coming and the connection felt distant.

I’ve been there. I used to think Spirit had ghosted me. But now, with more experience, I know these quiet phases are part of the journey. They’re not punishments. They’re pauses for processing, integration, or human healing.

Spirit isn’t cruel. They step back to support us in ways we don’t always recognise at first — like when you're launching something new, grieving, or emotionally burnt out.

## 📈 Why Growing a Spiritual Business Feels So Hard Right Now

We also touch on spiritual business — and how it feels like the rules have changed. Social media is no longer the fair playing field it once was. Algorithms are pay-to-play. Organic reach is harder. But that doesn’t mean you’re failing. It means the game is different.

So please don’t compare your journey to someone who’s been doing this for 10+ years. Build authentically, with integrity. Don’t sell your soul to the algorithm. There’s always a benefit to staying aligned.

## 🙏 When Religion & Family Clash with Your Spiritual Path

Daniel emailed asking how to respond to a religious family member who says, “The Bible says not to speak to the dead.”

My advice? Don’t respond.

You don’t need to explain your path to anyone who doesn’t want to understand. This isn’t a cult — you don’t get referral points for bringing others along! Protect your energy. Give your light to those who welcome it, not those trying to douse it.

Everyone’s entitled to their beliefs. Just be honest, set boundaries, and let people walk their own paths.

## 📧 Final Thoughts

To Tamsyn, Carly, and Daniel — thank you for your honest and heartfelt questions. And to everyone listening: whatever phase you're in, whether spirit feels close or far away, whether you’re struggling or thriving — you are not alone. You are not broken. And you are not in timeout.

🌟 Send your questions to: [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk)

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