



Mediumship Matters Podcast Transcripts

Season 2 Episode 44

Parental Guilt, Psychic & Healing Plus a Small Crystal Crisis

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! A big thank you to Jane Bevan for writing in after my recent Making Yourself Small episode—your message truly resonated, and I appreciate you sharing your journey.

Today, we're diving into signs from spirit, finding balance between family and mediumship, and a rather controversial question—do crystals really have healing power, or is it all about belief? Let's get into it!

Making Yourself Small: Why We Do It & How to Stop

Jane wrote in about her experience of feeling small due to bullying in school, something so many of us can relate to. She shared how she was taunted on her way home and even cruelly mocked after losing her mum at 15. It's heartbreaking, and I want to say—Jane, I'm so sorry you went through that.

But I also want to challenge you on something (you know me!): 🖤 Don't push yourself forward to prove them wrong. Push yourself forward to prove to yourself how brilliant you are.

So many of us carry the weight of past experiences that shaped us, but as adults, we get to choose our narrative. You are no longer at the mercy of those school bullies. You are in control now. And just look at how far you've come!

To everyone listening—where have you been making yourself small? And what's one step you can take today to break free from that?

Balancing Mediumship & Family Life

Ah, the age-old question—how do you balance your spiritual path with raising a family?

Lovely Sammy (who I met at Arthur Findlay College—gorgeous, gorgeous Sammy!) wrote in about juggling mediumship with young children and an unsupportive partner.

I wish I could tell you there's an easy answer, but the truth? It takes determination.

1. Your Partner Doesn't Have to "Get It"

When I started my journey, my husband was not on board. He didn't understand it, wasn't interested, and quite frankly—found it a bit weird! But here's the thing:

- Your partner doesn't have to believe in mediumship.
- They don't need to watch every demonstration or care about spirit guides.
- They just need to respect that it matters to you.

🖤 Stop waiting for permission. This is your path. Walk it confidently.

2. Your Kids Will Be Fine (Promise!)

Mum guilt is real. When I first started going to mediumship circles, my daughter would sob every time I left. It was gut-wrenching! But guess what? She survived. And now she's an independent teenager living her best life.

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Your children are watching you. If they see you following your passion, prioritizing your joy, and refusing to make yourself small, that's the greatest lesson you can teach them.

3. The World Won't Fall Apart Without You

One of the best pieces of advice I ever got was from a health visitor (of all people!). She said:

“If you got hit by a bus tomorrow and had to stay in hospital for six months, your family would find a way to cope.”

That really hit me. We convince ourselves that everything depends on us, but the truth is—they'll manage. And more importantly, you deserve time to follow your calling!

Healing, Psychic Work & The Ethics of Crystals

Now, let's talk about psychic work in healing sessions. My lovely friend Amanda asked whether it's good to bring psychic insights into energy healing. Here's my take:

1. Psychic Work Has Its Place—But Not During Healing

When a client arrives for a healing session, a quick psychic read can help you understand their energy—are they anxious? Are they holding grief?

However, once the healing starts, you need to get out of the way. If you're constantly thinking, “Are they feeling something?” “Am I doing it right?”, you're blocking the energy.

☞ Let the energy do its work. It knows where to go.

Do Crystals Actually Heal, or Is It Just Belief?

Alright, here's where it gets controversial. I love crystals. I have them everywhere—huge crystal balls, towers, little tumbled stones. But lately, I've been wondering... do they really heal, or do we just believe they do?

1. If Crystals Are So Powerful, Why Do We Take Them from the Earth?

If we truly believe that crystals hold healing energy, why do we dig them up, grind them into shapes, and ship them across the world? Wouldn't they be more powerful left in the earth, where they naturally belong?

2. Who Decided What Each Crystal Does?

Who first said that amethyst opens the third eye? Why can't rose quartz do the same? And if all crystals hold energy, why do we believe they only work when shaped into perfect little hearts and towers?

3. The Power of Belief & The Placebo Effect

I used to place chakra stones on my clients during healing, convinced it amplified the session. But now, I wonder—

- Was it the crystals working?
- Or was it that my belief in the crystals helped me channel energy better?
- And did my clients open their energy more because they believed the crystals were powerful?

That doesn't mean crystals don't work. But maybe their power lies in the fact that we believe they do.

☞ What do you think? Are crystals genuinely powerful, or is it our belief that activates them?

Email me at podcast@hannahmedium.co.uk and let's talk about it!

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Final Thoughts: Follow Your Joy, Trust Your Path & Question Everything

Some key takeaways from today's episode:

- Stop making yourself small. You're here to shine.
- Mediumship & family can coexist, but you need to set boundaries.
- Psychic work can support healing, but don't let it take over.
- Crystals—do they heal, or do we just believe they do? Let's discuss!

Thank you for listening, and as always, keep questioning, keep growing, and keep shining. ✨