



Mediumship Matters Podcast Transcripts

Season 3 Episode 52 - Has My Spirit Guide Changed Or Stepped Back?

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Today's Mediumship Mini features a question from Kelly, and it's such an insightful one that I can't wait to dive into it.

Kelly writes:

"Hi, Hannah, can I please ask a question about a feeling I've been experiencing? I've been in touch with one of my spirit guides for a while, and through their guidance and support, I've changed for the better. It's been the most empowering journey, and I've felt like I was being led beyond my comfort zone to something greater. But now, I feel like my guide has started to step back. They're not as present as before. I sense them dipping in to check on me, but it's not the same. Before, they'd be walking beside me—or even pulling me forward while laughing! Is this my imagination, or is it an actual shift? How many spirit guides do we work with? Do we always keep the same ones, or do we gain more over time? I'd love to hear your thoughts."

Why Does Spirit Feel Less Present as We Progress?

This is such an important question because it happens to all of us at some point. I think one of the great ironies of mediumship development is that when we finally accept that spirit is there, we start feeling them less.

When I was first developing, spirit showed up in big, undeniable ways—physical sensations, overwhelming emotions, even full-on spirit encounters. But now? It's a quieter, more natural presence.

💡 Why? Because I don't need the 'big signs' anymore. The relationship has deepened to the point where I just know they're there.

And right now, I'm actually in a phase where I keep asking them to show me a sign—and I'm getting radio silence! But I know this isn't because they've left. It's because they're teaching me trust and faith—faith that they are always there, even when they aren't proving themselves in obvious ways.

Your Guide Hasn't Left—You've Grown!

Your guide is still with you, Kelly. The difference is, you don't need them in the same way anymore.

- ◆ At the start of your journey, your guide may have felt like a constant presence, leading you forward.
- ◆ Now, they've stepped back to empower you—because they want you to trust your own strength.

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◆ If they always felt overwhelmingly present, you might start relying too much on them instead of developing your own resilience.

💡 This is the ‘grown-up’ phase of spirit communication. They’re still there, and if you truly need them, they’ll pull out all the stops. But they also know that you’re strong enough to stand on your own.

You Picked Yourself Up—Not Just Your Guide!

You mentioned that your guide used to lift you up. But I want you to recognize something important:

👉 It wasn’t just your guide—it was YOU.

Spirit supports us, but they don’t do the work for us. The progress you’ve made? That’s you. Your strength, your choices, your resilience. Spirit is celebrating that!

This is why they step back—they want you to recognize your own power instead of believing you can only move forward when they are actively holding you up.

How Many Spirit Guides Do We Have?

Great question! I believe we have many spirit guides, but it’s not quite as simple as “one for life” or “constantly changing.”

◆ We may have a primary guide who stays with us for most of our journey.

◆ Other guides step in when we need specific guidance—for example, a guide for healing, a guide for teaching, a guide for personal transformation.

◆ Some guides feel stronger at certain times and then fade into the background when their role is complete.

💡 But here’s where it gets interesting: I also believe that all spirit guides are part of the oneness. They take individual forms because that makes them easier for us to connect with—but ultimately, we’re communicating with Source.

What Happens When We Stop Labeling Guides?

At a certain stage in development, we might stop seeing guides as “individuals” and start feeling their presence as one unified energy.

💡 Sometimes I call on my known guide, Morani, because I want that specific connection. But other times, I simply receive information directly from Source—without knowing exactly where it comes from.

Neither way is wrong! It’s about what feels comfortable to you at the time. Spirit adapts to meet us where we are.

Final Thoughts—Trust the Shift!

Kelly, your guide hasn’t abandoned you—they’re trusting you to step forward on your own.

💡 Key takeaways: ✓ Spirit feels less present as we grow, but that doesn’t mean they’re gone.

✓ Your guide has stepped back to empower you to trust yourself.

✓ You have multiple guides, but they all ultimately connect to one source.

✓ The deeper your relationship with spirit, the more natural and effortless it becomes.

You’re stepping into a new phase of spiritual growth—and that’s exciting! Thank you so much for your question, and as always—have a bloody marvellous day!