



Mediumship Matters Podcast Transcripts

Series 1 Episode 13

Fear

Mediumship Matters – Episode 13

Hello and welcome to Mediumship Matters with me, Hannah Macintyre. We're on episode 13—unlucky for some, but hopefully not for us! This week, I want to talk about fear, negativity, and the way they impact us, particularly in the spiritual community.

The Age of Aquarius & Shifting Energy

We've moved into a new astrological age—the Age of Aquarius—which brings a shift in energy for humanity. It's about letting go of old, rigid ways of thinking and embracing new ideas, perspectives, and truths. With that shift, we're all being asked to face our ingrained fears, outdated beliefs, and emotional patterns so we can evolve.

Fear is a huge part of that process. As we evolve spiritually, we need to recognise when fear is holding us back and when it's being used as a tool to control or manipulate. That brings me to this week's topic: fear-mongering in spirituality.

The Haunted Doll & Fear-Based Mediumship

One of my supporters, Sheree (this one's for you!), asked me to discuss something I recently encountered—fear-based spiritual content, particularly around haunted dolls and negative energy attachments.

I recently joined a supporters group run by a well-known medium with over 1,100 subscribers. What I found was surprising. Instead of high-vibrational, inspiring content, the group was flooded with fear-based posts—haunted dolls, possessed crystals, and discussions about demonic energies.

Now, let's be honest: a creepy Victorian doll is unsettling, but do we really believe that demons are living inside it? If such powerful dark entities existed, would they really choose to reside inside a doll for a Facebook Live? It's absurd, yet so many people buy into these narratives because fear sells.

The same goes for “possessed” crystals. Crystals hold energy, yes, but they are high-vibrational tools for healing. To believe a demonic entity could take up residence in a piece of selenite is, quite frankly, nonsense.

It's frustrating because fear is addictive. People love spooky stories and feeling like they're uncovering hidden dangers. But fear-based mediumship does nothing but spread negativity. Our role as mediums should be to uplift, empower, and educate—not to keep people in a state of fear.

The Impact of Fear on Our Daily Lives

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It's not just in spiritual spaces—we're bombarded with fear everywhere. Take social media. Where I live in Kent, there's been a surge in posts about dog-napping. It's awful, of course, and awareness is important. But there's a fine line between staying informed and spreading fear. I recently spoke to a woman who was so terrified of dog thieves that she carried chains and UV spray to mark assailants. She believed she was being proactive, but she was really just living in a heightened state of fear. That kind of energy is exhausting and doesn't actually prevent anything—it just magnifies anxiety.

And then, of course, there's the ongoing reaction to Meghan and Harry, the tragic case of Sarah Everard, and endless opinion posts on social media. But ask yourself: What are you achieving by sharing fear-based content?

This is where law of attraction comes in. We understand that focusing on positive energy brings more positivity into our lives, yet when it comes to societal fears, we forget this. By constantly sharing posts filled with fear, we're reinforcing the very thing we don't want.

The Responsibility of Sharing Online

Before you share a post, ask yourself:

- Is this adding value, or just spreading fear?
- Is this current, or is it an old post resurfacing?
- What am I hoping to achieve by sharing this?

People often share outdated information without checking sources, adding unnecessary fear to the collective energy. Be mindful of your digital footprint. We all have a responsibility to protect our own energy and that of those around us.

Leading by Example: Lightworkers & Energy Transmitters

Spirit has often reminded me that my job isn't to fix the world's problems but to hold my own light. If we all focus on keeping our personal energy positive, that ripple effect spreads to others.

So, what can you do?

- Be mindful of your own energy. Protect your space from negativity.
- Share positivity. A simple smile or kind word can shift someone's entire day.
- Engage with high-vibrational content. Avoid doom-scrolling.
- Challenge fear-based narratives. If something doesn't sit right, question it.

A Lesson from Tony Stockwell

I want to share something that's always stuck with me about what it really means to be a lightworker.

When I first attended Arthur Findlay College, I was anxious and felt invisible. In my group, the teacher barely acknowledged me. But one evening, Tony Stockwell—who I had no idea was such a well-known medium at the time—walked into the bar. Everyone flocked to him, but instead of soaking up the attention, he walked over to me, shook my hand, and asked how I was finding the course. That small moment of kindness meant the world to me.

Later that week, I saw him again, this time sitting quietly in a corner with a deeply distressed woman, holding her hand while she cried. No cameras, no showing off—just genuine, compassionate presence.

That, to me, is what being a lightworker is truly about. It's not about proving how "gifted" you are. It's not about fear-based theatrics. It's about lifting others up, even in small ways.

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Final Thoughts

Fear will always be present in the world, but we don't have to live in it. Let's be mindful of what we consume, what we share, and what energy we put into the world.

I'd love to hear your thoughts on this. Drop me an email at podcast@hannahmedium.co.uk and let me know how your spiritual journey is unfolding.

Thank you for listening, and have a wonderful, light-filled day!