



Mediumship Matters Podcast Transcripts

Season 5 Episode 1 - Back To It!

Surrender, Alignment & The Truth About Spiritual Growth

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

I am so excited to be back for Season 5, and I have to say—what a journey it's been. It feels like I'm finally returning to myself, but it's been a process of surrender, letting go, and a whole lot of questioning. And let's be honest, surrender has never been my strong point. As a Capricorn and a complete control freak, I thrive in the doing, so being forced to just be? Torture. But it's also where all the lessons are.

So, let's dive into this new season with a fresh perspective on alignment, spiritual evolution, and navigating this messy human experience.

The Battle Between Alignment & The Algorithm

One of the biggest lessons I've had recently is this: I need to stop creating for creation's sake.

- It's so easy to get caught up in what we think we should be doing—especially when social media and algorithms dictate visibility.
- But what if we just let go? What if we created when it felt aligned, rather than when a platform told us to?
- I've realised that true alignment isn't about numbers, downloads, or likes—it's about the work itself, the connection, and the authenticity.

Last year, this podcast saw a 50% increase in downloads, growing from 100,000 to 148,000. That's incredible! But instead of celebrating, I found myself obsessing over how to beat that number this year.

And here's where we get into trouble as spiritual entrepreneurs:

How do we balance motivation with surrender?

I love goals, growth, and progress, but I don't want to be held hostage by them. So my resolution this year? To focus on being of service—to spirit and to myself.

The Money Dilemma: Finding Worth Without Selling Your Soul

Let's talk about the spiritual money struggle—because oh my god, it's real.

- I want to be paid well for my work.
- I want to attract the right clients.
- But I never want to lose sight of why I started this in the first place.

This is the tension I'm always navigating—balancing purpose with prosperity. And if you're running a spiritual business, I know you feel it too.

It's so easy to be influenced by the loudest voices online—the ones selling “six-figure spiritual business” courses. But are they really in alignment? Or are they just playing the game?

Spirit keeps reminding me: Stay true to your own path. You don't have to follow the crowd. You don't have to do what everyone else is doing. You just have to do what's right for you.

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Social Media Detox: Protecting Your Energy

Something I realised in my time off:

You don't have to follow people who drain your energy.

- If someone's content makes you feel inadequate, pressured, or behind, unfollow.
- If you're constantly comparing yourself to others' success, step away.
- Not everyone who shouts the loudest has the most wisdom.

I took a huge step back from all the online noise, and wow—the clarity is unreal. We are responsible for the energy we expose ourselves to. Choose wisely.

The Cult-Like Marketing of Spirituality

Now, this is where things get really interesting.

I've been diving into cults, sales psychology, and the fine line between persuasion and manipulation.

- I listened to *A Very British Cult*, which exposed how personal development can turn into coercion.
- And I had a realisation—some of the marketing techniques used in cults are the same ones I've been taught in business courses.
- The fear-based sales tactics, the scarcity mindset, the urgency to “act now”—it's all there.

It made me question: At what point does sales strategy become manipulation?

This is why I hate traditional sales funnels, email sequences, and DMs that try to “build relationships” but are really just leading to a pitch.

I'd rather people find me organically and decide for themselves. No pressure. No emotional manipulation. Just truth.

Spiritual Hallucinations? A Side Effect of Medication?

Okay, so here's something weird. I recently started new medication for my migraines, and after two weeks, something very strange happened.

- I woke up in the middle of the night and saw a giant balloon covered in the number 50 floating around my room.
- I watched it for a full five minutes.
- Then it popped and disappeared.

At first, I thought: Spirit is showing me something amazing! Physical mediumship, at last!

Then my Alexa randomly started talking to me in the dark, and I nearly threw it out the window.

But... turns out? It was just a side effect of my meds.

- For two weeks, I had hallucinations—little elves, shadowy figures, strange visuals.
- None of it was scary, but it made me think—how much can we really trust what we see?
- If I, a medium, could fully believe in something that wasn't real, how many experiences are influenced by expectation?

It's given me a whole new level of understanding for people who experience night terrors and vivid spiritual encounters. The mind is a powerful thing.

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Are We Really Meant to “Evolve” Earth?

One last thought to throw at you: Is Earth actually supposed to evolve?

- We always talk about raising consciousness, shifting vibrations, awakening humanity.
- But what if Earth isn't meant to change? What if it's meant to stay exactly as it is—messy, dualistic, filled with light and darkness?
- Maybe we incarnate not to change the world, but to experience contrast.

Because let's be honest—humanity keeps repeating the same patterns. Maybe that's part of the design.

I'd love to hear your thoughts on this—because it's a concept I'm still wrestling with myself!

Final Thoughts: Let's Do This Season Differently

- No more forcing.
- No more playing the social media game.
- Just real, authentic conversations about spirit, life, and truth.

Thank you for being here. Thank you for listening. And thank you for growing alongside me.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship alignment, surrender in spirituality, spiritual business marketing, energy protection, social media detox, spiritual hallucinations, physical mediumship, cult-like sales tactics, duality of Earth, authentic spiritual growth.