



Mediumship Matters Podcast Transcripts

Season 2 Episode 5

Your Sixth Sense

Hello, lovely listeners! It's me, Hannah Macintyre, back with another episode of Mediumship Matters. Today's topic came straight from my morning dog walk, where Spirit and I had one of our usual chats (because nothing inspires profound spiritual wisdom like dodging a dog rolling in something unspeakable).

The big revelation? We are all mediums. Yes, you heard me. Whether you believe it, understand it, or even care to admit it, every single one of us has the ability to connect with Spirit. And no, it's not some exclusive club for the "chosen ones"—that idea really grinds my gears. This isn't about being special; it's about being human. So, let's dive into why you're more connected to the Spirit world than you think.

Debunking the Mediumship Myth: It's Not a Superpower

One of the reasons I started this podcast was to challenge the gatekeeping around mediumship. You don't need a lineage of psychic ancestors, a crystal ball, or a dramatic backstory involving lightning strikes. Mediumship is not an elite skill gifted to a lucky few. It's an innate ability that we all possess—like breathing, blinking, or quoting Friends episodes without trying. So why do so many people think they can't do it? It comes down to self-doubt, societal conditioning, and, frankly, a lot of misinformation.

The Sixth Sense: More Than Just a Creepy Film

We're all familiar with our five physical senses: sight, sound, smell, taste, and touch. But what about the elusive sixth sense? No, I'm not talking about seeing dead people like in the film (great movie, by the way, even if my daughter was completely unimpressed). I'm talking about our intuitive sense—our connection to energy beyond the physical.

Here's the catch: we expect Spirit communication to feel like our physical senses. We want to see a ghostly figure or hear a booming voice from beyond. But Spirit rarely operates on that frequency. Most of the time, it's subtle. It's a feeling, a knowing, a nudge in your gut that you can't quite explain.

And that's where we get tripped up. Because if it's not as clear as a neon sign flashing "HELLO FROM THE OTHER SIDE" (cue Adele), we dismiss it as our imagination.

Is It Spirit or Just Me?

The most common question I get is: "How do I know if it's Spirit or just my own thoughts?"

1. Spoiler alert: I can't give you a foolproof answer. It's a feeling, a knowing. And unfortunately, we're not exactly taught to trust those things. Our education system values facts, figures, and evidence you can write down or quantify. Intuition doesn't come with a certificate of authenticity.

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But here's the thing: your spirit communicates with you all the time. That gut feeling that something isn't right? That sudden urge to call a friend out of the blue? That's Spirit. Your Higher Self, your guides, your inner knowing—all part of the same cosmic Wi-Fi.

The Illusion of Separation

We often think of the Spirit world as some distant, ethereal realm—like it's floating above us in the clouds, complete with harp music and pearly gates. But Spirit isn't out there. It's right here, intertwined with our physical reality. We're not separate from it; we're immersed in it. Imagine it like this: we're waves in the ocean. Each wave has its own shape and movement, but it's still part of the sea. We're unique, yes, but we're also connected to the vastness of Spirit.

How to Strengthen Your Sixth Sense

So, how do you get better at recognizing Spirit's whispers?

- **Listen to Yourself:** Start by tuning into your own feelings and instincts. That voice telling you you're not good enough? That's your ego. The quiet nudge that feels loving and supportive? That's Spirit.
- **Follow Your Curiosity:** Notice the little things—the song that plays at the perfect moment, the feather on your path, the coincidence that feels too aligned to be random.
- **Practice Vulnerability:** The best way to know it's not just you? Practice on others. Yes, it's scary. Yes, you'll feel vulnerable. But there's nothing like saying, "I feel like you're moving house," and having someone reply, "I literally just listed my house yesterday." That validation is pure magic.
- **Embrace the Awkward:** Mediumship isn't always graceful. Sometimes you'll feel like a donkey's backside. That's part of the process. Show up anyway.

Signs from Spirit: More Than Just Pigeon Feathers

Sure, sometimes Spirit sends signs like feathers, coins, or repeating numbers. But even when the signs are undeniable, your brain will try to rationalize them. "Maybe it's just a coincidence." "Maybe that feather fell from a pigeon." (Russell Kane's joke about pigeon poop still cracks me up.) The trick is to stop needing proof and start trusting the feeling. Spirit's signs aren't about convincing your logical mind; they're about speaking to your soul.

Final Thoughts

So, here's your takeaway: You're already connected to Spirit. You don't need to be "special" or "gifted." You just need to notice, trust, and lean into the mystery.

Have questions? Epiphanies? Want to tell me I'm full of it? I'd love to hear from you. Email me at podcast@hannahmedium.co.uk.

And if you enjoyed this episode, please leave a review. It helps more people find the podcast, and honestly, it makes my day. (Also, I'm still buzzing about hitting #3 on the Irish Spirituality charts. Woohoo!)

Until next time, remember: Spirit isn't "out there." It's already within you.

With spirit (but never "love and light"),

Hannah Macintyre