



Mediumship Matters Podcast Transcripts

Season 7 Episode 13 - Witch Trials, Belief Systems & the Magic We've Forgotten

🕯️ Mediumship Matters – S7 Ep 13

Topic: Witch Trials, Supernatural Beliefs & Our Disconnection from Magic

Host: Hannah Macintyre

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👁️ Listener Question: Witch Trials, Superstition, and the Supernatural

Welcome back to Mediumship Matters! Today's episode is inspired by a fascinating listener question from Kim. She originally submitted it around Halloween (spooky season!) and, true to my Capricorn nature, I'm answering it in April – with the episode going out in June. Not spooky season at all, but here we are!

Kim's question dives into the bizarre and tragic world of the witch trials – including Pendle and Salem – and asks:

"How could people genuinely believe someone turned into a crow, levitated out of a window, or made someone vomit pins? Was society more in tune with spirit and magic back then? Could belief systems have actually enabled these events to happen? And has our modern reliance on science, tech, and scepticism blocked our connection to spirit?"

What a question, Kim!

🕯️ How Could They Believe That?

We often look back at history and wonder how communities could seriously believe in flying witches, devil pacts, or shape-shifting. But before we scoff, let's reflect on modern-day spiritual communities...

Recently, my Instagram algorithm shifted and started showing me mediums warning of "demons," "attachments," and all manner of spiritual scare tactics – often followed by a pitch for a candle to fix it. Not even a metaphorical candle. A literal £40 candle.

So Kim asks how people believed such things in the Middle Ages – I ask, how are we still believing these things now?

🔪 Fear, Religion & Blame in the Middle Ages

Life during the witch trial era was hard, short, and ruled by fear – especially fear of eternal damnation. Religion was strict and all-consuming. Anything unexplained (illness, crop failure, dead livestock) needed a reason. In the absence of science, magic or witchcraft became the scapegoat.

Let's not forget – people didn't understand bacteria. Imagine trying to explain microbes to someone in the 1600s. "Invisible creatures that live on your hands and can kill you." That sounds like sorcery. Witchcraft.

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🧙 Are Belief Systems That Powerful?

Absolutely. In fact, when I believed in hexes, I saw them in people's energy fields — every time. They'd appear to me like turning dials, rotating puzzle pieces I needed to remove. I saw them because I believed in them. Once spirit helped me shift my beliefs, they stopped appearing. Your belief system literally shapes your experience. Think about it: cows don't believe in hexes. So if a herd dies, it's likely due to poor hygiene, not witchcraft. But if humans believe someone cursed their cows, their mind fills in the rest.

🧴 Teflon Auras & Personal Power

One of my favourite practices (before I stopped believing in spiritual attacks) was visualising my aura coated in Teflon — like a non-stick frying pan. Nothing bad could stick to me that I didn't allow.

The truth is, nothing can affect your energy unless you believe it can. People can send bad vibes all they like — I just don't give them permission to land. That's real power.

🌿 Nature, Spirit & Disconnection

Kim asked if people were more magical or spiritual in the past. I believe they were. The more time I spend in nature, the more connected to spirit I feel. The less I'm on screens and social media, the more the trees "talk" to me. Not literally — but energetically, spiritually.

That disconnection is part of what inspired me to build Spirit Social. I wanted a space where we could step away from algorithms and back into alignment.

🧙 Feather-Stiff-as-a-Board: Teenage Witchcraft & Belief

Remember that 90s movie *The Craft*? My friends and I were obsessed. We'd play light as a feather, stiff as a board — and it worked. Because we believed it would. Now, as an adult, I have all these thoughts: "How heavy are they? Will this work?" That doubt gets in the way.

When you believe, really believe, things happen. Energy follows intention.

🍷 Ignaz Semmelweis & The Power of New Ideas

If you've never heard of Ignaz Semmelweis, a Hungarian doctor in the 1800s — look him up. He realised that washing hands could stop women dying after childbirth. The medical community mocked him. He ended up in an asylum and died alone.

Why? Because people couldn't see the bacteria he talked about. It was invisible — so he must be mad. Sound familiar?

Just like people rejected him, many still reject spiritual insight today. New ideas make people uncomfortable.

📱 Technology & Our Barrier to Spirit

Is technology the barrier between us and magic? I think yes and no.

Used well, tech is spiritual. It can give us more time, more freedom. But used badly — when we become slaves to the algorithm — it blocks connection. Mediums post scary content because drama gets clicks. But if you're fearmongering to gain followers, are you still in alignment?

To those selling fear: if you genuinely believe in demons, do you also believe a candle fixes them? If they're that powerful, surely a wick and wax won't cut it?

🔄 What You Believe Is What You Receive

So back to Kim's big question — did supernatural things really happen in the Middle Ages? Maybe.

Not because people flew on broomsticks. But because they believed it so deeply, it became real to them. Our reality is shaped by what we believe. I used to see demons. I don't anymore — because I no longer believe in them.

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So what are you believing into existence?

 Join the Conversation

This episode may have gone a little rogue — but I'd love to hear your thoughts! Email me at podcast@hannahmedium.co.uk and let's chat. Kim waited months for this reply (sorry!), so let's not keep her waiting any longer.

Until next time — stay curious, stay grounded, and maybe, just maybe, keep your aura Teflon-coated.