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SPEAKERS

Hannah Macintyre

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Hello, and welcome to medium ship matters. With me, Hannah Macintyre. How are you doing? I wanted to start today by talking to you all about, as the title of this episode suggests, some interesting in inverted commas, challenging experiences I've had demonstrating recently. Now, I'm aware that when I started season five, I very much was like, I'm going to do the demonstrations I've got booked in. And then I'm going to step back for the rest of this year. And I am going to step back for a little bit of time. But I've actually really been enjoying my demonstrations this year, and there does seem to be an ease about them, which was missing. So long may that continue? Who knows? We're here we're there. We're everywhere. The only thing we do we know for sure is that anytime I say I've made a decision about something the universe will bring me a teaching, which makes me doubt that very thing. Yay. So zero clarity. I think that's, that's important to talk about, as a medium. As someone who is very connected to the spirit world very connected to their spirit guides. I have zero clarity on what's happening next. It's not the way you think it's going to be. Anyway, so I've been doing these demonstrations. And the first thing I wanted to say is, if you are a developer, I know we're all developing mediums. But if you are just taking your steps into platform, or you're quite early in your platform journey, I have really noticed recently for myself, there's been a shift. And it's the little spark of hope for you all. Because I have spent so long absolutely haemorrhaging energy when I demonstrate, because I'm so nervous, because I'm judging my mediumship. And all of a sudden recently, it's just clicked. And yeah, I'm still tired, but it's not to the level that it has been. And I'm not doubting myself so much. So when I'm giving people evidence and things like that, I'm not constantly Is this good enough push for more? How are you doing? Do people look like they're enjoying it? What are you doing? I'm not in that space anymore. I'm just me and spirit. And I'm sharing it and take it if you like and don't if you don't. So I didn't know that this was a thing that was possible, because as you guys know, I have demonstrated now for solely on my own for a couple of years. And so I thought I was always going to be in that space where there was such a huge cost to me. And it was so desperately uncomfortable. And so to be in this space, and as we know, it may end immediately. And I may not be in this space again. But to be in this space right now is quite miraculous. There's almost you know how in mediumship we talk about needing a surrender, we say you've got to surrender. And then I just think that's the most ridiculous thing ever. Because we know we need to surrender. But being a human makes it very hard to surrender because to be in a true surrender state, you have no

attachment to the outcome, which means you don't care whether you do well or not. And I just don't feel like that's the possibility for me. I don't feel completely detached to whether whether it's good enough whether people are getting what they want. But I have started to feel a detachment to the quality of my work. And that doesn't mean that I don't want to be good. But it just means I'm trusting that it is. And that is new. And ironically, of course that's making my mediumship better. So if you're pushing through on the platform, and thinking, oh my god, this is painful. And as I was thinking this time six months ago, it's going to be like this forever. Here's a little tiny glimmer of hope to let you know that it's not. It's not going to be like this forever. There is going to be an evolution, a movement, a shift, it will continue to grow and shift and change. Now going from shift to shit in the way that I do. I've had some very interesting demonstrations this year. So long Last week, I was in a venue that I've used a few times. And this again ties in with what I was talking about with the sort of aggressive nature of people at the moment, this kind of, I haven't got enough, I'm going to squeeze I'm going to pull, because I had a venue that was 250 pounds rent for an evening. Now 250 pounds rent for an evening is not the most I've ever paid for a venue. But it is quite a fair amount for a venue. And then for that 250 pounds, they told me that they could fit 180 people. Now we've never actually got to 180 people in that venue. We always sort of land at around 140 150. And last year, when things were difficult, I think we had one night there were it was 100. And after I'd done two demonstrations there, they and bearing in mind, this is a venue that is closed on a weekday night. So this is an opportunity for them to get all the bar sales, lots of people to their venue on a night when normally nobody would be there. So I they messaged me and said, because of the chair rent and the costs, were going to have to put your rent up 100 pounds. So nearly a 50% increase. And I was like, oh, okay, nevermind. It's a good venue. It's a pretty venue. So they messaged me before I went this time and said, How are ticket sales going? And I said, Well, I'm at 120, I'm hoping I'll be able to get to 150. And she messaged back and said, 120 is our maximum. And I thought of I really dropped a clanger here, I have a spreadsheet with all of the what, what the venue costs, how many they can seat, and I forwarded her her own email from a year ago saying we see 280. And she replied back with we don't have enough chairs for 180 people. I I have been putting on the booking form 120. So you should have seen that. And I was like, Well, I thought you were just putting 120 on the booking form. Because that's how many I normally have not because the limited changed. So I was already a little bit cheesed off before we got there. And I they had said, Well, we've got 120 nice chairs. If you're not worried about how the chairs look, we've got some extra ones we'll put out. And I thought about it. And I thought, No, I won't. I won't go with unmatched chairs. But this is very disappointing. But I will get still, I won't tell them I'm not selling the extra tickets, because there's always that bit where people like to leave gaps. And you know, sometimes we're pulling chairs out and trying to rearrange the audience, and it gets very stressful. So I thought, okay, we won't have that we'll just have the extra space. Oh, good. Yeah, you'd think. So I get there. And there are at lovely wooden back to matching chairs. And then the same amount, again, not quite 60, I would say, blue, disgusting chairs. They look like something that children would sit on on school, they're covered in paint and scuffs. They don't match the venue. And I was like, okay, and as I went to say to the staff, well, we'll just put those chairs away. We don't need them, they don't match. I realised that there wasn't 120 of the nice chairs. They hadn't even got enough for what they were telling me was the maximum. So that was the start of me being like, okay, that's really irritating. We had to move all the chairs because they hadn't put an aisle down the middle. So they were expecting people to sit in rows of 10 with the people who have been the centre sort of trapped. So we moved all the chairs got all that done. And then the Dems started. And it was a really good damn, I'm proud of my work. I felt like the audience were really on my side. It was really good fun. But do you know guys during that dim the staff because the bar is in the room.

The staff, the manager of the venue, was having a chat with his staff so loudly at the back of the room that I had to from the stage, ask them to be quiet. And I had four or five times where their phones went off during my damn.

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So as you can probably tell from that I'm a little annoyed and I am now going to look for another venue because that's just absolute, you know, 350 pounds for four hours rent of a venue when they're also getting books that bar sales. And they are not even being professional. And I'm telling you that not because I just like to moan. But I'm telling you that because I think these are important things to talk about. When we're developing, I remember wanting everything to be deathly silent, any sort of vibration, cough, anything like that would pull me out of my power. And now I understand the real importance of being able to work when there is noise, because audiences generally aren't quiet anyway. But there is always something that is a distraction. When I first started working with one of my mentors, they were telling me off for closing my eyes when I demonstrated, they told me it's an absolute no, no, in mediumship, if you want to read with a sitter, and I do completely agree with that, and it's something that I teach my students. And it's really, really important, because, energetically, if you've got your eyes shut, you're just having this experience, it's you in the Spirit, and you're forgetting about the most important aspect, which is the sitter. So whether you demonstrate to an audience or whether you work one on one, you need to keep your eyes open. And at the beginning, you do feel like you've taken a step back in your mediumship. It's not as good as it was. Because as soon as you open your eyes, you're overstimulated you can see stuff around the room, you don't feel like you can do it. And you have to kind of go through that process of going on. I feel like I'm right back at the beginning, allow that process to take place. And then you will come out the other side, and realise that it's really important and worth it. It's definitely important in an audience scenario, because they want to feel like you're engaged with them like you're interested with them. So talking of distractions, it leads me to a real shit show, which was so funny. I was at one of my favourite venues in favour Shem. It is the old brewery store. It is just beautiful. It's really funny. It's like a museum of the history of the brewery with a function room that is beautiful, and yet simultaneously, like a warehouse. And it's just a very sort of quirky, unusual space. And Kim and I were really looking forward to going there because it is always a really good night there. This night was quite a challenging night there and I really wasn't expecting it. So we arrived, people were checking in, someone came out of the loos said the loo was blocked. I went and got the manager. And it turned out that the toilets were backed up. Now, when Kim and I arrived, we had been sitting up by the stage and I had said oh, I can smell poops. And I said oh, there's a drain in the corner of the room. It was under a piece of wood. I went I did not know that drain was there right next to the stage. And I went oh, I think they might have some they might need to put some bleach down that train didn't think anything more of it until the toilets backed up. And then I thought, okay, there really was a problem, I should have trusted my nose. Anyway, they couldn't get an emergency plumber out and they were really helpful. You know, these things happen. There's nothing you can do about it. They shut the toilets, they opened the disabled toilets, and they cleaned and then opened the staff toilets for us. It would have been the ladies as well when 89% of your audience is female, and take longer. It would of course be the ladies that broke. But nevermind. That's life. Now, because people were arriving and being told the toilets were out of order. It ended up being one of the most disruptive demonstrations I've ever done. Because as soon as people had sat down wasn't their fault, you know, they hadn't been able to have a wheel on arrival. They saw someone go and use the toilet and come back and then we must have had 50 people up and down during the show. Going to visit the toilet. Now. It's not their fault. I get it. I get

wanting to arrive and use the loo. I completely understand that but Oh my god, did it make it hard for me to work? So we had that sort of in and out disruption, they were very well behaved, they followed my rules, they came. And they left and arrived in between links, so not during my actual experience apart from a few people. So it could have been much worse than we had four glasses kicked over and smashed during my damn, never had that. Then we had this mal odour of poop clouding the stage. I honestly guys, I mean, I'm laughing about it because it was hilarious. But it's really off putting because it's a disgusting smell, to be able to keep working when you are trying to have this energetic experience with spirit and you keep smelling faeces. And the front row who paid for front row tickets can smell faeces. I thought the onions were bad in the other place. But actually, who knew that there were new depths, we could reach in my demonstrations where we would be like, Okay, I thought that was the pinnacle. But actually, it's this. Who knew Who knew that that was available to us? I mean, honestly. So we had all of that. And then I also had an audience that was quite experienced, they'd all seen nearly, I reckon 70% of them had seen mediums before being what I would call really badly behaved. It was really interesting. So you're halfway through a link with somebody, and they're saying yes to everything. And then you suddenly get someone put their arm up, and then really make your fuss and really waving. And you say, okay, sorry, did you? Did you need me? Because it's so disruptive, and so pulls you out of your focus with the Spirit. And they said, I think you might be with me, and I say, Okay, can you understand everything I've said then? And they say, Well, not this, not that. Not this not that. And you have to go. Okay, well, well, this lady I'm working with can understand everything I'm saying. So I'll just stay with her. Thank you. And I, I've never had an audience for it. And, and it was so weird, because they're an experienced audience. So if there is, I, it's kind of understandable. If the audience is all people, I've never seen a medium work. But in that space, I don't know. It was it was very weird. So it was very stop, start very stop start. I had this one moment where I'd got a grandmother through and she was showing me, Lily put Elaine cottage cottages, they're like ornaments of ceramic cottages, and they all have different names. And I knew that those ceramic cottages were important. And I offered it out. First of all, no one took it. I went through all my evidence, I said, I stand by it. Some She's here for somebody. And then we had eight hands up. And they, I've tried to go to one, and I tried to go to another. And they were like, well, I don't understand it as grandma. She wasn't that age, when she passed. I don't understand the cottages, I don't understand this. I went to another one. I don't understand this. I don't understand this. So basically, you've got grandma and spirit. And I've said grandma, and nothing else that I've mentioned resonates with you at all. And it got to the point where I had loads of people putting their hands up, and I just said, Okay, only keep your hand up. If you can understand every single thing that I have said, every single thing. All the hands went down apart from one and I just thought bloody hell doesn't matter. Doesn't matter how much you educate them, how much you explain stuff to them. You know, I also had

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some ladies now I know that they didn't know better, but this I just want to share this because this is what it's like being a demonstrating medium. They came up. They'd had a book signed, they will just get their book signed, they bought a book which is fab, and they'd had the first link of the night. Now obviously at the end of the night. I've barely remember what I've said I'm exhausted. I made the biggest faux pas ever when I was answering questions when I called the lady in the audience, the man and it was mortifying and the reason why I did it is because I was so tired that my contact lenses are dried out on my eyes and I couldn't actually see. But of course, that didn't make it better. Oh, I think it was just panicking after the stress of standing in poop stink. I kept thinking, everything you smell, you're also tasting. It's like proper molecules,

which is not a helpful thought. And I've now shared it with you. So you're welcome for that. And I was just grossing myself out. Anyway. These girls came up to me at the end. Now, when I came to them, I'd already said to the audience, as I always do, I need your voice, I need you to answer me, I need you to respond. It's part of the energetic process. And when I went to them, they both became virtually mute. And that's okay. I understand that I understand that it's nerve racking. I understand that it's a lot. I also understand that if you don't answer me properly, there is a limit to what I can achieve in my mediumship. And that is the way it is, there's nothing I can do about it. So for them to come up to me at the end to tell me they were dissatisfied, because they felt like there was more I should have been able to get when they hadn't answered me was challenging to receive. And this is what it's like, you can you can educate people, you can explain how it works. But if they don't get it, they don't get it. And there's nothing you can do about it. So that was a really interesting evening, I also want to share just a couple of spirit stories with you. The first one I'm going to share is actually about something I got wrong at the first venue. Because I think I always think there's more value in the stories of what I get wrong than me showing off about my best bits. But there you go. Anyone can talk about the times where they were amazing. I think it's more valuable to talk about the times that you want. So I had a gentleman step forward. And unusually for me, I couldn't tell the difference between him being dad or uncle. It felt I couldn't separate it. And in my mind, I was thinking, Okay, well, maybe I've got cousins in the audience, and it's dad to one of them uncle to the other. And I knew that this man passes, age 57. He's a keen cyclist cycling is really important to him. His passing is shocking, because he's at peak physical fitness, and really enjoying his life has no symptoms, he passes from a cut on his leg, his left leg that leads to sepsis. Now, pretty specific, I was pretty proud of that evidence. I'm not gonna lie. It's not always like that for me. And that, you know, I was in my power. I ended up with this girl and her mother in the audience who were like No, although, you know, then when you knew, and she asked me, if it was Dad or uncle I was communicating with, and I felt a rift, they were both there. And I felt into it. And I felt like only one Spirit. And it felt like it was Uncle more than dad. So I shared that with them. And they went in, and it just, I couldn't get it going. And I did my best for it. I passed on the message. She came up to me at the interval. So her uncle was elderly when he passed, but he died from a cut on his leg and sepsis. Her dad was a keen cyclist who died at age 57. And Cycling is a massive thing for him suddenly, unexpectedly. The cycling was important because there was cycling involved in his funeral. They had it as part of it because it was such a passion for him. And I said was God, I'm so sorry. I'm so glad you've been able to work that out. You know, I wish that I could have realised it was two spirits. And I sat with spirit afterwards. Talk to them about it. And it was only one Spirit. But the uncle was trying to also communicate on behalf of the DAT. Now I have to be honest and say I've not had an experience like that before. I've not felt into the energy of that before. Hopefully now I went a bit creaky this time. I'll be able to do it next time. But I wanted to share that with you guys as a possible potential when you're opening up and expanding and trying to feel into things because it doesn't always work the way that you expect it to. And I'm not devastated by this. I think old school me would have been absolutely devastated that I hadn't got that right. I'm not devastated by it, because I still think I did bloody well on that evidence. I still think that was really specific evidence. It's just a shame. I didn't assign it to the right spirit. And that's how things can fall apart. At the poopy venue. I had an interesting one where I was working with a lady that had passed, she had a long term illness, but then she caught a virus and died from that, after having her long term health complaint. And I got everything right. I was working with the sitter, it was Yes, after Yes. After Yes. After Yes. And then I said, she's talking about flowers. Are you going to give her flowers? There's something to do with flowers? And they said, No. And I went back to the spirit, what have I done? And she gave me flowers. And I said, I don't know what this is this something to do with flowers. It's really important. I said, they're pink roses. And the girl said, I've got pink roses on my windowsill at home, but then nothing to do

with my mom. And I went back to spirit. She said, Nope, not that. And I said, Nope, not that. And I said, this son, that is you haven't done flowers for your mum, following her passing. It feels like in honour of your mom. There were pink flowers. And she said, my mom hated flowers. And everybody laughed. And I was like, why would she bring in something that she hated? So then I'm like, Okay, I also want to talk about how you're wearing her perfume. There's a connection with perfume, you wear her perfume to remind you of her. And she said she hated perfume. And I went, Oh, my God. And everybody laughed. And I was like, why am I getting things that this spirit hated. And then she said, But my friends are here. And our moms are both in spirits. And our mums were friends. And this girl waved her hand, she was next to her. And she said, I'm wearing my mom's perfume tonight. And I said, Okay, she's obviously just saying hello, letting you know that they're together, and they're around. But I still feel like I'm with you. And I still can't move these flowers. Anyway, had to let it go. moved on, finished it really, really good. I was heading to the toilet in the interview. And as I walked past that girl, she was crying. And she said, I just want to say, thank you so much for that. Reading that meant so much to me. And I am that's that's fine. Thank you for being a part of it. I'm sorry about the flowers. And she said, Oh, no, we've worked that out. And she brought her mother's order of service with her. And around the picture in the centre of the order of service was, you've guessed it, pink roses. So that really helped me because I it's that thing, isn't it of trusting people are saying no. And you're there. I mean, why they put an order of service flowers if the mother hates flour? I don't know. But what a great message from spirit, what a great bit of evidence that they weren't aware of. And I, you know, I had to trust into and that mum was very determined, she wouldn't let me change it. I felt really strongly that I was with it, only for it to make it sense later. So to kind of interesting experiences, I think, where you are navigating medium ship, and this is what it's like. And the trouble is, I think when you start noes are the worst knows pull you out of your power nose make you doubt your ability to do this nose hurt.

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I mean, those used to physically hurt me, it was like I'd been stabbed in the chest. And it was so painful. And it wouldn't pull me out of my power and then I wouldn't be able to do it. And I'd be completely in the human space of looking at everybody and feeling like a failure. But noes will always be a part of mediumship. And actually, if I'm honest, sometimes it's the nose that ended up being my most impressive bits of evidence. Because just like that girl with the order of service, it's kind of mind blowing as a bit of proof that the Spirit knows that the Spirit sees and Yeah, so although I would prefer, in my ego space to look good in front of an audience, there's no doubt I would prefer to get nothing but yeses. I also really appreciate the cleverness of spirit that knows that become yeses later, they have a certain magic about them. And maybe it's just that bit of magic, that that spirit that sitter needs. And I don't want to get in the way of that, because that's the cool stuff. But also, I don't like nose. So find that space in there. So if you're developing, your job is not to stop getting nose, your job is to get so many nose that they don't have a power over you anymore. That's the that's the most important part of your development. It's not not getting knows it's being able to cope with it, being able to trust your mediumship anyway, it's being able to stand up in front of somebody or sit down if you're doing a one on one. And them say no, and you say I can't change it, it is what it is, and holding that space. And when they give you a sort of vague lifeline to be able to get out of it being strong enough in yourself to say, No, it's not the flowers in your house, it's something else to make it better. And that is massively underestimated. I think I think we we want an easy path. Because of course we do because it's a painful path mediumship development. But this is also the only way to get you to, to where you are to where you need to be. There's no shortcut to

that. There's no no non painful way to take the pain out of nose, you have to just grow a callus. So it doesn't go so deep. And then that callus becomes harder and harder. And then you realise that actually a lot of the nose that you get were actually yeses, Agnes this thing. I reckon that about 90% of the nose, I get become yeses later. And that's startling, isn't it? Now, the other 10% I am wrong. I can accept that I have no problem with that. You're doing an energetic experiment, you're reaching into an invisible space to perceive an energy that's beyond your normal human senses. You are going to get things wrong, you are going to make stuff up, you are going to get in the way of it. You are going to imagine stuff that is not from spirit, but it's just a little brain burp. That is par for the course. But actually it's quite staggering to me as I've grown in confidence in belief in my own abilities, how many things I haven't allowed to be watered down. And how many times I haven't been able to go well I'm taking that back obviously made it up and I've just gone no, it is what it is for it to be right. The first person that tried to take that Lilliput Lane lady, she could take everything but cottages she could take other ornaments but not cottages. And as soon as she said that, I was like no, because I'd forgotten about Liliput lane, I'd forgotten about the branding of it, the name of it. It's never anything I've ever seen anyone I know have. It's not to my personal taste like it was so far removed from where my brain would be that I knew it was from spirit. And I knew that it was right. And actually that was key in finding the right sitter. And it's hard to be in that space. It's hard to be in a space when you are in front of a roomful of people going. I've got Lilliput laying cottage and somebody says, I can take lots of ornaments, ceramic ornaments, but not cottages, they were other things and holding that space when no one else has got their hand up, where you say, No, it has to be this. But that's where good mediumship comes from. And if I could do anything and go back to me when I was first developing, I perhaps would explain this to myself because I felt like all of the noes were signs that I wasn't good enough that my mediumship wasn't good enough that my connection wasn't clear enough, potentially that spirit Rick didn't want to work with me. And they were letting me know that they didn't want me on the team by letting me get things wrong, because I had such a lack of understanding of the intricacies of offering stuff to people through their filter of what they would expect to receive from that spirit of evidence, versus what you're actually able to receive from that spirit as evidence. And the space in between, where you try and find a place where it meets. And that is hard. If you've got somebody there, that is like, if my nan comes through, she's going to talk about her son that's in spirit and the locket of hers that I always wear. But my valves are actually only open to how she passed how she liked to spend her time and memories of the two of them together. It's not that sitters fault that they've got expectations about what their grandmother would bring in. But it's also not my fault that I'm not able to perceive those things that they want in this moment. And finding that space of being true to your mediumship. And what you are perceiving and what you are receiving, versus what sitters want you to receive, versus gaps in their knowledge and things they've just forgotten about in a moment. That's, that's the job. It's hard. But it's also kind of amazing. I feel like the last two weeks of demonstrations have been shipped shows for various reasons. But they've also brought back to me the wonder of it, the magic of it, the cleverness of it, the mind blowing Enos of it. How absolutely incredible spirit are.

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Hannah Macintyre 37:02

So I'm going to step away from the spirit of the conversation. And I'm going to just move quickly to a couple of listener questions, because I've got so many of them to answer once more, which I'm really grateful for. So first up, I've got an email from somebody who wants to remain anonymous, so they will. But I'm going to scroll down to that question, which is, she's talking about her daughter. The parents are separated. And her, her ex partner wants her

daughter to attend an event that she doesn't feel like she wants her daughter to go to. And she has like a foreboding feeling. And she's worried about separating intuition from fear. Where is it? Where's the line? And this is the question, isn't it? And I don't really know if I can fully answer that for you. Because our emotions do completely override our feelings of intuition. And so I'm just thinking of. So the other day, my husband and I went away for a weekend, it was our first time going abroad and leaving our teenage children. And we're very excited about it, we went away and we had an incredibly magical time. It was it was amazing. And while we were gone, some members of our family came to our home and help themselves to some stuff out of our shed without asking. And I felt really affronted by that. They weren't just borrowing stuff. This was stuff that they used up. And the problem is with them using it up if we need to do any repairs, we're not going to have matching things now. And it just really upset me it really upset me that they did that. Now I know that they are not bad people. I know that they didn't think it was necessarily a bad thing to do. I get all of that. But I really was a trigger for me. I have a bit of a weird habit of liking to keep things in stock. And I'm not a hoarder. Really not, but maybe a little bit. I like to have backups of things. I think it's from when we had real financial struggles. It just makes me feel safe to know that There is a backup of something. So we always have back, I always have backups of everything. Toothpaste, shower gel, shampoo, conditioner, deodorant, face cream, I don't know what it is, I just like to know that I've got another one waiting in the wings. I accept that that is probably a bit odd. But I also accept that I'm allowed to be odd. And it's my home and I can live how I want in my home. And I shouldn't expect people to come in and take things from my home when I'm not there. And I really had this massive reaction to it. Emotional, it was this huge outpouring. And then I pulled cards, because I really just wanted to put down a boundary and cut people off. And that was that they were never welcome in my home again. And I pulled two cards, and they were both basically negative thoughts surrounding into real fears, let it go. And I went all, but I also knew that that was right. And that there's no point blowing apart a relationship over something like that, yes, I'm going to be a bit more mindful with my boundaries. Probably a little less of the people pleasing version of Hannah, where I'm more worried about everybody being comfortable and having a nice time. And that has obviously made them feel too comfortable. But an interesting lesson nonetheless. And yeah, so in answer to your question, anonymous, this is the problem. Because it's hard when you're having a big emotional reaction to something to get a good read. And I think we just have to accept that that is how it is. So it could just be that you really get a bad feeling from from your ex partner for good reason, I know you've put more detail in the email. And so you know, you are worried about that, for good reason, it could be that your instinct is saying it's absolutely the right thing to do. But it could also be not. And the best advice that I can give you because this is your child is just to err on the side of caution. And not damage anyone else from your feeling. But follow your feeling, trust your feeling. And this is the thing, you feel how you feel. And that doesn't necessarily mean that it's wrong, whether it came from spirit, or it's coming from you, you still feel how you feel. And I feel that that is valid. I still feel a little violated. I'm not going to burn everything to the ground like I was going to earlier this week in my absolute love or filled rage. But I am a little bit kept more careful now. And I recognise that and I understand it. So finding that space. So an answer but not an answer. But I always try to answer everything and not shy away from anything. I hope that that helps. Then I have another question from Sarah, who wants to know how it is that we can reincarnate, but be available in the spirit world to be able to do evidential mediumship with parcel messages, that kind of thing. And I think that in I know this is a limited way of looking at it because this is the best my brain can do. But if you remember that the spirit world exists outside of time and space. So in the spirit world, you are already reunited with your loved ones. The separation is part of the illusion of this physical experience, not the reality of the spirit world. So that you can be everything all at once in the spirit world, but also, just take it like only part of you incarnates here. It's not the whole of your soul incarnates. It's just part of it. So you

can communicate with that part of a soul for an evidential reading, while another part of that soul is off living another life. Does that help? I hope so. Right, there we go. I'm gonna leave the rest of the questions for the next episode. But thank you all very much for listening. I hope you've enjoyed it and I will catch up with you again soon.