



Mediumship Matters Podcast Transcripts

Season 1 Episode 31

The Soul's Journey

Mediumship, soul evolution, grief, spirit world, twin flames, higher self, soul fragments, human experience, spiritual growth, historical reflection, self-love, spiritual development.

Hannah Macintyre:

Hello, lovely listeners, and welcome back to Mediumship Matters with me, Hannah Macintyre. Yes, it's been a while, but life happens—house renovations, noisy drills, and all that jazz. I'm recording from my home, not some fancy studio, so you might hear the rain tapping away. Let's embrace the imperfection, shall we?

Today, we're diving deep into listener questions, exploring soul evolution, grief, and some big spiritual concepts. Buckle up!

Listener Question 1: Navigating Grief & the Spirit of a Child

Nikki's Story:

Nikki reached out after experiencing the unimaginable—the loss of her baby. Nikki, I am deeply sorry for your loss. Your courage to ask questions in the midst of grief is powerful, and I hope my words bring some comfort.

Nikki asks:

What happens to the spirit of a baby? Are they different in the spirit world? Do they want to be reborn?

My Take:

Picture your soul as a lotus flower with many petals. Each petal represents a fragment of your soul experiencing life on Earth. When we come here, it's just one petal, not the whole flower. That petal, your baby's essence, returns to the fullness of their soul when they pass.

In the spirit world, babies aren't vulnerable like they are here. Their spirit is whole, wise, and connected to infinite love. I've communicated with babies in spirit who brought through incredible evidence, showing they are beyond the limitations of earthly development. They don't need language to express love—they are love.

Your baby is not just "a baby" anymore; they're part of a vast, infinite soul connected to you with deep, eternal love.

Are Our Loved Ones Safe in Spirit?

Nikki also asked about difficult family dynamics:

What if people who weren't kind in life are around my child in spirit?

Here's the thing—the spirit world is pure light and love. When people pass, they shed their earthly baggage. Their souls are healed, cleansed, and full of understanding. In spirit, there is no malice, no darkness—only lessons learned and love expanded.

If you ever have a reading and someone comes through that you're not ready to hear from, that's okay. You can set boundaries even with spirit. Healing happens on both sides, but your comfort matters too.

Mediumship Matters Podcast Transcripts

Listener Question 2: Twin Flames

Cassidy from the US asks:

What are your thoughts on twin flames?

Ah, twin flames... the spiritual version of Marmite. You either love it or you don't. Here's my (slightly cynical) take:

I don't buy into the overly romanticized idea of twin flames. Life isn't a Disney movie, and relationships aren't about finding someone to complete you. You are already whole.

I believe we have many "flames" throughout life—friends, family, lovers, even strangers—who teach us lessons, trigger growth, and sometimes break our hearts so we can rebuild stronger. That's where the magic is, not in waiting for one perfect person to save us.

The Importance of Self-Love:

You are your own soulmate. You are the hero of your story. Buy yourself flowers. Be your own cheerleader. When you're whole, you attract healthy, fulfilling relationships that complement your growth.

Reflection on History and Growth:

Lately, I've been thinking about how history shapes us. We're taught sanitized versions of the past, avoiding the messy bits where humanity got it wrong. But isn't that where the real growth happens? Admitting mistakes, learning, evolving.

It's the same with spiritual development. You won't get it right all the time. And that's okay. Growth is messy. Life is messy. But that's where the beauty lies.

Final Thoughts:

Thank you, Nikki and Cassidy, for your heartfelt questions. And to all my listeners: Keep asking, keep exploring, and never be afraid to sit with the uncomfortable. That's where the real magic happens.

If you've got questions, email me at podcast@hannahmedium.co.uk. Share the podcast, leave a review, and let's keep this beautiful conversation going.

Until next time, stay curious, stay open, and remember—you are already enough.

SEO Keywords:

Mediumship, soul evolution, spirit world, grief support, spiritual growth, twin flames, higher self, soul fragments, spiritual development, afterlife, connecting with spirit, self-love, personal growth, mediumship podcast, Hannah Macintyre.