



Mediumship Matters Podcast Transcripts

Season 2 Episode 50

Fearful Thinking

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode is sponsored by the wonderful Judy Abrams—thank you so much for your support! I have an insightful listener question today, and they've asked to remain anonymous. Let's dive right in!

1. Fear of Losing a Loved One: Where Does It Come From?

Anonymous shares that they have a deep fear of losing their son, to the point where it is a constant worry whenever he leaves the house. They wonder if:

- This fear stems from past life trauma.
- Their son is a reincarnation of a lost loved one.
- It's simply a result of past grief, as they have already lost two brothers to illness.

First, let me say, I see you, and I honor your grief. Losing two brothers is significant trauma, and it's completely understandable that you have developed deep protective instincts.

2. Understanding Thought Forms & Energy Attraction

Your mind operates like a computer running an outdated program—it plays the same thoughts on a loop. The issue is that, energetically, where your focus goes, energy flows.

The law of attraction doesn't differentiate between positive and negative; it simply amplifies whatever you fixate on. If you constantly worry about something happening to your son, you're reinforcing that fear in your own energy field.

So What Can You Do?

1. Acknowledge the fear without feeding it.
2. Reprogram your mind with affirmations (more on this below).
3. Shift your focus from fear to trust and joy.

3. The Power of Affirmations & Mental Reprogramming

If you want to change your thought patterns, you must be consistent and persistent.

Reprogramming your mind takes daily repetition, like installing new software. Here's how:

1. Find an Affirmation That Resonates
 - Example: My sons are happy, healthy, and will live long and fulfilling lives.
 - Example: I am safe. My family is safe. I trust in the universe's protection.
2. Repeat It Relentlessly (100+ times a day!)
 - Say it aloud.
 - Whisper it in your mind during walks.
 - Write it in a journal.

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At first, it will feel silly. You might even resist it. But by week two, you'll start noticing a shift in your mindset. By week four, your anxiety levels will decrease, and you'll find yourself naturally aligning with positive energy.

4. Therapy & Healing Trauma

Affirmations are powerful, but deep grief and fear can also be addressed with therapy. If your fear is rooted in past trauma, working through those emotions with a professional could help you release that stored energy. You don't have to do this alone.

5. Holding a Positive Vision for Others

If you're worried about someone you love, the best thing you can do for them is to see them as whole, happy, and thriving.

Instead of sending them anxious energy, try this:

- Visualize them succeeding.
- Hold a space of love and encouragement for them.
- Trust that they are on their own journey.

A spiritual teacher once told me, "Shame on you for sending someone fear instead of love." That moment changed how I show up for people in my life. We are more powerful than we realize, and our energy affects those we love.

6. Final Thoughts & Encouragement

Anonymous, you have the power to shift this fear into trust and peace. It won't happen overnight, but with daily effort, you can rewire your thinking and step into a place of faith rather than fear.

To everyone listening—

- Be mindful of where your thoughts go.
- Use affirmations to shift your energy.
- See the people you love in their highest potential.

If you have any questions or need support, email me at podcast@hannahmedium.co.uk. I'd love to hear from you!

Thanks for listening, and I'll catch you next time!