



Mediumship Matters Podcast Transcripts

Season 7 Episode 8 - Signs, Synchronicities & Spirit: Answering Your Questions

Listener Questions: Spirit Signs, Healing Energy & the Role of Belief in Mediumship

Hannah Macintyre: Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing today? I've got some fantastic listener questions lined up, and hopefully, you've all found your own answers from Spirit already—because if you were waiting for me, bless you, you've been patient!

Hearing Spirit & Unexpected Signs

First up, we have Izzy's question:

Hi, Hannah. I've had a few spirit signs. I saw my friend after he had just died, but I think it might have been an echo. I listened to strong feelings and started communicating daily but got no response. Then one day, I was talking to my guide and heard a male voice say, 'Izzy,' outside my head. I've read that you're not supposed to be scared or excited, but I was! Do you think it wasn't my spirit guide?

Also, in 2004, I saw three giant fireballs in a triangle, stationary in the sky. What was that?!

Hannah's Response:

First off—where on earth did you hear that you're not supposed to be scared or excited? I've never come across that!

Excitement and fear are natural reactions when working with Spirit. I remember my first development circle—someone told me that their guide was standing behind me, pushing me toward the center of the group. I was terrified! Drove home staring at my rear-view mirror, convinced I'd see a spirit guide sitting in the back seat. So, don't worry—excitement and nerves are part of the process!

As for the voice you heard—yes, it could have been your guide! But here's the thing: Spirit usually speaks in our own internal voice. So many people expect Spirit to sound completely different, like a separate voice. But it's often that inner knowing, that gentle nudge.

And the fireballs in the sky? No clue!

- Could be a Spirit message for you (in which case, only you can truly interpret it).
- Could be angels (Metatron loves sacred geometry!).
- Could be aliens (I do love a good conspiracy theory).
- Could be some top-secret government experiment (hello, UFO cover-ups!).

Either way, sounds bloody cool!

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Healing Energy: Who's Really Being Healed?

Next up, we have Samantha's question:

Hi, Hannah! I was listening to an episode where you talked about healing. While I completely agree with your views, I kept thinking—when we send healing to others, aren't we actually receiving it too? I once told my Reiki Master friend that if she did Reiki on me, she'd be healing herself as well. And then, the next day, my 'Edgar Cayce Thought for the Day' email said, 'Healing others is healing self.' Synchronicity!

Hannah's Response:

Yes! 100% yes.

When we practice healing—especially with Reiki—the energy flows through us before reaching the recipient. So we naturally receive healing as well. But here's the thing:

- Many healers don't realize this, and they end up burning out because they're constantly working with energy but not allowing themselves to receive it.
- Some Reiki teachers insist on a 28-day self-healing period before working on others, for this exact reason.

Now, here's my controversial opinion—

I struggle with the idea of “soul healing” as a paid service. Your soul doesn't need healing. It's part of the Spirit world, beyond time and damage. But in the spiritual marketplace, “soul healing” just sounds more exciting than “Reiki session,” so people sell it that way.

So yes, we heal as we heal others. But let's keep things in perspective—our souls aren't broken.

Does a Catholic Background Make You More Open to Spirit?

Now onto Brittany's question:

Hi, Hannah! I've noticed a lot of people who get into mediumship come from a Catholic background, even though their religion teaches against it. Do you think that's why they get universal nudges more easily?

Hannah's Response:

Ooooh, good one!

I think it's less about religion and more about belief in something greater. Catholics already believe in:

- The afterlife
- Angels
- Saints interceding
- Prayer (which is basically manifesting)

So they're already spiritually engaged. Even if the Church teaches against mediumship, they've been raised to believe in Spirit. That's a huge advantage over people who grew up with no faith at all!

Would love to hear thoughts from any Catholic listeners!

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Manifesting vs. Intuition: What's the Difference?

Back to Izzy with another question:

I really wanted a long-lost sister when I was 12. I had no idea my mum had given up a baby for adoption—but years later, I found out I actually had two lost sisters! Was that intuition? Also, I once wrote in my diary that I'd meet my celeb crush, and then I did! Was that manifesting?

Hannah's Response:

Love this! And honestly? I don't know!

- Did you predict your lost sisters with intuition? Possibly!
- Did you manifest meeting your celeb crush? Maybe!

The line between manifestation and psychic knowing is so blurry. And I don't have a clear answer, but I'd love to hear others' experiences with this!

Why Haven't I Felt My Mum Since She Passed?

Last but not least, we have Louise's question:

Hi, Hannah. I lost my mum three weeks ago. We were so close. The day before she passed, she promised she'd come back to me, but I haven't felt her at all. Why?

Hannah's Response:

Lou, I am so sorry for your loss. And I promise you—your mum is with you.

Here's why you might not feel her yet:

- Grief energy is heavy. Imagine your energy field like a clear glass of water. Right now, grief is like ink that has dropped into it—clouding everything. It makes it so much harder to sense Spirit.
- Expectations block signs. If you're expecting her to appear as a full apparition in front of you, you might miss the subtle ways she's trying to connect.
- She's finding her way too. Spirit doesn't struggle to communicate, but sometimes, they're adjusting to their new way of existing.

What you can do:

- Ask her for a specific sign (e.g., butterflies, feathers, a song) and stay open to how it appears.
- Trust that even if you don't feel her, she's there.

I promise, she's okay. And when the time is right, you will feel her presence.

Final Thoughts & How to Submit Your Questions

I LOVE these questions! Keep them coming. If you have something you'd like to ask, email me at podcast@hannahmedium.co.uk.

And if you enjoyed this episode, please share and leave a review—it really helps!

Sending you all lots of love, and I'll catch up with you soon! Bye for now!