



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 12 - Mediumship Mini S3 Ep 12

### Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! This is Season 3, Episode 12, and today, we're diving into a fantastic question from Sarah about healing, Reiki, and the physical effects of energy shifts.

Sarah writes:

👉 Hi Hannah, I was wondering if I could ask your opinion on healing yourself? I've been on my spiritual journey for 15 months and have a keen interest in mediumship, energies, and healing. I recently completed my Level 1 Reiki and have noticed I'm suffering with pain in a couple of places, especially my teeth and gums. A thought occurred to me this morning—or rather, a download from my guides—that before I can progress confidently on my journey, I need to work hard on my own healing. I'm taking these pains as the release of things that need healing. I know you'll probably say, 'See a dentist' (which I intend to), but could physical pain during healing be related to letting things go? Could I have your thoughts on this?

Sarah, thank you for this brilliant question! Let's get into it.

### Physical Pain & Energy Shifts in Healing

Absolutely, physical pain can be a manifestation of energy shifts, imbalances, and emotional blockages. It surprises me that this wasn't covered in your Reiki training, as it's such an important aspect of healing work!

Here's what's happening energetically:

- Healing isn't just about working on others—you must work on yourself first.
- Energy blocks release in stages, and sometimes, the physical body needs time to catch up.
- Pain, particularly in the jaw, teeth, and gums, is often linked to unexpressed emotions—especially anger, frustration, or resistance.
- If you're grinding your teeth at night or clenching your jaw, this can be a physical symptom of energetic tension.

So yes, Sarah, I believe this is part of your energetic realignment—but of course, still go and see that dentist! 😊

### The 28-Day Reiki Healing Cycle—My Thoughts

Many Reiki courses talk about a 28-day healing period after attunement. While I understand the reasoning behind it, I don't fully agree with it.

•

# Mediumship Matters Podcast Transcripts

☞ Healing isn't a one-time thing—it's an ongoing, lifelong process. ☞ Each new energetic level we step into will require new layers of healing. ☞ You might feel amazing one day and completely drained the next—this is totally normal.

Healing isn't a linear journey—it's a spiral. You'll revisit lessons, clear deeper layers, and expand each time. So rather than focusing on a timeframe, just trust what's unfolding.

## Resistance & Unspoken Truths

Sarah, when I read your message, I instantly felt that you might be gritting your teeth or holding back words you need to say.

✳️ Ask yourself:

- Are there things you want to say but don't?
- Are you holding back your truth to keep the peace?
- Are you feeling frustrated, but unsure where to direct that energy?

If the answer is yes, your body is communicating that to you through physical symptoms.

◆ Sometimes, healing isn't just about clearing energy—it's about taking action. ◆ If you've been suppressing your voice, now's the time to speak up. ◆ Even if it's just writing things down or saying them to yourself in the mirror, acknowledging your truth is powerful healing.

## The Staircase of Spiritual Growth

I always describe spiritual development as a staircase.

- Each time we step up a level, we enter a new energetic vibration.
- That new vibration highlights what still needs healing so we can exist there comfortably.
- We always have a choice—we can push through discomfort or retreat to what's familiar.

When you received your Reiki attunement, you didn't just go up one step—you jumped five! This kind of rapid frequency shift can bring intense emotions, physical detoxing, and even temporary exhaustion.

This is why I don't believe in doing all Reiki levels in one weekend. You need time to integrate the changes—to sit in your new energy, meet yourself again, and process what's shifting.

## Spiritual Growth & Stronger Boundaries

One of the biggest lessons in healing and spiritual development is learning to set boundaries.

💡 People often assume that being more spiritual means being soft, endlessly patient, and always accommodating.

Nope! The more I grow, the less nonsense I tolerate.

- I've become more direct with my needs.
- I don't feel guilty for saying "no."
- If someone pushes against my boundaries, I call them out.

This doesn't make me less spiritual—it makes me more aligned. And Sarah, I feel like this is part of what's coming up for you.

When you release old energy, it's not just about healing—it's about becoming who you were always meant to be.

# Mediumship Matters Podcast Transcripts

## Final Thoughts & Takeaways

### 🌟 Key Lessons from This Episode:

- Physical pain can be a sign of energy shifts. The body processes healing as much as the mind and spirit.
- Healing is lifelong. There's no set timeframe—trust what unfolds.
- Pain in the jaw/teeth often relates to unspoken truths. Ask yourself what you need to express.
- Every spiritual level brings new challenges. The more we grow, the more we need to integrate.
- Strong boundaries are part of spiritual growth. Being firm doesn't make you unkind—it makes you empowered.

Sarah, I hope this helps! Let me know how things shift for you. And for anyone else experiencing similar challenges—you're not alone.

If you enjoyed this episode, please leave a review and share it! And if you're ready to dive deeper into spiritual development, check out my courses and mentorship programme at [www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

Until next time—keep shining your light! ✨