

S4 Ep 18

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SPEAKERS

Hannah Macintyre



Hannah Macintyre 00:00

Hello, and welcome to mediumship matters with me, Hannah MacIntyre. How are you doing? I hope that you are doing well. It certainly is. I know I keep mentioning this, but I feel like I need to keep mentioning it because we're living it, aren't we? It certainly is a rollercoaster ride of energy that we're finding ourselves in at the moment. So if you are finding it really difficult, please know you're not alone. I too, am finding it really difficult. And then today, some of the students on the mediumship matter spiritual school have been in messaging in the chat saying, they are finding it really difficult also. So please know this too shall pass, we will get through it. And yeah, you're not on your own, and you're not doing anything wrong. So just give yourself what you need. I certainly wanted to start today. And we'll see how long I waffle on for before time runs out about some stuff that's been coming up for me recently that I think is kind of interesting. Hopefully you agree. If not, you're in for a long, 40 minutes. But the first thing I want to talk about goes back to this age old conversation. We've had on this podcast many times about money. And I'm still working on my money manifestation. Guilt, slash, I don't know, I can't decide where I sit with it. The ethics, the ethics of charging for mediumship. Now, undoubtedly, as the fact I can tell you that once I started charging, for more for my mediumship, the quality of my clients and my status went up, that is undeniable. I still feel guilty. And then I just, I just don't know where I sit with it. Someone commented on one of my adverts, one of my shows, and said You charge over 20 pounds for demonstration. There's no medium that has ever lived that is worth more than 20 pounds for a demonstration. And I was feeling a little bit spicy that day. So I replied with well, you don't have to come Richard, which really set him off? It's not good idea just blocked trolls guys. But it did. It triggered me as it always does this kind of well, am I making it inaccessible? Am I making it unaffordable to people, I don't want to hold people away from their loved ones. But I also want people that really want a reading. I don't want to work with people who aren't that bothered. When I and I've probably mentioned this before, but I was talking to my spirit lead Reiki class the other day and saying, when I first started doing Reiki and I did loads and loads of practice healing on people for free. Not one of those people continued their healing journey with me when I was charging a very nominal amount, not one. And not one of them got the impact or the effects from the healing that people who paid for it did because they weren't invested in it. They weren't working with the energy. They Yeah. So it's funny how it comes up again and again for me, because I just can't seem to heal the guilt of you know, because I got into healing because

I wanted to help people and finding a finding that line. And I know people will be saying you can charge for your time. And yes, you can. But I still I've still, you know, in that. Anyway, then we have some of the experiences that I have had recently, which I just think bear talking about. So one of the things that I wanted to talk about was I did a night at a spiritualist church or spiritualist centre. And it was very interesting to me, they only charge I think five pounds a ticket that is really poor from a business point of view. Because from a business point of view, they should be charging as the minimum what I charge as a minimum because otherwise from a business perspective, I've got two events in the same area. And one is from 20 pounds a ticket and one is from four pounds. So it would using that kind of logic it would make sense, wouldn't it that they standing remotely and it wasn't. In fact, they hardly had anyone there and they didn't take payment upfront and so a lot of people didn't turn up when the Unite actually happened and it was a bit awkward and a bit dead. And I had that happen. And I thought, Okay, well, I'm not going to do any more centres or anything like that. And then I suggested to my dear friend, that we do a charity night for her daughter, there's a charity locally, that has really helped her granddaughter. And I thought it'd be nice to give something back. So of course, working for free again, I didn't charge charge to the centre. And I didn't charge the charity, obviously. And the charity did nothing with it. They I mean, my friend was devastated. They didn't share it on their social media until we asked them to, they didn't contact local newspapers, local radio stations, or anything like that, and, and advertise it. In fact, when my friend went to their centre and mentioned it to the staff, their own staff didn't know about it. They didn't put it out in the parent newsletter. And it turned out on the day of the demonstration, that they had put the wrong address on all the ticket sales. So we weren't even sure that people were going to turn up to the right place. It wasn't under the events listing of their website. And then the staff who was supposed to be bringing their card machine didn't turn up until five minutes after the event after I was supposed to be on stage. And it really has got me thinking both of these things. And there's some other things that have happened as well, about people who love to say to you in your medium, you should be working for free, you should not be not be charging this as a gift, you shouldn't keep people away from their loved ones. But then when you give them opportunities to do great things, they don't take it, they could have made an absolute killing that charity. And they didn't. In fact, the majority of the ticket sales were through my friend and through me. And it's just really disappointing. And I think it's a fascinating place to be where on one hand, you've got people telling you off for being greedy. On the other hand, when you try and do things to help people and hope, help local centres and help local charities, they're not running with it. So I've had to change my writing on my website. Now with my requirements, if you want me to work for free, this is what you're going to need to do. Because otherwise, it's not worth my time, if you're not going to make the most of it. I'd rather be at home with my family. Very Yeah, very interesting. And just trying to play around in that space. And I've been trying to run my business like a proper business, which is painful and dull, if I'm honest, and really looking at my demonstrations and seeing because as we know, Facebook have done all these changes now. So it's costing me huge amounts of money to sell tickets, what was Eventbrite or ticket Taylor fees, card processing fees, advertising fees, staff to help venue costs, I am making way, way less than I used to, it's costing me between 10 and 12 pounds on average per ticket to actually run an event. And they're not selling out like they used to. So it's an interesting time. And an interesting space to be in. And I think there must be some lessons in there about self value. And perhaps my money manifestation woes are coming back to get me once more. But it's interesting to think about. Another interesting thing that has happened this week has been a really fantastic bit of magic from a spirit. So I went in to do a reading for a client yesterday. And there were two other people in the waiting room. So I let my client in and I said, Do you happen to know this person, this person? And she said yes. And I went, can I just ask why they're in the waiting room readings, a one on one. And she said, Oh, I had an email from your system. And it

said you could invite guests. And I've went, well, it shouldn't have. And she went well, I definitely did. And I went okay, as I said, it does say one on one reading though, doesn't it? And she said, yep. Yeah, but it does. But you know, I got that email. So I went for it. And I went, Okay, she would tell me to tell them they can't come in and I said, No, no, we'll give it a go.

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Hannah Macintyre 09:51

You know, it might just impact the energy. We'll see what happens. So they came in, and as always, I asked who they wanted to hear from and it was the sitter's mother. And I got her through. And she was talking to me about a ring. And her daughter said, Oh, you, when you read for me before you were talking about a ring, I don't know what you're talking about. If there was a necklace, I don't understand a necklace, you sure it's not a necklace? And I said, No. It's definitely not a necklace. It's a ring. I could feel it on my finger. And she said, No, sorry. And I went back to the Spirit. And the spirit was Ring Ring ring. And I was like, I'm still getting ring. I don't know why I went and now I'm reaching and seeking. So it's not going to work the way that it should I have to give up. And then the aren't the extra pipes up. And the aunt says, Oh, well, could it be. And then Percy proceeds to tell this amazing story about the ring. And how the grandfather had brought bought the ring for the grandmother, when she was pregnant and given it to her, he skipped lunch to pay for the deposit for weeks on end, he'd skip lunch, to save the money up for that ring because she admired that ring. And then he finally got it on the day that their daughter was born. And he placed it on her stomach while before she went into labour and gave it to her. And that was the day the daughter was born, who was the mother who I was getting hauled off. And it was her birthday that day. And now it would have been amazing. You know, I dream about the day when I can do with my mentorship and say, right, I've got this and I know it's to do with this date and bring all that in, that would be amazing. And I would love to be able to do that. I just couldn't do it for that piece of evidence. But spirit obviously knew that I couldn't. Because they brought the Antin. And then we're talking about mugs, and I said, your mom's mentioning China mug to me, but it's got real feeling behind it. Nope, don't understand the mug, don't understand the mug. And yet again, the arm pipes up while I've just been at your brother's house. And in all of his China, there is one mug that used to belong to your mom. And I know he's really struggling without her. And there's a lot of emotion going on there. And it made me feel very emotional when I saw it there in his cupboard, and she was explaining the mug. And I thought, okay, there we go. I oversee needed that aren't to be there to interpret these bits of any evidence that I was able to receive. And then later on the client emailed me, I do have their permission to share this story, just so you know. And she said, Oh, Hannah, I've looked for the email that said, I can invite people, I can't find it. And I just thought that was even more magical. That spirit had obviously intervened. And yeah, it was uncomfortable for me at the beginning. Until I got settled into X. I'm not used to working like that. But actually what an amazing, magical gift was this mother, getting her sister and her granddaughter into the Zoom, there was a very special message for her granddaughter, which I won't go into because it's private, but very special message of the granddaughter, her sister was able to interpret these two very key and very meaningful pieces of evidence as as to why they were important and why it made sense. And I thought that was just rather lovely, if I'm honest. So let's share that with you. And the other thing that I've been playing around and thinking about this week is you know how I was talking recently about death and how there are many deaths. And we have to learn to grieve different versions of ourselves and different periods of our lives. And that there isn't just the one physical death, there are multiple deaths that we go through as part of our human experience. Well, I started thinking about all of these people that I have had the honour of speaking to, on my podcast, and all of these wonderful interviews and all of these incredible listener stories that you guys

send in. And I started thinking about how it's not always just a physical death, that opens up your mediumship. But it does appear like there needs to be some sort of catalyst to open you up if you're not one of those people that was aware of spirit throughout your childhood and just chatting to the Met merrily if you're like the rest of us. That seems to be a catalyst event, you know, like, I keep seeing this on tick tock origin stories for villains. You know that the catalyst event that sends them down the villain path? Well, I think there's a catalyst to vent that sends you down the mediumship path. And I was just wondering what yours is. I'd love it. If you could WhatsApp me and let me know or message me on Facebook. And let me know what your what your Canon canon event that's what they're called well done spirit, what your Canon event was for mediumship because mine was my grandfather coming through, no doubt. But it was actually at a time when I was very lost, very unhappy, and very broken and really questioning whether it was worth it all of this horrible life that we find ourselves in. That was my Canon event was just shitty thing of the shitty thing happening by shitty people, because I was experiencing the frequency of my vibration, which was very low. And so I was experiencing the manifestation of the frequency that I was at. But I needed that frequency to push me into looking for more. So what, what was yours because I bet there was one. And if there wasn't, let me know too, because I could be completely wrong on this theory. But I just keep thinking about it, I keep thinking that it's very rare for someone who's on the mediumship development journey. I don't know if I've met anybody who has been on the mediumship development journey without some sort of canon events. And for some of you it will be the loss of somebody and the feeling of their continued presence with you. And for some of you, it will be like it was for me, which was dying, and not physical death, but your own death, the death of who you were and what you thought your life was going to be and how it ended up being that death. It's just interesting to think about, do we believe that there needs to be some sort of event, like a great cracking, a great cracking open of what you thought you knew, in order for something else to flood in and fill you. Because that's certainly how it's been for me. You know, I never looked back from the minute it came in. But it came in at a time, which was very dark, and you would think that it had come in, it would have come in before it got to that point, but it didn't. Did it need to get dark? Did I need to hit rock bottom to be cracked open? To find more? Let me know what you think. Recall me a voicemail. If you're feeling really brave, please. And if not, then drop me a message. But let me know. I'd love to know what your event was that set you off. Next up, I have a listener question from Cheryl.



18:00

Hi, Hannah H show. Well, I have a question for your podcast this week about dementia. I work in a care home with dementia residents. And we see a lot of the residents talking about loved ones thinking that loved ones are in their room, being in their room visiting them except char. And it's got me thinking whether you think these residents are perhaps also seeing spirit? Or is it just their illness? I'd love to hear your thoughts on that one.



Hannah Macintyre 18:35

Hi, Cheryl, thank you so much for messaging. So I personally, at this time believe that people with dementia are often one foot in the spirit world, I actually find that people with dementia are more connected to spirit. So I believe just as a little aside, that towards the end of people's lives, the veil thins however that works. And I think the veil is within us and not is not an external energy. It's a belief thing. You know, just like you experience spirit more easily when

you're falling asleep. Because your active part of your brain is resting the part that creates the resistance is finally silenced. It's the same with moving towards the end of your life. You there's a softening there, and there's a hope there. And that is why people are suddenly aware of their loved ones. It's not that their loved ones haven't been there the whole time. You know, the whole time that you had cancer treatment over the last five years. Your loved ones weren't there, but suddenly they're there for the last week of your life. It's that you are allowing yourself to experience them. And so when you look at people with dementia, I believe that part of the brain that creates the resistance is the part that is impacted by dementia. So actually makes for the individual the the mediumistic experience much more real and much easier. And so yes, I do believe that they are experiencing their loved ones and their loved ones are with them, just as your loved ones are with you, as my loved ones are with me. But because of their mental state and where they are at it is easier for them to experience them and see them. They're realer to them than they are to us because they haven't got the resistance of the human brain. And as the little aside, I have only twice but I have had actually done spirit links with people who are still living, but are suffering deeply with dementia. And their loved one has been like how have you managed to get them through, they're still alive. And I think it's because their soul is is one foot back in the spirit world so to speak. And so you're able to communicate with them. I don't think that the soul is sort of trapped in the suffering body. But that's just a theory and can't be proven. So find your own way with it and be open to seeing something differently. But that's how it appears to me. And it's the same for me when you get somebody that passes in horrible circumstances. They are always show to me that they don't experience the horror the soul goes before that happens, which I think is kind of amazing, really such a fascinating thing to think about. But yeah, basically, their resistance free. They're in a full state of surrender if they're in if they have dementia. And so they just experience things like children, which is why children often communicate with spirit much more easily than us. Because they haven't learned to doubt. It's just natural to them. They see them. They're there. So they are there. And wouldn't it be amazing if we weren't all cut off from that? I'm not sure it'd be what we signed up for. But wouldn't it be amazing nonetheless. Next up, I have a listener question from Victoria. And she says, Hello, Hannah. I've recently started listening to your podcast is the first podcast I've listened to and I love it. I became profoundly interested in the spirit world after losing my darling mum last year, and in the last nine months or so have found myself on a new spiritual path. And it's quite amazing. It's changed something within me which feels beautiful and incredible. Anyway, I digress, listening to Episode 11 of your podcast tonight, you've spoke about talking to and having conversations with our spirit guides. Incidentally, I did less than for today of a week of spiritual unfoldment meeting your spirit guide. And I've been eager to know who might ask that that particular lesson was a treat. I just wanted to ask when you talk about having conversations with our spirit guides, do you always talk to them out loud? I have done this recently. But I just wondered, can we also communicate with them? If we talked to them in our mind? Can they still hear and understand us? I'm sure they probably can but wanted to know your take on this, please. That's all for now. Sorry, it took me so long to get there. It didn't at all. That's nothing Vicki. So funnily enough that Victoria, I do believe that you can just talk to them in your head. It's very similar to you know, when you have an argument with somebody, and then you think of something blinding that you could have said afterwards, and you replay it in your mind and you go well, I would never do that Sharon because of x y Zed. And they they are completely gagged. And you're like, Ah, what a great comeback. It's exactly the same as that. So I probably slightly less aggressively speak to my guides in in my head always, always have not out loud. Very much just like hey, how you doing guys in my head. And of course, that sometimes means that I'm mid conversation with them and I start daydreaming if I'm doing a meditation visualisation, all of a sudden, I'll find myself thinking about something that I'm annoyed about from 2007 and then I'll be like, oh, sorry, I was mid sentence with my guides. But that's how it works for me. I don't

need to say it out loud. Thank goodness, because I think about all the crazy places I've had communications with my spirit guide. And you know, I'd look a bit of a nutter anyway sometimes I laugh at their jokes in supermarkets and stuff like that and get get funny looks from people. I can only imagine what would happen if I was having a one sided conversation out loud. So for me, it's always about ease of relationship, keeping it flowing, keeping it less pressured. And that comes from just having a lovely chat with your guides and not needing to be saying it out loud or in a special place. You can talk to them as you're out on a dog walk. You can talk to them whilst doing your shopping. You can talk to them whilst making soup in your kitchen. And they will always answer you. It just depends whether you hear them or not. hope that that helps. Thanks for asking a question. Okay, next, I have an email from Stephanie, who I did a reading for. Stephanie says, Hi, Hannah, you did a reading for me last Thursday, I wanted to follow up with some validation and information. I knew from listening to the podcast that I needed to be open and have a high vibration. I was running a bit late and instead of petting my wild hair into a dreaded mum barn, I thought why not space bonds? I can feel your daughter cringing ha I figured it would help break the ice. I'll jump right in. As I'm sure I'll ramble if I don't. At a moment in our reading, you mentioned that there was a school hall of spirits that you had to weed through to reach my biological father. And I kind of chuckled when I think about it because I do have lots of friends who have passed on. And I actually think of them and talk to them often. I know that the reading may have been a little difficult for you because I wasn't 100% sure who was coming through regret regarding my grandmother. The reason for that is that my extended family live further away. And I'm only close to immediate family. My mother's mom is still alive, which left my father's mom and my great grandmother on my mother's side. You'd asked if I had a parent in spirit, and that the grandmother was directing you to him. And then you told me her name was Kate. Her name was starting with a que. And my great grandmother's name was Katie. I didn't quite remember what she looked like because my mom doesn't keep pictures in the house of family. So I couldn't remember what she looked like since she passed when I was six. After our reading, I did ask my mother and she was exactly as you described big boobies lol she was built like me. Something interesting though, I know that you've mentioned that all souls returned to love and light and how some have a hard time processing that when it comes to bad people. My father was one of those he molested my sister when she was six and at least one other little girl that we know of. I'm not sure that forgiveness is in me. I don't think I'm going to be talking to him on a daily basis. But I was open to let him make his peace. Hopefully it will help me find a little piece as well.

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Hannah Macintyre 27:47

I'm not sure why my mother's grandma would insist on bringing him through though she hated it, understandably, but the spirit world works differently than we do here. You said that my grandmother kept mentioning a family tree. I recently have been tracking my ancestry through a DNA site. Maybe that's why she brought it up. The little girl with cancer you brought through was my friend's daughter who was 15 We have a nonprofit charity for children with cancer. Her picture is everywhere. And she is talked about daily. The girl's brother had just had a baby boy, which you mentioned in the reading you brought up fairies, we couldn't think of anything that was linked to her with fairies outside of dragonflies. We see them all the time and her mum associates them with her still wasn't able to validate the teddy bear. Whilst not all readings are full of great memories, and we don't hear from those who were the best to us at times spirit to have a great way of giving us the messages they know we need. I wanted to let you know that you are very good at interpreting spirit. If you ever have moments of doubt, look back on this reading and know that each spirit that came through you 100% was able to give evidential evidence, three out of three. One last thing I'd like to add as a sitter, it takes a little time to

process the information. And I hope that those who are getting readings and giving readings, remember it's a process and just to be open and not second guessed the process. You have a beautiful gift. And I'm very glad that Spirit led me to you. I'm very glad to Stephanie. And I wanted to say thank you very much for sharing for the podcast listeners that that vulnerable story of that you know your earthly experience with your father that it was difficult for you to hear from him. And I've got to be honest here and say, when I was experiencing your dad, I knew that there was something and it felt like an addiction to me. And I think spirit will have protected me there because it would make sense wouldn't it for me to to have known at least to have an inkling of what he'd done. But actually I couldn't get an inkling of what he'd done. I just knew that it was bad and it felt Like the addictive compulsive kind of energy? But would I want to have experienced the energy of what what a child molester feels like? I don't think I would have. So I guess that that is, the best that you're gonna get in that scenario, certainly through me is that kind of feeling of this negativity and this space in this gap. And also me having to navigate that. On the brink of what I would call evidentially like, I knew that there was a problem, I knew there was a gap. I knew that though his behaviour was wrong, I knew that he regretted it. But I didn't know why. And I don't think bearing in mind what you've kindly shared for everyone to listen to, I would want to, and it is absolutely fascinating. And that is great that you have given us that reminder that it is a process. And it always is. And I think it's very, very hard being a setter, it's very, very hard. I know a lot of people when I record readings and send them to people, there's lots of stuff in there, they've forgotten that I'd said or didn't make sense at the time. And when they're looking back, they're like, well, obviously, that's that. And how amazing that your grandmother was able to show the intelligence of spirit by allowing your vet drawing my attention to your father, but also, that she was able to show that she knows what you're doing with your ancestry. And she knows you're looking into your family tree, it's really quite mind blowing the clever, the whole thing. So thank you for sharing that. And I hope that that helps all of the listeners on their journeys to Okay, here's the next question from somebody who's going to remain anonymous, because they preferred me to use their other name. And I'm not sure which is their other name. So apologies listener. Hi, Hannah. I started my journey into psychic development and mediumship. Around two years ago, your podcast was one of the first I listened to. I like your blend of listener questions, interviews and your personal reflections. This podcast is quite unique in this way, and I've become a regular listener since my question is around prejudices. You have previously mentioned that in your readings, people in spirits still retain some element of their personality from their Earth life. What happens to the prejudices people had on Earth in my own life, I've experienced racism at times in my life, as is the case for people of colour. This issue has also been part of the world history, for example, where Europe, America and other countries were involved in slavery in Africa, how our prejudices managed in the spirit world for individuals and those groups in history who lived out their prejudices in the past. Really interesting question. And this is my second attempt at answering it because I just got so tied up in knots. And then my dog started barking. So I decided that spirit were like no way to undo that one. I believe that a spirit is only the good stuff. There is nothing retained in a spirit, that is the bad stuff. It just simply cannot exist in that vibrational state. But I do believe that spirits choose to sometimes play the part of the body for their own souls evolution, and for the evolution of the souls that are impacted by their badness. So I think it's always interesting, because we're always talking about past lives, as if the ones in future are set in the future of the timeline that we're experiencing on Earth. I don't believe that to be true. My next life could actually be incarnating, in ancient Egypt, or in Victorian times, or in the American West. And the reason for that is known by my soul. Of course, for a soul, you're experiencing all your incarnations at once because there is no time. But if we were to cross it off in layers, it's not necessarily in the way that we think it's going to be. And so I believe that the souls that incarnated for example, when there was slavery, knew in the intelligence of the spirit world, exactly what they were getting into. Why the mind boggles. The mind boggles why

you would agree to incarnate in such a horrendous and painful and terrible circumstances. And to be honest, it's not something that I can answer as to why because it does make any sense to me this is like when people say to me you believe in God? And I say, Yeah. And they say, Well, your god sucks. He gives children cancer. And I go, Yeah, I know. And the thing that spirit always bring me back to is, when you're a human being having this human experience, it feels really, really long. But when you are spirits having a human experience, it's the second it's the blink when you are a multi dimensional, unlimited being, that lives 1000s of lifetimes in 1000s of different incarnations in different planets, universes, bodies, families, genders, forms, is just a moment in one of many that gives you an experience. You are source experiencing itself. And I guess sometimes we are souls choose to experience absolutely horrendous things. But I'm also aware that I'm saying this to you from a very privileged privileged space of a white middle class. British woman, you know, I've so it's easy to say that when everybody around me Touchwood as well, like, it's easy to have that level of privilege. I mean, yes, there have been struggles, but they've been the struggle of the privileged. I'm well educated, I'm loved. I have a nice house and a nice car, I have food in my tummy. I have money for extras. So it's easy to talk, isn't it in those scenarios about what your soul chooses to go through? It's very different if you're absolutely at breaking point. And so I don't honestly know if souls regret when it is part of the greater plan, which I think is part of your question. And forgive me if I've just gone down a rabbit hole. But it's quite interesting that this question has come up after I just did Stephanie and Stephanie's dad, and he wanted to make amends for the choices that he made in his reading. I wonder if the difference is a soul agreeing, I just don't know.

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Hannah Macintyre 37:30

I'm going back to the is there a choice question which I'm always fascinated by. But I guess if your soul and you know that pain is a moment that has a vibration and an energy that will help you to grow and help you to learn, and you and your gang of souls and you say, Hey, guys, I need to go to Earth and learn this, who's going to come with me and teach me this and this person goes, I'll teach you this, because I will treat you so badly that you have self esteem issues your whole life. And I'll do this, I'll be your unloving father, who never gives you an iota of joy or happiness or recognition. I'll be the school bully that turns everyone at school against you and gives you anxiety problems. I'll be the guy that makes this happen to you. I'll be the lady that breaks your heart. And I guess that's how I view it in a very simplistic form. Because that is what your soul said it wanted to experience. So then when you go back to spirit, and you say, Oh, my God, you were racist to me. You were horrible to me. You broke my heart. You gave me anxiety. They go yeah, did I do a good job? Did I give you what you want it? And that sounds completely nuts. I'm aware that that sounds nuts. So I'm fighting it. But that is my honest answer at this time at this moment. And I will continue to think on this. And if it expands or changes, I will I will obviously let you guys know because I always do. And I would love to know what you think, dear anonymous, what is your take on this? As somebody who has experienced racism? What what? When you speak to spirit? What are they telling you? It's about? I'd love to know. Because I'm not confident in my answer here. I can only tell you the way that I experienced spirit through my filter right now in this moment. And I'd love to hear your thoughts and anyone who's listening to this. I would love your feedback. Let you know let's all learn together. That's what this podcast is all about. So drop me a message. Drop me a text drop me a voice note. Let me know. I'm fascinated. I hope that that makes sense. And I really hope I've not offended anybody. I'm really not trying to cause offence. It's just I Don't want to shy away from the difficult questions. Don't want to stay in my comfort zone because none of us growing comfy. We have to have these conversations we have to understand what it's for. I don't know. I'm not 100% Sure. I mean, I often in my very easy though, I think, what the heck

was I doing incarnating in this, this is so hard. So God knows what it's like to be incarnating in somewhere where you have to struggle in such horrible circumstances. Well, that's our thought for the day. And on that note, I will end the bodies. So thank you all for your questions, your comments, your feedback, as always, it's fascinating. I love thinking about it all and seeing where we go. And I look forward to catching up with you all again next week. Have a good one.