

How I Used to Clear “Demonic” Energy (And Why I Don't Anymore)

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. Bit of a change of pace today. Following my last episode on staying open to other people's perspectives, I opened my inbox to find a few questions about demonic attachments. I've already been open about my own belief on this — I used to believe in them, I don't anymore — but I thought it might genuinely help to walk through the process I used to use, because, oddly, it worked.

Belief shapes what you experience

I think I left something out of that last episode worth adding here: what you believe is what you experience, across the board — with your mediumship, and with demons too. If you believe it's going to be hard, it will be. If you believe you're waiting on spirit to hand you information, you'll spend your time waiting. If you believe you're not good enough, your mediumship won't be good enough. Genuinely annoying, but true — and it's exactly as true of entities as it is of evidence. If you believe in them, you'll experience them. If you don't, you won't.

That's precisely why I've been so direct about not believing in demons: if I can get someone to actually hear and accept that, they stop experiencing them. Instead, I mostly get messages along the lines of “but a friend of a friend had this happen” — ghost stories I don't know how to explain away. Here's the honest answer: I do think that energy is real. I've recently felt genuinely under psychic attack myself, from somebody I loved and trusted, who I let in close enough to do real damage. So yes, I believe in that energy completely. I just don't believe the source is a demon. I think it's simply a person, often a deeply insecure one, who doesn't want others to do well.

Clearing the energy of a house

So — what do you actually do? When people email me convinced there's a bad presence in their home, I'll suggest something simple, they'll come back asking “no, but really, what do you want me to do?”, I'll repeat it, they try it, and nine times out of ten, it works.

For general house energy — feeling stagnant, stuck, or wanting a reset after a hard stretch — open every window and door, then go room by room, expand your own energy to fill the space, and simply ask anything not aligned with the vibration you want to hold to leave, through the window or the door. It sounds too simple. Try it anyway. Sage smudging works the same way, if that's your preference — I'll admit there's a genuine question of cultural appropriation in borrowing that particular practice, and it works largely because we believe it works, and because we've collectively decided Native American spiritual traditions carry real power. But it works. You can use crystals, candles, any tool that shifts your intention — the mechanism matters less than the belief behind it.

What I used to do for “entities”

When I still believed in demons, attachments, and stuck spirits, the process was a bit more involved. Step one, always, was building a genuine belief that you were protected by spirit — though the version of me speaking to you now can't resist pointing out the obvious irony: if spirit were protecting you, why would they let this happen at all? But the version of me who believed in stuck spirits and demonic attachments also had to believe I was safe, so I'd start by calling on Archangel Michael, asking to be wrapped in his cloak of protection, given armour for my aura. Only once I felt that shift — genuinely felt safer — would I engage with the entity itself.

Engaging meant asking Archangel Michael to open a doorway, visualising it, and asking the entity to leave through it. Some would resist — genuinely, it felt like negotiating with a tantruming toddler — and you'd simply hold steady, keep asking, keep the faith, until the energy moved on. I was also a big fan of the “dome of protection,” an angelic Reiki technique: asking the angels to place the home, the family, the person inside a protective dome, visualising it, asking for it to be secure, and trusting that it was.

Interestingly, the most stubborn cases I ever worked with were often people who, on some level, didn't actually want the energy gone — because of the attention having it brought them. No judgement in that at all; I love a good ghost story myself. I just don't think it reflects the spirit world. I do think trauma, fear, and belief can become genuinely tangible, real enough to feel and affect a space — and I also believe they can be cleared simply by asking. That's essentially the whole method: protection first, then asking directly for the energy to be cleared, for things to be removed, for everything to be brought into its highest, best state — until it felt done, and safe.

Why it isn't my reality anymore

If you're feeling frightened, unsure, or uncertain in your own space, you're entirely capable of clearing that energy yourself using the approach above. If it doesn't feel right to do it yourself, that's completely fine too — plenty of people offer entity release professionally. It's simply no longer my belief, and because it isn't my belief, it isn't my reality. Back to the lasagne, if you've heard that metaphor before: my particular layer has humans, and all the mess humans bring with them — but it doesn't have demons in it. I don't feel afraid working with spirit, and I don't feel I need protection to do it.

To be clear, that's not me claiming to be more spiritual for not protecting myself — it's simply obsolete for me personally. If you feel nervous about working with spirit and protection is what allows you to do it anyway, then absolutely call it in. The most important thing isn't the method — it's that you actually work with spirit, that you feel safe enough to open up, and that your home feels aligned with you.

I saw something recently about Feng Shui and descaling your kettle — one of those TikTok rabbit holes — about the energetic connection of keeping your appliances clean. Looking round my own studio while filming, I realised it's a genuine mess and could use a proper clear-out, purely because clutter shifts energy. Nothing to do with spirit or demons at all — just energy, plain and simple. Use whatever framework actually works for you.

Short one today, but I hope it helps — especially those of you who've emailed asking how to support someone who believes they're experiencing this. I've talked about my own history with entities elsewhere, in an episode called Things I Was Wrong About, if you want more context. But beyond any of that: do whatever you need to feel safe. It's your home, your life. Look after yourself. Thank you for listening, and I'll catch up with you all again soon.