



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 34 - Spirit By Suicide

Hello and welcome to Mediumship Matters with me, Hannah Macintyre. How are you doing? It's Friday, which means another Mediumship Mini!

Today's question is a deeply personal and sensitive one, so while the person didn't request to stay anonymous, I'm choosing to keep them unnamed out of respect.

They ask:

"Hi Hannah, I've been questioning something for a while, and I'd love your thoughts. My uncle took his own life in 2016. He was a beautiful man, had five children, and was financially fortunate, but he also struggled with addiction. I remember him telling my father that he had seen God and was going into the fourth dimension. After that, he became very religious and was afraid his soul would be trapped on Earth. A few months later, he ended his life.

I've felt his presence a lot recently, and my husband wears some of his clothes, which I'll admit is a bit eerie! One night, I felt someone sitting next to me in bed, and the first person I thought of was him. I also came across a book called 'L'Empire des Anges' (The Empire of Angels), and one of the main characters shares his name, Jacques. I believe he is in the spirit world and not trapped, as some religious teachings claim. But I'd love your perspective on this."

Firstly, thank you for your honesty in sharing such a deeply personal experience. And secondly —yes, you are already part of my mediumship course, and aren't we having the best time? Now, let's get into your question.

What Happens to the Souls of Those Who Take Their Own Lives?

I do not believe that the spirit world punishes anyone for their actions on Earth. This often surprises people, but let me explain why.

Many people assume that suicide creates some kind of spiritual punishment, but this is rooted in religious doctrine, not spiritual truth. The spirit world is a place of love, not judgment. If someone dies by suicide, they are not cast into darkness or trapped between worlds.

If anything, I believe souls who have endured such pain are met with extra love, healing, and understanding in the afterlife.

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## The Idea of “Trapped” Souls

The belief that spirits can get “stuck” comes from religious teachings, but let’s look at this logically:

- We are already part of the spirit world. The idea that we must “cross over” to some faraway place is misleading. The spirit world is right here—it’s just at a different vibrational frequency.
- If spirits could get trapped, wouldn’t the spirit world intervene? The notion that someone could be left wandering alone makes no sense when you consider the boundless love of spirit.
- Our true nature is light. When we pass, we return to that pure essence—our soul’s highest state.

So no, your uncle is not lost, stuck, or suffering in some eternal limbo. He is whole, free, and with his loved ones in the spirit world.

## Why You’re Feeling His Presence

It’s completely natural to feel a strong connection to loved ones in spirit, especially when something—like your husband wearing his clothes—keeps their energy close to you. But let’s break it down:

- The pressure you felt on your bed? A classic sign of a spirit visiting.
- The coincidence with the book and his name? Spirit often sends us little “nudges” like this to say, “Hey, I’m here.”

I believe your uncle is reaching out, not because he’s stuck, but because he wants to reassure you. He wants you to know he’s okay.

## How Religion Has Shaped Our Fears About the Afterlife

This topic always ruffles feathers, but let’s be real—religion has played a huge role in creating fear around death and the afterlife.

For example:

- The Catholic concept of purgatory suggests that souls can be trapped until others “pay” for prayers to move them along. (Seriously?!)
- Some doctrines teach that suicide is an unforgivable sin, leaving souls in a state of eternal suffering.

None of this aligns with the spirit world I communicate with daily. I’ve never had a spirit come through and say, “I’m stuck, please help me.” Instead, they show peace, healing, and love.

I recently attended a Catholic funeral, and I found it profoundly sad—not just because of the loss, but because of the lack of joy in the reunion with spirit. There was so much doom and gloom, as if her passing was a punishment rather than a homecoming.

And that’s the problem—we’ve been conditioned to fear the unknown. We crave rules and structure, even in the afterlife. But spirit shows me, again and again, that it’s all about love.

## What Your Uncle Knows Now

From the spirit world, your uncle will now have a broader perspective of his life choices. That doesn’t mean he’s suffering—it means he can see the ripple effects of his actions with clarity. He may have regret for the pain his passing caused, but he is not suffering. He is in a place of understanding, peace, and growth.

And most importantly, he still loves you and wants you to know that he is okay.

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Final Thoughts—Trust the Love, Not the Fear

If there's one thing I want you to take from this, it's this:

💡 Your uncle is safe, free, and at peace. 💡 The spirit world is about love, not punishment. 💡 The presence you feel is a gift, not a warning.

You don't need to fear that he's stuck—because he isn't. He's exactly where he's meant to be, and he's letting you know that he's around you with love and warmth.

If this has sparked more questions, or if you'd like to share a different perspective, I'd love to hear from you!

✉ Email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

Thank you for listening, and as always—have a bloody marvellous day!