



Mediumship Matters Podcast Transcripts

Season 3 Episode 96 - Listener Questions

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I can't believe we've reached launch day! The blood, sweat, and tears that have gone into setting up The Mediumship Matters School—I am so excited. There's some amazing content on there, and I can't wait for you all to experience it.

The Power of Sleep in Spiritual Awakening

Before I dive into your listener questions, I want to talk about something that's been on my mind—sleep.

Has anyone else noticed that the further you go on your spiritual awakening journey, the more valuable sleep becomes? I've always had crazy dreams, but lately, they've become something else entirely. Sometimes I dream that I'm another person, living in another body, which makes me wonder—am I getting glimpses of my past lives? Or is my soul visiting other incarnations while I sleep?

I've also started feeling genuine excitement about going to sleep, almost as if I know I'm about to go on an adventure. What's that about?

So, I'd love to hear from you! What do you think happens when we sleep? Do our souls drift off and attend some big spiritual rave on the other side? Let me know—send me a WhatsApp message or an email. I find this so fascinating!

One of my earliest spiritual experiences happened in a dream. After my grandfather passed, I dreamed of him in his old home, having a family party. We all knew he had passed, but I could see him in the garden while no one else could. At the time, I woke up thinking, That was weird, but looking back, it was a profound visitation.

Listener Question: Mediumship & Psychic Work

Amber's Question: Can you be a medium without working with passed loved ones?

Amber is a Reiki practitioner who receives clairvoyant visions while working. These come in the form of:

- Childhood memories of her clients.
- Vignettes of animals & domestic scenes.
- Bright, human-like beings that aren't quite human.
- Occasional visits from ancestors.

She also asked her spirit guides what was happening and received a vision of a satellite and a word generator. So, is this mediumship, psychic work, or something else?

The Answer:

Technically, no, you can't be a medium without connecting to passed loved ones—but that doesn't mean you have to do evidential mediumship.

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You see, mediumship is about connecting to Spirit and the Oneness. But psychic work is about reading the energy of a person—which can include their emotions, memories, and even the presence of ancestors standing beside them.

What Amber is experiencing is likely psychic work with some mediumistic influences. Her spirit guides are using metaphors to help her understand her abilities. The satellite imagery suggests she is receiving transmissions from Spirit, but the way she processes the information depends on the frequency she tunes into.

So what should she do?

- Practice working in different frequencies.
- Set clear intentions before readings—am I working psychically or mediumistically?
- Experiment with spirit guides—try receiving messages in colors, words, images, or automatic writing.

You control how your abilities develop. Don't wait for Spirit to tell you—set the intention, and they will meet you there.

Listener Question: Are Trapped Spirits Real?

Andy's Question: Do spirits really get trapped, or is that a fear-based myth?

Andy shared an alternative theory based on Near Death Experiences (NDEs):

- Humans have two spiritual aspects—the soul (which moves on) and the personality (which may linger).
- The soul is our higher self—the creative, reasoning, and spiritual side.
- The personality is biologically driven—it focuses on survival, desires, and emotions.
- When we die, the soul moves on, but the personality may not—especially if the death was traumatic.
- This personality energy can linger, repeating past habits until it eventually dissipates.

My Thoughts:

I love this idea because it supports my belief that souls don't get stuck. It's fear-based thinking to believe that a spirit would need human intervention to move on.

However, I do believe energy can linger. Some people leave behind strong emotional imprints, like echoes of their presence, but that's not the same as a trapped soul.

What do you think? I'd love to hear your thoughts!

Listener Question: Reiki & Overwhelming Energy

Ellen's Question: I used to practice Reiki, but I started feeling faint, nauseous, and even vomiting after sessions. Now, I'm afraid to continue. What should I do?

Ellen, this is actually a sign of a massive energy shift. Reiki is meant to heal you as much as your clients. Right now, you're absorbing too much energy because your system isn't used to handling that high vibration.

How to Fix It:

- Start with self-healing, but only for 5 minutes at a time.
- Slowly increase—each week, add a minute.
- Prioritize grounding. The best way? Barefoot walks outside.
- Listen to your body. Don't rush back into client work.
- When I first started mediumship, I'd get travel-sickness-type nausea when Spirit came in. Over time, I adapted, but it was uncomfortable at first. Your body is just adjusting—take it slow!

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Listener Question: Doing Face-to-Face Readings

Natalie's Question: I want to start doing face-to-face readings, but I'm stuck. Where should I do them? What do I need to prepare?

My Advice:

- Do them at your home (so you control the energy).
- Start with friends or safe sitters.
- Keep readings short—10 minutes at first.
- Don't overcomplicate it! No incense required (unless you want it!).

Face-to-face readings are a huge milestone in your mediumship, but don't overthink it. Just start. You'll learn what works as you go!

Final Thoughts

- Sleep & Spirit—what happens while we dream?
- Mediumship vs. Psychic Work—are you tuning into the right frequency?
- Trapped Spirits—is energy the real answer?
- Reiki & Overload—take it slow and focus on self-healing.
- Face-to-face readings—just take the leap!

Thank you all for your amazing questions! If you have one, send me a WhatsApp voice note or email at podcast@hannahmedium.co.uk.

See you next time!

—Hannah