

Q&A: Ditching Your Tarot Cards, the Bible and Mediumship, and “Resting Phase” After a Sudden Death

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. A few listener questions today.

Bradley: when did you feel comfortable reading without cards?

Bradley writes that loved ones have been coming through strongly in his tarot readings recently — a sign here, a song he suddenly found himself singing there — and he's realising the cards are really a comfortable tool for tapping into symbolism, but he doubts he could work without his “training wheels.” When did I find the courage to drop the tools?

Honestly, I never had one big moment. My original teacher never let us lean on cards constantly — we worked with them sometimes, without them other times, right from the start. I've also done a lot of trance work, where cards simply aren't part of it. But I do remember realising just how unnecessary cards actually were once I started reading publicly — I'd be twenty minutes into a reading and realise I'd only pulled a single card, then think, better pull another one so this person feels like they got what they paid for. Which is funny, because nobody pays for one card in twenty-five minutes; they paid for a card reading, so you'd better deliver one.

Here's the thing for me: there's no symbolism in evidential mediumship at all. That was genuinely hard to learn at the start, because I think we often overcomplicate evidential work by treating it symbolically. In evidential mediumship, a candle is simply a candle — not “the flame of humanity” or “your light hidden under a bushel.” That's exactly what I was taught, and what I teach now: don't overcomplicate it. Symbolism belongs to spirit guide work, not evidential connection.

When I wanted to build my evidential mediumship, my mentor simply told me to practise — no tools, straight in cold. So, Bradley: if you want to expand your evidential side, tell people plainly you're practising evidential work, and go in without cards entirely. Keep your guidance and psychic work, with tools, completely separate. Blending the two creates a blurry kind of mediumship where you end up interpreting rather than staying genuinely connected to spirit — which makes the evidence woolly and gets you more no's. You're in control here. Work at it intentionally, and it will expand. It always does.

Kim: I'm a Christian medium, and the Bible calls this an abomination

Kim's been a medium for thirty years and is also a practising Christian. The Bible calls mediumship an abomination, says speaking to the dead means speaking to demons, not loved ones — and despite trying to give it up, Kim can't. She'd love my take.

Here's my honest problem: the Bible was written and translated by people, and people get things wrong. My great-uncle has my grandmother's old family Bible — beautiful, enormous thing — and flicking

through it, the first passage I landed on told me I was going to hell for eating shellfish. Sorry, but I love a scallop. So, by that particular document, I'm doomed regardless of mediumship.

As the church has quite rightly softened on many of its old rules over time, doesn't that call the rest of the text into question too? If you're going to selectively keep some rules and discard others, why keep the one insisting contact with loved ones in spirit means communing with demons? Is it perhaps convenient that the only "approved" route to the spirit world runs through church, through a man ordained by other men? I tried not to be sarcastic about that. I failed.

To be clear — I love Jesus, genuinely. I love his teachings, his energy; he's clearly far more spiritually evolved than I am. I've even got a little effigy of John the Baptist on my desk, purely because he looks furious and it makes me laugh. But I don't believe there's one single route to God. I believe we are, in a sense, the Holy Trinity ourselves — part of everything that ever was and ever will be. I think it's a very human trait to want to believe you personally have a more direct line than everyone else.

I recently did a reading for a woman trying to reach her birth father, someone she'd never had contact with. He came through, and honestly, he wasn't a nice man — turned out he'd had mob connections. At the end, she told me he'd had his own "spiritual advisor" who'd assured him he was still heaven-bound regardless. That's exactly my issue with this framework: rather than making the choices that let you meet your own eyes in the mirror, you can make terrible ones and simply be told it's fine by someone with the right credentials.

Kim, the only real guidance I can offer is: trust your own actual experience of spirit. I don't judge anyone who wrestles with this and eventually turns fully to Jesus instead — we're all ultimately turning toward spirit somehow, and the specific path is shaped by choice, upbringing, and everything we've absorbed along the way. You can believe in God, in kindness, in much of Jesus's teaching, and still hold that the text itself was written by fallible humans.

Liz: what group did you start in?

Liz asked what I attended at the very beginning of my own journey — that was a development circle. If you'd like to join one online, I run one on Spirit Social from September, across two time zones. There are all kinds — spirit guide circles, general circles, everything between. A circle is really just people gathering with the shared intention of connecting with spirit.

Sarah: is my husband stuck in a "resting phase"?

Sarah lost her husband suddenly six months ago, in his mid-forties. In a recent reading, a medium told her he's currently in a "resting phase" — something she said happens after sudden, traumatic deaths, while the person processes what happened to them. Sarah wants to know: does this only apply to traumatic deaths, or everyone? How long does it last? Do loved ones come through more strongly once it's over? Is "resting phase" the same thing as a life review?

I messaged Sarah directly at the time so she wouldn't have to wait months for an answer, but for anyone else wondering: there does seem to be a general consensus among mediums that life review and resting

phase are the same idea. Spirit has never once shown me that directly, though I know plenty of people who've explored past-life regression describe something similar. My own grandmother came through on a spirit board within three hours of passing — completely unprompted by me — so my instinct is that spirit exists beyond space and time entirely, meaning if a resting phase exists at all, it happens outside our own timeline, and they're instantly available to us regardless.

Here's something worth naming honestly: because I always ask sitters directly who they want to hear from, I very rarely fail to reach someone — maybe once or twice in all my years, and in both cases spirit told me the sitter genuinely wasn't ready to hear from them yet, even though they believed they were. I do wonder if “resting phase” sometimes gets used as a gentler way of saying something harder: no one comes for an evidential reading without grief, but grief has stages, and some people arrive so raw, so freshly devastated, that the only real fix is time itself — sitting with the pain rather than avoiding it. Understandably, people don't want to do that, so they book a reading instead. That level of desperate, traumatised energy can genuinely create interference, a bit like driving along the coast near Dover and your radio suddenly picking up a French station instead of Radio 1. Nobody wants to tell a grieving person plainly “you're too distressed right now for this to be my best work” — so sometimes “they're resting” becomes the kinder way of avoiding that harder truth. I'm not saying that's what's happened in your case, Sarah — just naming what came to mind.

To answer directly: no, I don't believe spirits come through “stronger” once some resting period ends. Here's the genuinely interesting part: because there's no time in the spirit world, I believe we're living every life simultaneously, and part of us is already there. From where you're standing, you're experiencing the illusion of separation from your husband, and I'm truly sorry, because that's genuinely awful. But the largest part of his soul is already with you. Whenever someone passes suddenly or traumatically, spirit always shows it to me the same way — a slow blink. Present, then in spirit. There may be sadness about things left unfinished, or about watching loved ones suffer without them — but there's no lingering trauma for them, because being in spirit is the natural state. This life is the illusion, not the other way round, so they return to the most comfortable, complete version of themselves, and they're with you.

I do believe that when we eventually cross over ourselves, we instantly understand every prayer that was answered without our realising, every situation that looked like misfortune but was actually helping us. I also believe we agree to much of our life's experience before we ever arrive here — meaning you and your husband likely agreed to this experience together, difficult as that is to sit with. I know that doesn't make it easier, and I ask “why would we agree to that” constantly myself. But his soul wasn't yanked away in some misalignment it now needs to recover from. That would only be true of his human experience. His soul already knew this was coming, because souls exist beyond time.

I think your husband is completely fine. Different mediums naturally get stronger signals from different types of spirit — I'm the queen of bossy nans, always have been, and I'll happily be one myself one day. That doesn't mean other connections are impossible, just that some are simply easier than others; that's the nature of the work, not a reflection of anyone's suffering. Unfortunately, Sarah, you're the one who's genuinely got the harder task here — you're the one building a future without him, living through the actual separation. I say that gently, because I think sometimes we focus so intently on the person in spirit

that we neglect the healing work we ourselves still need to do. I promise you, with everything I have, that your husband is fine. Sending you a lot of love, and thank you for trusting me with this question.