



Mediumship Matters Podcast Transcripts

Series 1 Episode 5

Healing

Mediumship Matters – Episode 5
Understanding Healing & Energy Work

Introduction

Hello and welcome to Mediumship Matters Episode 5 with me, Hannah Macintyre! Today, we're diving into the fascinating world of healing—what it is, how it works, and what you can do to start your own healing journey. Let's get started!

What is Healing?

Healing, in an energetic sense, involves clearing away negative energy and welcoming in higher vibrational energy. The idea is that our bodies, minds, and spirits hold onto energy—both good and bad. Healing helps release what no longer serves us and makes space for fresh, positive energy.

To visualise this, imagine your energy as a pint glass:

- If it's full of old, stagnant energy, there's no room for new energy to enter.
- The first step of healing is creating space—letting go of emotional, physical, or mental blockages.
- Once space is created, you can receive healing energy, which raises your vibration and brings clarity.

Why Do We Struggle to Heal?

Many of us hold onto emotions, telling ourselves:

- Other people have it worse, so I shouldn't feel this way.
- I just need to push through and not think about it.
- If I ignore it, it will go away.

These thoughts stop us from healing. Healing requires acknowledging our emotions, sitting with them, and allowing them to move through us rather than getting stuck.

How Does Healing Work?

Healing energy is essentially love. It comes from a divine source—whether you call it spirit, the universe, or God. When we receive healing energy, it helps:

- Process emotions and trauma.
- Shift our thoughts to a higher perspective.
- Make room for new opportunities and experiences.
- Raise our vibration, improving the energy we send out and receive back (Law of Attraction).

Healing is not a quick fix. It is an ongoing process, requiring dedication, patience, and self-awareness.

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The Process of Healing

Healing is a gradual, layered experience, much like peeling back the layers of an onion. Some key aspects include:

- Receiving the Energy
 - Healing energy flows through you whether you are actively receiving it or not.
 - You don't have to understand or control it—just set the intention to heal and let the energy do its work.
- Processing Emotional & Physical Effects
 - Healing can sometimes bring things to the surface before they clear. Memories, emotions, and even physical symptoms might temporarily intensify before releasing.
 - Energy knows what needs attention first, whether that's emotional wounds, limiting beliefs, or physical discomfort.
- Regular Practice is Key
 - Healing isn't about receiving one Reiki session and being 'fixed.'
 - Like exercise, it works best when done consistently over time.
 - Small, regular efforts create lasting change.

Self-Healing: How to Get Started

Anyone can heal themselves! Here are some simple techniques to begin your self-healing journey:

- Daily Healing Practice: Spend 10-15 minutes sitting quietly, inviting healing energy to flow through you. Imagine golden light surrounding and filling your body.
- Journaling: Write about emotions as they come up to help process them.
- Movement: Walking, stretching, or yoga can help shift stagnant energy.
- Breathwork: Deep, intentional breathing helps release stored tension.
- Sound Healing: Listen to healing frequencies, chants, or meditation music.

Even if you don't feel anything at first, keep going. Healing works at a subtle level, and its effects build over time.

Healing & Spirit's Role

The spirit world assists us in healing by sending us energy, guidance, and opportunities for growth. However, they won't do the work for us.

- Healing often involves facing emotions and patterns we've been avoiding.
- Spirit knows what we need, but we have to be willing to receive and act on the guidance given.
- Healing is about learning to trust the process, even when it feels slow or challenging.

Energy Blocks & Emotional Healing

Each physical ailment has an emotional counterpart. For example:

- Knee pain can reflect fear of moving forward.
- Shoulder tension may indicate carrying too much responsibility.
- Throat issues often link to struggles with self-expression.

Healing isn't just about removing pain—it's about understanding the deeper causes and making changes accordingly.

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Receiving Healing from Others

While self-healing is powerful, receiving healing from trained practitioners can deepen the experience.

- **Reiki & Spiritual Healing:** These therapies channel energy to help rebalance and clear blockages.
- **Distant Healing:** Energy is not limited by time or space! You can receive healing even if the practitioner is not physically with you.
- **Holistic Therapies:** Reflexology, acupuncture, and sound therapy all work to realign energy.

The key is finding what resonates with you and being open to receiving the benefits.

Final Thoughts

Healing is an ongoing journey, not a one-time event. The more you engage with healing practices, the more shifts you'll experience in your energy, emotions, and life circumstances.

Remember:

- Healing doesn't mean forgetting or erasing pain—it means integrating it in a way that no longer controls you.
- Spirit supports us in healing but won't do the work for us.
- The smallest steps can create profound changes over time.

I hope this episode has helped deepen your understanding of healing. If you have any questions or experiences to share, email me at podcast@hannahmedium.co.uk. See you next time!

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