



Mediumship Matters Podcast Transcripts

Season 3 Episode 26 - My Awakening Is Better Than Yours

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! If you've listened to this week's Mediumship Mini, you'll know that things are a little chaotic over here. Right now, I'm lying on my sofa, microphone balanced on my tummy, a puppy curled up beside me, and the occasional bang from the roofers overhead. But you know what? It can't always be perfect. And that's a good reminder—sometimes, you just have to go for it and not wait for perfection. So bear with me as I dive into today's episode!

Manifestation & Puppy Gloria

Some of you may have seen on social media that we recently welcomed a new puppy, Gloria. My husband wanted a second dog, my daughter wanted a cuddly one, and I wanted an Italian Greyhound. We'd been casually looking, but every puppy my daughter found was miles away. So, I told her, "The right one will find us." And sure enough, we found a breeder just 20 minutes away. They initially had no puppies available, but two weeks later, they messaged to say they had a seven-month-old they'd planned to keep but now felt needed a new home.

She was exactly what we were looking for—affectionate, playful, and a perfect fit for our family. And what's interesting? I wasn't desperate for it to happen. That's exactly what Abraham Hicks talks about in manifestation—when you release the pressure, things happen quickly. But let's be honest, that's so much easier when you're not manifesting something you desperately want! So, what do we do when we really want something but are supposed to "let it go"? It's a paradox I still struggle with!

Resistance & Mediumship Expectations

Lately, I've been reflecting on the resistance we face in spiritual work. One big realization? Women in mediumship are judged more harshly than men.

I recently attended a demonstration by a male medium—charming, funny, but with weaker evidence. And yet, the audience loved him. If I gave the same level of evidence, I know I'd be called out. It made me wonder—are we, as women, harder on other women? Do we subconsciously hold each other to higher standards?

Statistically, most people who follow mediumship are women. So why do we seem to favour male mediums? Is it societal conditioning? Or are we simply drawn to charisma over content? It's worth thinking about.

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Do We Need a Sob Story?

Another thing I've noticed in spiritual communities is the need for a dramatic backstory.

It seems like people expect mediums to have had some massive spiritual awakening—some life-shattering moment where they “knew” they were meant to do this work. But what if it doesn't happen that way?

I didn't grow up seeing dead people. I didn't have an angel descend from the heavens and tell me my destiny. My journey was slow, natural, and unfolded over years. And yet, I sometimes wonder—does that make my story less compelling?

There's this strange human tendency to believe spirituality is only valid if it comes from hardship. But what about those of us who simply chose to develop our abilities? Why isn't that enough?

Choosing Mediumship vs. Being “Chosen”

I think this belief that spirit chooses you to be a medium is a problem.

Yes, spirit works with us, but we also have free will. You don't have to do this work if you don't want to. But if you do choose it—own that choice. Celebrate it. You don't have to wait for some life-altering sign to validate your path.

This might be why so many mediums eventually burn out. We're waiting for spirit to confirm we're “meant” to do this, and when challenges arise, we start doubting. But here's the truth: If spirit didn't want you doing this, they wouldn't show up when you work.

Final Thoughts—Let's Change the Narrative

If you've been waiting for a “sign” to tell you that you're meant to do this work—stop waiting. If you want to do it, that's your sign.

And if you've been struggling with expectations—whether it's in manifestation, mediumship, or spiritual growth—know that you're not alone. These conversations matter.

I'd love to hear your thoughts! ✉ podcast@hannahmedium.co.uk

Thanks for listening, and I'll catch up with you again soon.