



# Mediumship Matters Podcast Transcripts

Series 1 Episode 3

## Dark Energies & Understanding Spirit

### Introduction

Hello, everyone! Welcome to Mediumship Matters Episode 3. A huge thank you to those who have sent me kind messages and encouragement. Today, we're diving into a question from a listener, CC, about dark energies, spirits, and paranormal experiences. Let's explore this together.

### CC's Question

"When I was 10 or 11, I had an experience I still can't understand. I visited a friend who had moved into a new bedroom. While we were sitting on her bed, her drawers started opening and closing on their own. At first, I thought it was a prank, but then perfume bottles flew through the air, and wardrobe doors swung open and shut. I was terrified and ran out of the house. When I returned a few days later and politely asked whatever it was to leave, the activity stopped, but I still felt something around my friend. I don't believe in bad spirits, but this felt heavy and angry. I also had a strict religious upbringing that labelled anything spiritual as evil, which made me feel like there was something wrong with me. That belief stifled my intuition for years."

### Understanding Dark Energies

I used to believe in negative spirits and even trained as an Entity Release Practitioner, removing what I thought were ghosts or attachments from people and homes. But over time, my perspective changed.

I started questioning: If spirit is an intelligent, loving force, why would it need me to ask angels to remove an entity? Surely, they would do it themselves. This led me to re-examine everything I had been taught.

Here's what I've come to understand:

1. There are no evil spirits. No matter what someone did in life, they transition into the spirit world, where they are surrounded by light and love. They face their life choices, but they are not condemned to darkness.
2. Humans create energy. Trauma, fear, and strong emotions can leave an imprint that feels sentient, but it isn't an independent, intelligent spirit.
3. Negative experiences leave energetic residues. When people experience deep trauma, they sometimes carry that energy with them. Over time, if it isn't processed, it can grow into something that feels like an attachment.
4. Our brains interpret energy through personal filters. If you expect something scary, your mind will present it in a way that matches that fear—often influenced by horror films, religious teachings, or personal beliefs.

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## Haunted Spaces & Residual Energy

Places can hold energy, especially where significant events occurred. If a location carries a history of sadness, shock, or fear, it can feel unsettling. However, this doesn't mean spirits are trapped.

For example, if someone died tragically in a specific place, the emotions from that event might linger. Over time, people who visit and expect to feel something spooky contribute their own energy, reinforcing the atmosphere. This is how places gain reputations for being haunted.

## Poltergeist Activity

Physical phenomena, like objects moving or lights flickering, usually indicate one of two things:

- A spirit trying to communicate. If they can't get someone's attention in subtle ways, they might resort to physical manifestations.
- Energy manipulation. Strong emotions—especially from young, highly intuitive people—can sometimes create an unconscious release of energy that moves objects. This doesn't mean there's an external force at work.

CC, in your case, it's possible that:

- A spirit was trying to communicate but didn't mean to scare you.
- Your friend had underlying fears about the room, and those emotions contributed to the experience.
- You both, through subconscious energy, influenced the environment.

## Fear & The Influence of Belief

A strict religious background can instil fear around the spirit world, shaping how you interpret experiences. Many cultures and institutions have perpetuated the idea of demonic spirits to maintain control. But in my experience, spirit is only ever light and love.

If you feel uneasy energy in a space, rather than assuming it's something negative, try:

- Raising the vibration (playing music, lighting a candle, burning incense).
- Asking spirit to step back if their presence feels overwhelming.
- Acknowledging and releasing any fear or trauma that might be affecting your perception.

## The Business of Fear

Some people make money by selling fear—offering 'entity removals' for high prices or claiming haunted objects for attention. Fear sells. But the reality is, if you feel like something is attached to you, you have the power to release it yourself.

Instead of seeking an external solution, try:

- Meditating and asking for healing.
- Spending time in nature and consciously letting go of energy that no longer serves you.
- Trusting that spirit will never harm you.

## Final Thoughts

Spirit is always light and love. If something feels unsettling, it's either an energy imprint, your own projection, or spirit trying to get your attention in the only way they can. There's no need to fear the spirit world—humans are far more dangerous than anything spirit could ever be!

Thank you, CC, for your thought-provoking question. If anyone else has a topic they'd like me to cover, email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk). See you in the next episode!