



Mediumship Matters Podcast Transcripts

Season 7 Episode 10 - Spirit, Energy & Reincarnation – Answering Your Big Questions

Listener Questions: Earthbound Spirits, Psychic Imprints, Past Lives & Asking Spirit for Help

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm continuing my deep dive into your amazing questions, and today we're kicking off with a brilliant message from Carlie, who's currently flying high in her development—even though this email was from September! (You've done your first demo now, girl!)

Do Spirits Take 2–4 Weeks to “Cross Over”?

Carlie shared that a psychic medium she follows online claims it takes 2–4 weeks for a soul to fully cross into the Spirit World—and that spirits get “drawn” to places like Disney World or concerts due to the energy of the living. She also described being able to intuitively know where a spirit is in video footage before any indication appears.

Hannah's Take:

- Nope, I don't believe in the 2–4 week crossover theory. I've connected to spirits buried just the day before. I've had spirit board messages from loved ones the night they passed.
- Spirit is beyond time and space. If you believe they need two weeks to “sort their stuff out,” you're contradicting that idea.
- That said, belief shapes reality. If a medium believes that's the process, they'll experience it that way. It doesn't make it universal truth.

Are Spirits Trapped? Or Just Curious?

No, I don't believe spirits get stuck. The world isn't separate from the spirit world—it's part of it.

So spirits aren't “trapped” in places. They're just revisiting because:

- They have a connection to a location (like the Baptist preacher who still walks around my house).
- They're nosy (and let's be real—if you missed a Taylor Swift concert while alive, wouldn't you sneak in from the spirit realm?).

Seeing Spirits in Videos—Real or Residual?

What about when you feel or see a spirit in a location or video before it's pointed out?

- Sometimes it's residual energy.
- Sometimes it's your psychic ability tuning in.
- Sometimes, sorry folks, it's a bush that looks like a face or a patch of light.

Your belief impacts your perception. Haunted places feel haunted because we've been conditioned to expect it. Like that time I painted the shed while listening to a creepy podcast—returned a month later and still felt the spookiness.

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Was It My Imagination or a Psychic Vision?

Carlie also asked about seeing a vivid vision of a Victorian-era cricket match while standing on historic grounds. She barely absorbed the info on the placard—but saw men in cricket whites and women in full period dress in her mind’s eye.

My take: That was psychic energy, not imagination. Energy transcends time. Just like in a reading, you can tune into someone’s past or future—you tuned into the past of that place.

You can practice this anywhere—ask for information, see what comes through, and research it later. I once had a spirit tell me about an ornamental garden at a National Trust site. I looked inside later and saw photos proving it had once existed.

Psychic imprint? Spirit showing you the past? Could be either. Both are fun to explore.

Past Lives, Reincarnation & Soul Timelines

Carlie’s final question (she asks good ones, doesn’t she?) was about reincarnation:

If souls can reincarnate before this life, how do past life regressions work? Are they actually “past” lives—or co-current lives? What about soul families incarnating together? Does the Orange Theory apply?

Yes, Carlie, the Orange Theory strikes again!

I believe:

- There is no time in the Spirit World. All lives are happening simultaneously.
- Past life regression is often a doorway into another life your soul is living right now.
- Dreams can be portals—sometimes I wake up confused about which “me” I am. That’s been happening since childhood.

Some regressions are healing and insightful. Others are vague and unverifiable. Dolores Cannon’s work impresses me because she sought evidence. I personally don’t love “You were an Egyptian princess” type readings without any proof.

Andy’s Question: How Do You Ask Spirit for Help?

Next up: Andy (a fabulous, if slightly dry-spelled, gay primary school teacher—his words, not mine!)

I understand how evidential mediumship works, but I’m not sure how to get actual guidance from Spirit. How do you talk to them when you need help with life stuff?

Hannah’s Take:

- Spirit rarely gives direct instructions. They’ll say things like, “If you believed you could do anything, what would you choose?”
- When I ask, “Can I do this?” They answer, “Don’t know. Will you work for it?”

Spirit wants to empower, not dictate.

So How DO You Ask Spirit for Guidance?

- Ask your question clearly.
- Walk away from it. Don’t sit there squeezing your brain, waiting for an answer.
- Spirit will respond via signs—a random conversation, a song lyric, a book, a podcast... something subtle that lands.

Don’t expect booming voices or thunderclap revelations. Expect crumbs. Follow the trail.

- Also—don’t force it. Energy must be active. You don’t get answers by clenching and waiting. It’s like watching the canapé tray at a wedding—if you stare too hard, it never comes your way. But the moment you relax and enjoy yourself? Boom—canapés arrive. 🎉

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Final Thoughts

- Spirits aren't trapped—they visit.
- You're not imagining things—you're tuning in.
- Past lives might be other current lives.
- And Spirit guidance? It's subtle but powerful.

Thank you Carlie and Andy for the amazing questions! If you'd like to send in yours, email podcast@hannahmedium.co.uk.

If you love the show, please leave a review, share it, or just shout it from the rooftops. Every little bit helps.

See you next time!