



# Mediumship Matters Podcast Transcripts

**Season 5 Episode 21 - June 24**

**Spirit Circle**

## Spirit Circle, Spirit Guides & Unconditional Love

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Thank you for joining me for this special Spirit Circle session, where we open up to spirit, work with our guides, and explore the energy of unconditional love.

Let's dive in!

## Settling Into the Energy

Before we begin, let's set the foundation:

- If you're new to working with spirit, just go with the flow.
- The more you try to force spirit communication, the more elusive it becomes.
- Allow yourself to surrender to the experience.
- Mediumship isn't about perfection—it's about trusting what comes through.

Now, close your eyes, take a deep breath, and settle into the energy...

## Connecting with Your Spirit Team

Spirit is always with us, but tonight, we're inviting them to step in a little closer.

- Feel their presence beside you.
- Sense the shift in energy as they make themselves known.
- Breathe in the stillness, the love, and the peace.

Remember, you are always in control. If you feel uncomfortable, just send out a thought asking your spirit team to adjust.

## Journey into Spirit: A Guided Visualization

Tonight, we embark on a spiritual journey:

1. Rise above your physical self – Imagine your energy lifting, lighter and brighter.
2. Drift beyond the limitations of the human world – Free, weightless, and expansive.
3. Move through the stars – Until you find the one that calls to you.
4. Enter the light of that star – A portal into deep spiritual connection.
5. Arrive in a beautiful woodland – Beside a flowing stream, where your spirit guide awaits.

Take time with your guide:

- Ask questions.
- Receive guidance.
- Let go of what no longer serves you.

Your guide offers you five small paper boats, each representing something to release. One by one, place them into the stream, watching them drift away, making space for new energy.

- When you're ready, your guide gives you a message of encouragement, reminding you of what's possible if you fully embrace this journey.

# Mediumship Matters Podcast Transcripts

Now, it's time to return...

## Returning to the Present Moment

- Gently move back down through the stars, returning to the earth's sky.
- See the roof of your home, moving back into the room where your body rests.
- Re-enter your physical self, taking a deep breath, wiggling your fingers and toes.
- When you're ready, open your eyes and come back fully.

Well done! Take a moment to process before we move into questions and reflections.

## Q&A: Your Spiritual Questions Answered

We had some brilliant questions tonight—here are some key takeaways:

Is it normal to cry during meditation?

Yes! Spirit's energy is full of unconditional love—it can be deeply moving, like a sense of coming home that you didn't even realise you were missing.

I didn't see my guide—does that mean I failed?

Not at all! Feeling their energy is just as valid as seeing them. Focus on the guidance and wisdom, not just the visuals.

How do I know if it's my guide or my imagination?

- It takes time and practice to build trust.
- Keep a journal—over time, you'll see patterns emerge.
- Suspend disbelief for a while and allow the connection to strengthen.

Why do I see colours or lights instead of spirit?






That's just another way of perceiving energy! Over time, you may notice different colours appearing for different messages or guides.

How can I get better at hearing spirit?

- Talk to them casually throughout the day.
- Ask for signs and notice what appears.
- Engage in activities that quiet the mind (gardening, walking, etc.).

## Final Thoughts & Next Spirit Circle

What a beautiful evening of connection and insight! Thank you for showing up, for trusting spirit, and for taking this journey with me.

If you enjoyed this session:  Share this live with others!  Join the next Spirit Circle on July 17th!  Check out my spiritual unfoldment course on [mediumshipmatters.co.uk](https://mediumshipmatters.co.uk)  Grab my book *You Are a Medium (You Just Don't Know It Yet)* on Amazon.  Listen to my podcast *Mediumship Matters*—5 seasons packed with insight!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Spirit guides, mediumship meditation, spiritual connection, spirit circle, working with spirit, developing mediumship, how to connect with guides, spirit messages, mediumship development, guided meditation for spirit communication.