



Mediumship Matters Podcast Transcripts

Season 1 Episode 25

The Fifth Dimension

Welcome to Mediumship Matters

Hannah Macintyre: Hello, lovely listeners, and welcome to another episode of Mediumship Matters with me, Hannah Macintyre. Now, I know we're knee-deep in a run of fabulous interviews with some incredible people, but I've got things to say—and today I finally have the time to say them!

I want to dive into something that's been cropping up in conversations with fellow mediums and in my own reflections: the transition of energy we're all experiencing. Yes, I'm talking about humanity's shift towards the fifth dimension of consciousness. Sounds grand, doesn't it? But don't worry, I'll break it down... with my usual dose of reality (and probably a few rants).

The Shift: From 3D to 5D (and the Wobbly Middle Bit)

So, what's going on with the planet? Humanity is evolving from a 3D consciousness—all about fear, ego, and separation—toward a 5D consciousness, rooted in connection, love, and spiritual awareness. But we don't teleport straight from one to the other. No, we're stuck in the fourth dimension right now, which is basically the universe's version of an awkward transition phase. Think of it like being crammed into the world's biggest lift (or elevator, for my American friends). We're all squeezed in, pressing buttons, wondering if we should go up or down. And here's the kicker: you get to choose which floor you exit on—repeatedly. Yep, this choice isn't a one-and-done deal. You might be vibing high in 5D at breakfast, then plummet back to 3D by lunch because someone cut you off in traffic.

The Role of Fear (And Why It's Like Spiritual Glitter)

Now, let's talk about fear. Some people ask, "If you're such a good psychic, how didn't you predict COVID-19?" Well, spoiler alert: we did know something was coming. It was always predicted that humanity would face a massive shift. Coronavirus? That was the trigger. It's like a cosmic wake-up call, shaking us out of complacency and forcing us to choose: live in fear or rise above it.

Imagine fear as the flood in the story of Noah's Ark. We're all drowning in it unless we choose to build our own spiritual boats. Some days you're sailing; other days you're clinging to driftwood. It's okay. The point is to keep choosing to rise.

Energy Flows Where Focus Goes (Even in Politics)

Now, I don't do politics much, but here's the thing: worrying about dodgy politicians is like watering weeds. The more energy you give them, the more they thrive. The real power lies in pulling your focus back to things you want to grow—love, kindness, community. Imagine calling someone a "3D" as the ultimate insult. Yep, I'm making that a thing.

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Mediumship: The Art of Getting It Wrong (And Owning It)

Switching gears, let's talk mediumship. Here's the hard truth: you're going to get it wrong sometimes. (Shocking, I know.) But the real growth comes from being okay with that.

Mediumship isn't about being 100% right; it's about surrendering, trusting, and learning.

I recently did a reading where Spirit showed me a single pearl. My human brain wanted to turn it into a necklace because, you know, that makes more sense. But nope—it was just one pearl.

Turns out, the sitter had lost one pearl earring, and that detail blew her mind. The lesson? Don't water down the evidence. Spirit knows what they're doing.

Living the 5D Life (While Still Being Human)

We're all wobbling between dimensions. Some days we shine with 5D brilliance; other days, we're grumpy, stressed, and very much in 3D. That's okay. Every time you choose love over fear, you anchor more 5D energy into the world.

Imagine the Earth from space, dotted with lights. Each time you make a 5D choice, you add another little light. We're all part of this global glow-up, and every choice matters.

Final Thoughts

Thanks for tuning in to my ramblings today. If you enjoyed this episode, please visit my website at www.readingsandreiki.co.uk and vote for me in the Soul Awards 2021. Manifestation requires action, after all!

Got questions or ideas? Email me at podcast@hannahmedium.co.uk. I love hearing from you.

Until next time, keep choosing love, keep shining your light, and maybe avoid the 3D-ers.

(Kidding... kind of.)

Fifth Dimension, Transition of Energy, Spiritual Connection, Coronavirus, Fear, Love, Mediumship, Manifestation, Energy Focus, Surrender, Spiritual Growth.