



Mediumship Matters Podcast Transcripts

Season 3 Episode 99

Spirit Attachments, Fear-Based Mediumship & Spiritual Empowerment

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I have to start today's episode by diving straight into a TikTok debate that has sparked some big conversations. One of my recent videos—where I firmly stated that no, your dad is NOT trapped in your energy as a spirit attachment—has split opinions dramatically. So let's talk about it!

The Myth of Spirit Attachments & Fear-Based Mediumship

A listener reached out after being told by another medium that her dad was stuck in her energy, unable to move on.

Now, if you've been listening to this podcast for a while, you'll know that I do not believe in spirit attachments—not in the way they're often described. When a person dies, they return immediately to the spirit world.

So what was this medium picking up on? Her grief.

When we lose someone, their energy is embedded in our hearts, our emotions, and our memories. A good medium should be able to recognize the difference between spirit communication and energetic imprints.

But instead, we have mediums out there using fear as a tactic—telling people they need to “release” their loved ones. And that, my friends, is irresponsible and damaging.

Why Do People Cling to the Idea of Negative Spirits?

I find it fascinating that so many people want to believe in demonic forces, trapped spirits, and negative entities.

Ask yourself—

- Why do we romanticize hauntings?
- Why do people want to believe in spooky attachments instead of love and healing?
- Why is the idea of spirit being nothing but love so unsettling?

I genuinely believe a big part of this comes from ego. Back when I believed in entity release, I felt powerful. I thought I was doing essential, noble work—work that others couldn't do. And honestly? That was pure ego.

But let's break it down:

- If the spirit world is wise, intelligent, and loving, why would they leave souls behind?
- If you were a spirit, wouldn't you want to be reunited with your loved ones?
- Why would the universe allow spirits to be trapped in graveyards instead of welcoming them home?
 - These ideas don't hold up under spiritual scrutiny.

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Ghost Stories & The Power of Fear

Now, don't get me wrong—I love a good ghost story. I'm a huge Stephen King fan, and I adore horror movies. But there's a difference between loving a scare for entertainment and genuinely believing in fear-based mediumship.

The truth is, our minds are powerful. If you expect something negative, you're going to interpret energy through that lens.

For example:

- If you walk into a graveyard at night, feeling scared and expecting spirits, your own energy will manifest fear-based sensations.
- If you go in expecting peace and connection, you'll likely feel something entirely different.

I've met so many mediums who built entire businesses around fear-based spirituality—ghost hunts, “dark energy” removals, and “spirit clearance” services. And I get it—it sells. But that doesn't mean it's true.

Spiritual Growth & Accountability

I had a fascinating experience recently with someone I once mentored. She now runs ghost tours and tells people to be afraid of spirit. She even told my nail technician to be cautious about connecting with her deceased dad.

Now, here's the thing—I know she believes she's doing good work. And I take responsibility for the fact that, when she trained with me, I too believed in spirit attachments.

But at some point, we have to ask:

- Are we growing in our understanding of Spirit?
- Are we questioning what we were taught?
- Are we willing to release old beliefs that no longer serve us?

Spiritual growth requires self-awareness and evolution. If we cling to old narratives because they serve our business model or make us feel important, we aren't truly evolving.

Near-Death Experiences & The “Trapped Soul” Debate

One comment on TikTok stood out:

“I KNOW spirits get stuck because I had an NDE (near-death experience) and I watched my body from the outside.”

But does that really mean spirits get trapped? Or does it simply mean consciousness can exist outside the body before re-entering?

This is what I mean about questioning experiences. Not every supernatural event automatically equates to trapped souls or negative attachments.

Q&A: Listener Questions

Jenny's Email: Platform Mediumship & Audience Energy

Jenny shared that she's been doing demonstrations but struggles when audiences feel heavy or unresponsive.

My Advice:

- Energy matters. If the audience is tense, the spirit world will mirror that energy.
- Get them involved. Try a group activity—clapping, laughter, or breathwork to lighten the energy.
- Don't take it personally. Some nights are just tough, but they're part of the learning process.

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Sally's Email: Can Spirit Help Us Make Decisions?

Sally asked if Spirit can directly tell us what choices to make in life.

The Truth?

- Spirit won't make decisions for us, but they will support and encourage.
- Sometimes the lesson is in the journey, even if it leads to mistakes.
- If you ask Spirit for guidance and feel "Either choice is fine", that's often because both paths will serve your growth.

Bev's Question: Children & Spirit Communication

Bev's grandson, at three years old, talks to "Oz", who she later realized was her own father in Spirit—a man the child had never met!

What's Happening?

- Children are naturally more open to Spirit.
- Their awareness often fades as they grow older, unless it's nurtured.
- The best way to support them? Encourage without pressure. Let them share, but don't push.

Final Thoughts & Takeaways

- Spirit attachments are a myth.
- Fear-based mediumship is irresponsible.
- Your loved ones are NEVER trapped.
- Spiritual growth requires questioning old beliefs.
- Spirit is love. The rest is human fear.

I'd love to hear your thoughts! Send me a WhatsApp voice note (link in the show notes) or email me at podcast@hannahmedium.co.uk.

See you next time!

—Hannah