



Mediumship Matters Podcast Transcripts

Series 1 Episode 11

Heal Thy Brother & Energetic Boundaries

Mediumship Matters – Episode 11

Hello and welcome to Mediumship Matters with me, clairvoyant medium Hannah Macintyre. We're on episode 11, and today I want to talk to you about two topics that have been burning away in my mind. First up, I've titled this segment Heal My Brother, and then I want to dive into meditation and its place in the spiritual journey.

Heal My Brother

This is something I've worked with my spirit guides on for years now, and I want to share what I believe the expectations of the spirit world are when it comes to helping others. And it might not be quite what you think.

I believe most people are empathic—if you're listening to this podcast, you almost certainly are. Empaths can feel the energy of others, beyond what they say or show. As empaths, we walk through the world sensing when people are happy, sad, struggling. And because of that, many of us feel a deep need to help. My own journey with spirit began with healing, wanting to help others, and learning how that really works.

I'll take you back to when I first did my Reiki training. For those who don't know, Reiki is essentially energy healing—the idea being that physical disharmony stems from emotional and energetic imbalances. A Reiki healer connects with universal energy and channels it to help others. Sounds lovely, right? And it is.

But here's where we get it wrong. So often, people get their Reiki attunements and immediately think it's their job to heal everyone they meet. I used to do it too—flinging healing at people left, right, and centre. “Oh, you're having a bad day? I'll send you some healing.” And while that comes from a good place, it's actually not how it works. Healing has to be received willingly, and it has to empower the other person to help themselves.

I learned this lesson the hard way. I was on the school run (toxic energy central, by the way—if you don't have to do one, count yourself lucky), and I sensed someone struggling. I went home and asked my guides, “What can I do to help them?” Silence. Nothing. And that was odd because my guides are always chatty.

The next day, I tried again. “Okay, spirit, what do I need to do?” Still silence.

Then finally, they answered: “Nothing.”

That floored me. “What do you mean, nothing? I can feel their pain, I know they need help!”

And my guides replied, “Yes. And it's nothing to do with you.”

That moment changed everything for me. We assume that when we feel someone's pain, it's a call to action. But what if it's not? What if we're just supposed to witness, to hold space, and to trust that they are on their own journey of growth?

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It's like when my son was learning to walk. When he fell, I didn't pick him up and carry him. I encouraged him, cheered him on, and let him figure it out. That's what we need to do with others. Spirit doesn't intervene to take away our challenges—they guide us through them. And we need to learn to do the same for those around us.

Energy Boundaries & Protecting Yourself

Once I grasped this, spirit took the lesson further and showed me something utterly disgusting but effective. In my mind's eye, I saw people coming to me holding a giant, filthy, dust-covered turd (yep, a turd), and I was taking it from them, putting it in my energy field, and giving them my own fresh energy in return. They'd leave feeling fantastic, and I'd be exhausted. And I realised—this is what I'd been doing. Absorbing other people's emotional mess, carrying it for them, and leaving myself drained.

So, my guides gave me a new technique: bat it back. When someone tries to dump their energy onto you, imagine holding a ping-pong bat and gently knocking it back to them. You can still listen, still care, but you don't need to absorb it.

A perfect example? I had a friend stuck in a toxic marriage, always moaning about her husband but never doing anything to change it. Every time I saw her, she'd vent, I'd take it all on, and she'd leave feeling great while I went home feeling like I'd been hit by a truck. So, I changed how I responded. Instead of absorbing, I encouraged. "That sounds awful. What are you going to do about it?" And guess what? Within months, she left him, met someone new, and is now happily engaged. Because she had to propel herself forward.

So, be mindful of where your energy is going. Help, but don't enable. Support, but don't absorb. It will change your life.

Meditation & Spiritual Connection

Now, let's talk meditation. It's a huge topic, and I see so many people struggling with it, feeling like they have to reach some silent, transcendent state. And honestly? I don't think that's how it works.

Meditation isn't about floating off into some mystical dimension. It's about learning to sit with yourself. And for many people, that's the hardest thing to do.

Spirit doesn't need you to sit in lotus position for hours—they just need space to work with you. And that space can come in different forms. Walking, running, ironing, cooking—any activity where your body is occupied and your mind can drift. Some of my clearest spirit messages have come while chopping vegetables or folding laundry.

The real challenge isn't silencing your mind—it's dealing with what's in it. If your mental to-do list is overflowing, you won't be able to connect with spirit. You need to clear your own internal clutter first.

I had a student who kept getting the same message from spirit: "Sit with a cup of tea. Just sit." And she ignored it, over and over. But they kept bringing it back. Because it wasn't about the tea—it was about learning to be present with herself.

So, if meditation doesn't work for you, find something that does. Try walking, painting, knitting—anything that lets you breathe and be. Spirit isn't waiting for you to chant and om—they're already with you. Just start talking to them, and listen.

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Final Thoughts

So, to wrap up—stop trying to fix everyone. Cheer them on, support them, but let them do their own work. Protect your energy. And if meditation isn't your thing, find another way to create space for spirit. They're already with you, waiting for you to notice.

Let me know your thoughts! And if you've got any questions or topics you'd like me to cover, email me at podcast@hannahmedium.co.uk. Thanks for listening, and I'll catch up with you soon!