



# Mediumship Matters Podcast Transcripts

Season 2 Episode 53

## The Downside to Being Psychic

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I hope you're all well. As you can probably hear, I'm still recovering, but I'm definitely feeling much better than I was—thank goodness! I was definitely getting a bit fed up with all the downtime.

Now, today's episode is inspired by my recent bout of COVID-induced insomnia. Lying awake at night, I found myself reflecting on the downsides of the spiritual journey. I know I've touched on this before, but last night, spirit was really pushing me to dive deeper into it. So that's exactly what we're going to do today.

### The Psychic Journey & Emotional Awareness

One of the biggest realizations I had was just how much developing psychic abilities has shaped who I am—and I don't mean in a magical, mystical way. I mean in the very real, everyday way that being attuned to people's emotions affects your entire life.

As you all know, I believe that everyone can connect with spirit and work psychically. It's not some special, exclusive club—it's available to all of us. However, I also think we can recognize that for some people, this ability is naturally more switched on than for others.

For me, I've always been highly sensitive to how people are feeling. As a child, I could walk into a room and immediately feel the energy. And, like many of you, I became a people pleaser—not because someone demanded it of me, but because I demanded it of myself.

When you grow up feeling responsible for other people's emotions, you naturally start adjusting yourself to make others happy. As a child, I would try to lift moods—making people laugh, giving small gifts, or writing notes to cheer them up. And, of course, if I saw that my efforts worked, it reinforced the belief that I was responsible for making others feel better.

As adults, we can logically understand that someone's bad mood isn't necessarily about us. But let's be honest—it's still hard not to take things personally when someone responds coldly or seems upset. And for those of us who are naturally empathic, this can be an ongoing challenge.

### Mediumship, Boundaries & The Power of No

One of the biggest lessons I've had to learn—especially since I started doing large public demonstrations—is that you cannot please everyone. When you stand in front of an audience, you know that not everyone is going to get a message. Some will leave feeling uplifted, others disappointed, and some even frustrated.

And here's the kicker: that's not a reflection of me or my work.

- It took me a long time to accept that, and I still have moments where I struggle with it. But the reality is, people come to these events because they want a personal message. If they don't get one, their emotions may range from sadness to anger. And no matter how good the connections are that evening, you can't change that.

# Mediumship Matters Podcast Transcripts

This ties into a broader theme in life—learning to separate what you feel from what you're responsible for. Just because you can sense someone's emotions doesn't mean it's your job to fix them.

For many of us, especially those who identify as healers or helpers, saying “no” can feel impossible. But boundaries are vital—not just for our well-being, but for the people around us too. When we overextend ourselves, we teach people to lean on us instead of finding their own strength.

## The Spirit World & Our Role in Healing

This brings me to a key lesson spirit has taught me:

We can feel someone's pain, but that doesn't mean it's a call to action.

I used to believe that if I felt someone's struggle, it meant spirit wanted me to do something about it. But actually, our role isn't always to fix—it's to hold space, to believe in someone's potential, and to empower them to heal themselves.

Rather than rolling up our sleeves and taking on someone's burden, sometimes the most powerful thing we can say is:

“I believe in you. I know you have the strength to make the changes you need.”

For some, that's enough to create transformation. For others, it won't land yet—but that's okay.

Everyone finds their way in their own time.

## The Challenge of Knowing Too Much

Another tricky part of being highly intuitive? Knowing when people are lying to you.

Let me tell you—this is not always a blessing! I can often tell when someone isn't being truthful, even when their words sound convincing. And while sometimes people lie with bad intentions, more often, they lie to spare feelings.

A perfect example? My recent birthday party.

So many people sent me elaborate excuses about why they couldn't come. And honestly? They'd have been better off just saying nothing! I could feel the real reason behind their messages, and the effort to sugarcoat it made it so much worse.

Wouldn't life be easier if I just didn't know when people were lying? Probably. But here we are!

## Final Thoughts: Letting Go & Moving Forward

As we continue to grow spiritually, it's important to reflect on what beliefs, habits, or emotional patterns we need to let go of.

So here's a little challenge for you: Take some time this week to think about how your sensitivity, intuition, and spiritual path have shaped you. Are there beliefs or behaviours you've carried that no longer serve you? Is there anything you need to release so that you can step into a new, freer way of being?

Remember, spiritual growth isn't about getting everything right—it's about evolving, questioning, and learning to trust yourself more deeply.

Thank you so much for being here, and I'll catch up with you on Thursday. Have a wonderful few days!