



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 32 - Bigfoot, UFOs, Fairies or Maybe Even The Odd Hobbit

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, it's a Mediumship Mini with a listener question from our friend Kev.

Kev writes:

“Hello, Hannah! Firstly, thank you so much for your answers to my previous question on your amazing podcast and Instagram. It made my day. So, I have another question! It's about elementals and other dimensional beings. I listen to many podcasts (yours is obviously the best, as it should be!) on the paranormal, from spiritual and near-death experiences to astral travel and all the unexplained stuff. This topic of elementals often comes up, and I wondered what your thoughts were. Is there some truth to it, or is it all ding-dongs and fluffy ping-pong?”

Kev, you do make me laugh! Let's dive in.

**Do Elementals and Interdimensional Beings Exist?**

I don't believe that we're the only life forms that souls experience. There are countless dimensions, realms, and life forms, many of which we simply don't perceive. I sincerely hope that we are not the best and brightest that this interdimensional universe has to offer—because that would be a bit depressing, wouldn't it?

I do believe that other conscious, connected life forms exist and that some of them interact with us. But do they look like the creatures we see in folklore? That's where things get interesting.

**Are Aliens Here on Earth?**

Yes, I believe there are interdimensional beings and extraterrestrials among us, but not in the Hollywood-style “They're coming to take over!” way. If you think about it, every alien invasion film portrays them as doing exactly what we do—staking territorial claims, waging wars, destroying nature.

But what if the beings visiting us are actually far more advanced, peaceful, and here to help? That makes more sense to me.

I also think that we limit our perception when we try to fit intergalactic or interdimensional beings into our human understanding. Just because we see something as “otherworldly” doesn't mean it's separate from us—we're all part of the same universal consciousness.

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## The Way We Perceive Spirits, Angels & Elementals

Here's something to consider:

We always interpret spiritual experiences through our own personal filters. For example:

- Angels don't actually have wings—but we see them that way because that's how we've been conditioned to perceive them.
- Fairies might not be tiny, delicate creatures with sparkly wings—our minds just interpret them that way because of childhood stories and media influence.
- Ascended Masters or intergalactic healers may present to us in a way that feels familiar or comforting, even if their true form is beyond human comprehension.

Spirit meets us where we are and appears in ways we can understand.

## Jim Henson-Style Fairies?

I've always loved fairy tales, but when I sense fairies, they don't look like the pretty little flower fairies I had in books as a child. They're more like creatures from a Jim Henson film—gritty, mischievous, and ancient.

When people say they see glittery fairies, I don't dismiss it—it could simply be how their brain translates the energy. The spirit world works with what we expect to see, which is why our perceptions vary so much.

## A Woodland Encounter with an Elemental

I once had an interesting encounter while meditating in the woods. A tall, elf-like being appeared and started ranting about how humans treat ancient woodlands. He was furious—spitting in disgust at our lack of respect for the land and how we chop down sacred trees to print books instead of connecting with nature's wisdom.

Was he real? To me, yes. But was he an elemental? A guardian spirit? A projection of my subconscious? That's the mystery, isn't it?

## How to Work with Interdimensional Beings

If you're interested in exploring this realm, sit with it yourself.

- Call in different energies and see how they present themselves.
- Be open to non-human forms of spirit communication—whether through visuals, sensations, or emotions.
- Try working with intergalactic healers—they have an incredibly high vibrational energy that can be profound.

## Final Thoughts—What's Your Truth?

Kev, I hope somewhere in this rabbit hole of an answer, I've given you something useful! But don't take my word for it—explore it yourself.

Your experiences with spirit and interdimensional beings will be unique to you. What's most important is that you remain open, curious, and willing to see beyond the obvious.

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

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