



# Mediumship Matters Podcast Transcripts

## Season 4 Episode 12 - Listener Questions

The Fox Sisters, Scepticism, Fairies & Navigating Your Spiritual Journey

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

I hope you all enjoyed the interview with Gordon Smith in the last episode. What an absolute legend! I still can't believe I managed to hold it together while interviewing him—definitely a proud moment! We've got even more brilliant guests lined up, so stay tuned for more deep dives into mediumship, spirituality, and the mysteries of the unseen world.

Today, we're tackling scepticism in spirituality, the Fox Sisters, the existence of fairies (yes, really!), out-of-body experiences, and the evolving connection between spirit and our physical bodies. So, let's dive in!

The Fox Sisters & Why We Need to Move On

A listener, Victoria, emailed me about my recent episode discussing the Fox Sisters and the Fake Psychic podcast, and she raised an interesting point—

- The Fox Sisters later retracted their confession that their mediumship was fake.
- Some believe their original confession was forced due to years of harassment and pressure.
- Sceptics love to focus on the confession while ignoring the fact that they later reversed it.

And here's my take: Why are we still celebrating the Fox Sisters at all?

- Whether they faked it or not, why are we centring an entire spiritualist celebration on something with so much doubt around it?
- There have been so many incredible, verifiable moments of mediumship since then—why aren't we focusing on those?
- If we keep clinging to a potentially flawed origin story, aren't we just giving sceptics more ammunition?

I mean, if we really need a “Hydesville Day” to honour mediumship, surely we could pick a more compelling moment in spiritual history? Just saying!

Are Fairies Real? Let's Talk About It

Kate emailed in with a fantastic (and hilarious) question—

“I can get on board with angels. I love the idea of aliens. But fairies? What the actual f\*\*\*?”\*

Honestly, Kate, I feel you. I have struggled with this aspect of spirituality myself.

- If fairies exist, then what about trolls, unicorns, elves, Smurfs... White Walkers?!
- How do we balance healthy scepticism with an open mind?
- And why do some people see fairies while others (like me) just... don't?

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Here's my current stance:

- Do I believe in different energy frequencies that exist alongside us? Yes.
- Do I think they could be perceived as fairies? Sure.
- Do I personally see little winged beings granting wishes? No.

For me, it's about how we label energy. If "fairies" are just nature spirits or earth guardians, I can get on board. But if they're the Tinkerbell variety, that's where I personally struggle!

That said, spirit always challenges me to stay open, and I'll admit I do talk to the fairies in my garden (just in case). So... maybe I do believe, but only a little bit.

## Out-of-Body Experiences & Spirit's Reminder That We Are More

Rachel sent in a breathtaking email about an out-of-body experience she had while in hospital.

- She was awaiting a lumbar puncture, feeling extremely anxious.
- She suddenly heard a voice say, "Come up here. You don't have to be in your human vessel right now."
- She found herself above her body, watching the doctors work on her.
- While in this altered state, she met a group of women in spirit who radiated love and wisdom.

Their message to her?

"Don't forget—you are a spiritual being having a human experience."

How powerful is that?!

This experience profoundly changed how Rachel views life. But she also struggled to reintegrate afterward, feeling heavy and disconnected for weeks.

And that makes total sense! When we have profound spiritual moments, coming back to our physical reality can feel... dense. It's part of why so many spiritual seekers feel a little out of place in the world—we've remembered something beyond the physical, and fitting back into daily life isn't always easy.

Rachel, your experience is a beautiful confirmation that spirit is always with us, and I'm so glad you shared it!

## The Link Between Spirituality & Physical Health

Kelly emailed me about attending an AA meeting with her husband and was amazed by how spiritual the process is.

- AA encourages members to surrender to a higher power.
- Healing begins with trusting that alignment will come when you commit to a spiritual path.
- There are huge parallels between the transformation in AA and what happens in spiritual development circles.

This fits perfectly with something Sue also emailed me about—how what we consume affects our spiritual connection.

- After a week of all-inclusive cocktails in Portugal, Sue noticed she felt disconnected from spirit.
- When she returned home and resumed her healthy diet and routines, her connection became clear again.

This doesn't mean we all need to become sober monks, but it does suggest that what we put in our bodies has a direct effect on our spiritual sensitivity.

I'm still navigating my own relationship with alcohol, and while I'm not saying I'll never drink again, I'm fascinated by the difference it's made to my energy. So, this is definitely something worth exploring further!

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Do We Still Have Spirit Guides After We Die?

Kate also had another fantastic question—

“Do we still have guides once we pass into spirit?”

This is such a deep question, and my current belief is this:

- Our guides aren't “assigned” to us like teachers—they are an extension of the universal intelligence.
- When we pass, we become part of that same energy—so in a way, we become the guide.
- Since time doesn't exist in spirit, our souls are likely guiding multiple versions of ourselves across different lifetimes—all at once.

I know—that last bit makes your brain hurt, doesn't it? Welcome to my world!

Final Thoughts: Stay Open, Stay Questioning

This episode has been packed with big topics, and I love that we can explore these things together.

- Scepticism is healthy, but don't let it shut down your experiences.
- We are ALL spiritual beings having a human experience.
- Physical health and spiritual connection go hand in hand.
- Spirit is always guiding you—sometimes through whispers, sometimes through full-blown out-of-body experiences!

Thank you for being here, and keep sending in your questions—I love hearing from you!

Until next time—trust spirit, trust yourself, and keep exploring.

Love,

Hannah x

Keywords for SEO: Mediumship development, Fox Sisters, scepticism in spirituality, out-of-body experiences, fairies in spiritual practice, spirit guides after death, AA and spirituality, spiritual awakening, evidential mediumship, energy frequencies, physical health and spiritual growth.