



# Mediumship Matters Podcast Transcripts

## Season 2 Episode 93 - Is Being a Clean Vessel Helping My Connection?

Hannah Macintyre: Hello and welcome to Mediumship Matters! We are continuing with the Mediumship Minis because the feedback has been overwhelmingly positive. I love that you're enjoying these bite-sized episodes! I know when I'm listening to podcasts, I like to dip in and get quick inspiration, so I hope this format works for you.

If you've emailed me or commented on Facebook—thank you! And a special shoutout to those who have left reviews. It really makes a difference to the visibility of the podcast. If you're listening on Spotify, Apple Podcasts, or another platform that allows reviews, please do take a moment to rate it—it helps more than you know!

Now, let's get into today's question.

**Listener Question: Does Diet Affect Your Spiritual Vibration?**

This question comes from Sue, who sent me a recorded message:

“Hi, Hannah! Love your podcast. Your honest, relatable discussions have been invaluable to me on my journey. Tuesdays and Thursdays are my favourite days of the week because of your new episodes!

I would love your thoughts on this: How much do you think a clean diet and healthy lifestyle affect our vibration and, therefore, our connection to spirit?

I ask because I've only been involved in spirituality for about a year, but I seem to be fast-tracking. My kinesiologist told me that my vibration is one of the highest she's ever come across, and my spiritual teachers are amazed at how far I've come. I have a deep connection with spirit, I physically feel them every day, and I can go into trance within seconds. My guide has started speaking through me, my circle leader sees transfiguration in my face, and it's all just mind-blowing!

A friend told me it might be because I'm a 'clean vessel'—I eat a vegan diet, I start every morning with celery juice, I take no medications, I avoid chemicals, and I use organic products. I wondered if this is raising my vibration and enhancing my connection? Or is it just the fact that I'm fully immersed in spiritual work, listening to your podcast, reading spiritual books, and dedicating time to development? Is it my clean diet or my dedication?”

**Does Diet Really Influence Spiritual Vibration?**

Sue, I love this question! Here's my honest take: I think it's a mix of both.

I do believe that your vibration is important. The higher your vibration, the clearer your energy field, and the easier it is to connect with spirit. But I don't believe that diet alone is the defining factor.

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## Spirit is Unconditional

- I don't believe that spirit would refuse to communicate with someone because they eat meat or take medication.
- Spirit is always there, and I don't think they would exclude anyone based on lifestyle choices.

## Diet's Role in Spiritual Well-being

- Eating healthily can support your body and mental clarity, which in turn supports your connection.
- But it's not the only factor—things like mental state, self-belief, and emotional well-being also play huge roles.
- I know brilliant mediums with unhealthy diets, and their connection is just as strong.

So while I believe your diet helps, it's more about what makes you feel good and keeps your energy balanced.

## Dedication is Key to Spiritual Development

Sue, I think you hit the nail on the head at the end of your message.

Dedication is everything.

One of my biggest frustrations in the spiritual community is that people overlook the sheer amount of time, effort, and work that goes into mediumship development.

People say things like:

- "Oh, you're just naturally gifted!"
- "Wow, you progressed so fast!"

But they forget to acknowledge the work.

The truth is, Sue—you are showing up consistently, dedicating your time to spiritual circles, healing, trance, and study. That's why you're progressing quickly. It's not just your diet—it's your commitment.

This is a lesson for all developing mediums: There are no shortcuts! Spiritual development requires:

- Practice
- Immersion
- Dedication
- A willingness to learn and evolve

## Balance & Joy in Spiritual Practice

Let me be real—I am not a 'clean diet' person.

- I love alcohol. 🍷
- I don't juice.
- I once tried the Jason Vale juice cleanse and couldn't eat beetroot for three years afterwards!
- I drink Pepsi Max regularly, and my friend Nina hates it—she winces every time I open a bottle.
- I eat Nutella straight from the jar and still manage to connect with spirit! 🍫

So, my philosophy is about balance—what makes you feel good?

- If eating clean gives you energy, then fantastic!
- If you find joy in a glass of wine or a piece of chocolate, that's okay too!
- What truly matters is feeling good, feeling aligned, and maintaining joy in your practice.
- Because joy, passion, and love are the highest vibrations of all.

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## Final Thoughts

Sue, you are absolutely thriving because of your dedication, commitment, and love for spiritual work.

## ✨ Key Takeaways:

- A clean diet can help, but it's not everything. Your mental and emotional well-being are just as important.
- Spirit is unconditional—they will communicate with you regardless of what you eat.
- Dedication is the real key to development. Consistency, passion, and effort lead to spiritual progress.
- Balance is crucial. If something makes you feel good and aligns with your energy—embrace it!
- Joy and passion are the highest vibrations. Loving your work will always enhance your connection.

I hope this answers your question, Sue! Thank you for sending it in! If you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨