



Mediumship Matters Podcast Transcripts

Season 3 Episode 18 - The Healing Frequency

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today, we're diving deep into the healing frequency, self-prioritization, and the power of personal transformation.

Healing is something that's often misunderstood—so let's strip away the fluff and get to what it actually is, how it works, and why it's so much more than just energy moving through your body.

If you're ready to embrace your true potential, let's get into it!

What Is Healing, Really?

We hear a lot about Reiki, spiritual healing, and energy work, but what does healing actually mean?

To me, healing is the act of pulling in a higher vibrational energy than the one you currently hold—with the intention of clearing old energy, pain, or blocks that no longer serve you.

But let's be clear:

- Healing isn't a magical cure. It won't erase trauma or eliminate all challenges from your life.
- It's a catalyst for change. Healing supports you in making better choices, setting boundaries, and stepping into self-love.
- It's about self-prioritization. Simply taking the time to sit in healing energy means you're valuing yourself—and that alone is transformative.

If you want to change your life, it starts with how you value your energy. Your energy is a currency—are you spending it wisely, or are you hemorrhaging it on people and situations that drain you?

The Problem with “Spiritual Hierarchies” in Healing

Here's something I've had to say (again and again):

💡 Healing is available to everyone.

It is not just for people who have paid for an expensive attunement. It is not something that can only be accessed by those who've taken a one-day course in a village hall.

Reiki, Rahanni, Angelic Reiki, Holy Fire Reiki—whatever label you attach to it, it's all the same fundamental energy.

Attunements don't give you healing ability. They simply open your belief in what you were already capable of. Healing energy is your birthright.

So if you've been waiting for someone to “certify” you as a healer—stop waiting. You can start working with healing energy right now.

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Healing Isn't a Quick Fix—It's a Journey

People often come to healing expecting it to be like a fairy godmother moment—as if they'll leave a session suddenly transformed, with all their problems erased.

But true healing doesn't work like that.

Instead, it: ✓ Gives you clarity on what needs to change.

✓ Highlights patterns and behaviors that are holding you back.

✓ Encourages personal responsibility in making new choices.

Spirit won't fix things for you. They'll illuminate the path, but you have to walk it.

If you're constantly overwhelmed, exhausted, or feeling stuck—ask yourself where your energy is going. Healing is about becoming conscious of your choices and realigning them to support your highest potential.

Healing as a Gateway to Your Potential

Here's something to consider:

Most healing focuses on removing past pain. But what if, instead, we focused on activating our potential?

💡 Instead of just clearing “negative energy,” what if we invited in the highest version of ourselves?

Imagine receiving healing energy that: ✨ Expands your confidence.

✨ Aligns you with your future self.

✨ Opens doors to abundance, joy, and purpose.

Healing isn't just about undoing the past—it's about creating the future.

How to Work with Healing Energy Daily

If you want to develop your own healing practice, try this:

1. Set the Intention

Before starting, state clearly what you want the healing to do.

- “I am ready to release old patterns that no longer serve me.”
- “I invite in the highest frequency of healing for my personal growth.”

Healing energy responds to intention—so be clear!

2. Call in Support

You don't have to do it alone! Ask for help from:

- Your Spirit Guides
- Ascended Masters (Jesus, Buddha, Kuan Yin, etc.)
- Your Angels
- Source/Universal Energy

Different energies feel different—experiment and see what resonates with you.

3. Allow the Energy to Flow

Healing isn't something you do—it's something you allow.

- Visualize light expanding within you.
- Feel it moving through your body.
- Notice what thoughts, emotions, or sensations come up.

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4. Take Action

Healing isn't just about sitting in energy—it's about what you do afterward.

- If healing highlights a toxic situation, take steps to remove yourself.
- If you feel called to rest more, listen to that.
- If you suddenly feel inspired to change careers, start a new hobby, or reconnect with someone—follow it.

Healing is guiding you to your best life—but you have to take the steps.

Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Healing is available to everyone—it's not just for those who've been "attuned."
- It's not a quick fix—it's a journey that requires your participation.
- Healing isn't just about clearing the past—it's about activating your future potential.
- You can work with healing energy right now—just set your intention and allow.
- True transformation happens when you take action on the insights healing brings.

I hope this episode has inspired you to start working with healing energy for yourself! If you try any of the techniques I've shared, let me know how they feel for you.

And if you're ready to dive deeper, check out my Spirit-Led Reiki course or my mentorship programme at www.hannahmedium.co.uk.

If you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨