



Mediumship Matters Podcast Transcripts

Season 2 Episode 94 - What Advice Would I Give My Younger Self

Introduction

Hannah Macintyre: Hello everyone, it's me, Hannah Medium, and I'm back with another Mediumship Mini!

Today's question comes from Eleanor, who asks:

“What advice would you give to your younger self?”

I've been thinking about this a lot, Eleanor, and here's what I would say.

Nothing is Permanent

When I was younger, I struggled so much.

Being an empath, although I didn't recognise it at the time, meant I was constantly absorbing everyone's emotions, needs, and unhappiness.

- I took it all on as mine.
- I looked at the world and saw so much suffering.
- I thought that unhappiness was permanent.

But here's what I now know: nothing is permanent.

Yes, we all face challenges and heartbreak, but equally, some of the happiest, most inspired people I've ever met found their way to happiness through devastating loss and grief.

So, I'd tell my younger self:

👉 Your pain won't last forever. Life is ever-changing.

You Are Worthy of Love

I would also say this: You are worthy of love.

- Even when you feel imperfect, fiery, or judgmental.
- Even when you're hard on yourself.
- Even when you're mean to yourself because you feel disillusioned.

Love is always there for you—but you have to allow yourself to receive it.

I spent so many years looking for love in all the wrong places, from people who couldn't give it to me.

And what I now know is this:

👉 You cannot receive love if you don't show it to yourself first.

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Your “Flaws” Are Actually Your Strengths

At school, people took the piss out of me for:

- Being too loud
- Wanting to be on stage
- Always wanting to educate people

And yes, maybe I could have dialled it back a bit and chosen my audience more carefully...

But guess what? All those things became my strengths.

Now, I’m a medium, a teacher, a speaker, and a podcast host.

So I’d tell my younger self:

👉 Be proud of who you are. The things that make you different will one day make you shine.

It’s an Inside Job

All those years spent seeking validation from others—

- The heartbreak
- The self-judgment
- The feeling of being unworthy

All of it could have been eased if I had realised that love and acceptance have to come from within.

If I had allowed myself to accept love, to see my own worth, and to stop seeking external validation, I would have saved myself so much pain.

But then again...

Maybe I needed to learn it the way I did.

Maybe every unkind word spoken to me—and every unkind word I spoke to myself—was part of the lesson.

Maybe that’s exactly the path I had to take to become the person I am today.

And the person I am today? She’s doing this podcast. 💜

Final Thoughts

Eleanor, thank you so much for this question—I really appreciate it.

🌟 Key Takeaways:

- Nothing is permanent. Pain, sadness, and challenges will pass.
- You are worthy of love. Even when you don’t feel like it.
- The things that make you different are your strengths. Own them.
- Self-acceptance is an inside job. Stop seeking validation from others.
- Every hardship has shaped you into who you are today.

I hope this helps, Eleanor! And to everyone listening—if you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨