



Mediumship Matters Podcast Transcripts

Season 2 Episode 66

Tips for Developing

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Today, I'm tackling some fantastic listener questions—because, let's be honest, when you send me your questions, you probably don't expect to wait months for an answer! But we're catching up, I promise! So, let's dive in.

How Can You Develop Spiritually Without Paying for Courses?

Laura wrote in with a great question: “What options are there for people who can't afford courses but really want to develop their spiritual connection?”

First, get clear on what you actually want to develop. Are you looking to strengthen your evidential mediumship? Do you want to explore psychic work? Or are you just hoping to deepen your own personal connection with spirit? The answer determines the best approach.

If your goal is personal connection, start with making space for spirit. You don't have to meditate, but setting aside 15–20 minutes a day to invite spirit in is crucial. Just sit, be still, and say, “Spirit, come and be with me.” You will doubt yourself. You will wonder if you're making it up. But keep doing it! Over time, the connection strengthens.

You can also experiment with different energies:

- Spirit Guides – Ask them to come forward and introduce themselves.
- Ascended Masters – Feel the different vibrations of teachers like Jesus, Buddha, or Krishna.
- Angelic Energies – Call in angels and sit in their energy.
- Loved Ones in Spirit – Not just your own—ask for messages from someone's loved one who has no connection to you!

The key is trusting what comes through and practicing receiving messages—whether through thoughts, sensations, or automatic writing.

Does Money Impact the Quality of Spiritual Teaching?

Let's be honest—money does play a role in finding good teachers. It doesn't guarantee quality, but paid courses tend to attract people who are serious about their development.

I've seen it time and time again—whenever I run a free event, loads of people sign up, but half don't even show up. Compare that to a paid course, where students are more committed and engaged.

That said, there are fantastic free resources out there—you just have to be selective. Join Facebook groups, listen to podcasts (like this one!), and find communities that resonate with you. Just be mindful that not every free resource will be the right fit, and you may have to sift through a few to find your people.—I'd love to hear from you!

See you next time!

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Will We Ever Feel “Done” with Spiritual Growth?

Amanda sent in this gem of a question: “Do we ever get to a point in our spiritual journey where we’re satisfied and don’t need to keep evolving?”

The answer? No. But also, yes.

You don’t have to keep striving. You can reach a place where you enjoy your connection rather than always trying to improve it. Spiritual growth should feel exciting and fulfilling, not like a never-ending self-improvement project.

For example, in the past, I was obsessed with knowing exactly how many guides I had, their names, their roles... but did that really make a difference? Not really. What matters is whether I can communicate and receive guidance.

So, if you feel called to develop, go for it. But if you just want to be in your connection and enjoy it—that’s perfectly okay too!

Do We Manifest Things, or Are We Just Picking Up on Them Intuitively?

Cath sent in this brilliant question: “How do you know if you’ve manifested something or if it’s intuition?”

For example, she received an email from the lottery and immediately thought, “I bet it’s a tiny win.” And sure enough—it was. So did she manifest that outcome, or did she just intuitively know?

Here’s my take:

🔵 Manifestation is about choosing and creating something in your reality. It’s proactive—you’re calling something in. 🔵 Intuition is about receiving information that already exists. You’re picking up on something that’s already happening.

So in Cath’s case, I’d say it was intuition—she sensed what was already unfolding. If she had been actively manifesting a lottery win, she’d have been consciously creating that energy long before opening the email!

Is It a Sign from Spirit or Just a Coincidence?

Michelle asked: “How do I know if a sign is from my spirit guide or a loved one?”

She keeps seeing owls everywhere—sometimes in physical form, sometimes in random images—and wonders if it’s her friend in spirit or her guides.

And my answer? Does it matter?

Spirit is oneness. If you keep getting the same sign, it’s because spirit wants you to know they’re with you.

Whether it’s your guide or your loved one isn’t really the point—the message is the same: You are loved. You are supported.

That said, if you really want to know, ask! Next time you see an owl, say, “Is this my guide or my friend?” and see what answer comes through.

Oops... I Got That One Wrong!

And finally—let’s correct something from last week!

Nicole messaged me to let me know that the Aramaic Lord’s Prayer I shared... wasn’t actually Aramaic.

So, Denise, you little mischief-maker, wherever you got that translation, turns out it wasn’t legit! But you know what? It was still beautiful. And whether it was Aramaic or not, I stand by the fact that it was a wonderful version of the prayer.

That’s the thing about spirituality—it’s all about meaning and resonance. Whether something is historically accurate or not, if it speaks to your soul, it’s still valuable.

Final Thoughts: Trust Yourself & Your Journey

If there’s one takeaway from today’s episode, it’s this:

🌟 You don’t need all the answers to have a strong spiritual connection. 🌟 You don’t have to spend money to develop—just be consistent. 🌟 Signs from spirit are real, whether or not you can “prove” them.

Trust yourself. Trust your journey. And most of all—enjoy it!