



Mediumship Matters Podcast Transcripts

Season 2 Episode 46

Collaborating

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How you diddly doing? I'm feeling pretty good, though a little exhausted—I just had my 41-and-a-half birthday party. Yep, you read that right! Since my actual birthday is on Christmas Day and everyone's busy, I wanted to celebrate in the summer. Then, the dreaded virus hit, and the party got postponed again. I nearly chickened out, but I pushed through, reminding myself that it's okay to take up space and invite people to celebrate with me.

Some incredible people travelled to be there, which was so touching. But I also had some lessons—people who had said yes but then cancelled last minute or just didn't show up. And you know what? That's okay. Everything in life is a journey, and sometimes, even the ouch moments teach us valuable lessons about who truly shows up for us.

Listener Email: Do We Really Need Spiritual Tools?

Karen Hall sent in a wonderful message in response to a recent episode where I questioned whether we actually need tools like crystals in our spiritual practice.

Hi, Hannah! Brilliant podcast! As a shamanic practitioner, I have many tools—rattles, feathers, stones, messa cloths—but I once asked my mentor if they were truly necessary. She told me no, not really. The healing energy flows regardless. However, I believe in the sanctity of ceremony. When I use my tools, an immense sacred energy builds, making the experience more powerful for me and my clients. It's like a birthday party—you don't need the cake or balloons, but they make it special.

Karen, I love this perspective! And I completely agree... and yet, I also don't.

I've dabbled in shamanism, and I adore my drum—it feels incredibly powerful. But is it the drum, or is it the belief that makes it powerful? Do certain sounds or vibrations unlock energy that's already there? Probably. And I get the sacred connection. But where I struggle is with mass-produced spiritual tools, like crystals that have been ripped from the earth without consideration for their impact. Is there still sanctity in that?

I'm not judging, just questioning. For me, it's about being mindful—am I collecting tools because they truly enhance my practice, or am I just hoarding them out of habit?

Environmental Impact & Spiritual Consumerism

Karen's message reminded me of a powerful meditation I once had in the woods, where I connected with an energy—a sprite, an elf-like being—who was furious. It told me how we humans destroy trees just to print our own words on them, despite those trees holding a wisdom we can't even comprehend. And it got me thinking—are we doing the same with crystals, oracle decks, and spiritual tools?

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I used to buy so many crystals that I had some in storage, untouched. That's greed, isn't it? The same with oracle decks—I have way more than I'll ever need. So I've decided I won't be buying any more unless there's a strong, undeniable call for one.

This also ties into something I experienced in my Angelic Reiki training. At one point, they introduced a new course where practitioners were told they needed to buy specific sacred geometry crystals to facilitate healing. But if Angelic Reiki is supposedly pure and complete, why do we need external objects? Again, I'm not judging—just questioning.

Experimenting Without Tools

Karen, I'd love for you to try an experiment—just once, conduct a healing session without any tools and see what happens. Last week, I went into a semi-trance state and let the angels do all the healing without using anything. The energy was so thick, so powerful, you could have cut it with a knife.

That experience reinforced my belief that the tools aren't what makes the healing powerful—it's us. The tools might enhance the experience, but they're not the source of the magic.

Handling Judgment & Spiritual Growth

Now, let's talk about handling judgment—because I had a real-life lesson in it at my birthday party. One of my friend's husbands, who's a firm sceptic (especially after a few drinks), decided to tell me that mediumship is a load of rubbish and that I'm only doing this for the money. Charming, right? But here's the interesting part—it didn't bother me. A few years ago, it would have crushed me. But now? I just shrugged it off. I've had enough people be rude to me online that I no longer feel the need to argue or prove myself. And you know what? That's growth.

My friend, bless her, started arguing with him, trying to defend me. But the more he talked, the more his stance softened—he went from “this is all rubbish” to “well, actually, I'd love a reading, but only if you bring through one specific person.” Funny how that works, isn't it?

But here's the key lesson—some people just aren't ready. And you can't make them ready. Trying to convince someone who isn't open to spirit is a waste of energy.

Are Our Biggest Critics Actually Helping Us?

This made me wonder—what if our biggest skeptics are actually part of our spiritual training? What if they're here to push us, refine us, and make us stronger? What if the people who frustrate us the most are actually doing Spirit's work, forcing us to build resilience?

Think about it—every time someone questions you, dismisses your beliefs, or makes you feel small, you have a choice:

- Let it take you out of your power.
- Or use it as fuel to strengthen your confidence and conviction.

I believe Spirit wants more people to know they're there, to feel their presence without doubt. And part of that is us developing thick enough skin to keep going, no matter who challenges us.

I've had moments in my career where I've been absolutely humbled by spirit—like a night where every reading I gave was met with a “no.” It was brutal. But I came out stronger, knowing that one bad night doesn't define my ability.

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Final Thoughts: Shine Your Light, Even When It's Hard

So here's my takeaway—shine your light, unapologetically. Question everything. Be mindful of what you consume. And don't waste energy on people who aren't ready to listen.

I'd love to hear your thoughts! Do you feel like spiritual tools enhance your practice, or do you think they're unnecessary? Have you ever had an experience where a sceptic actually helped you grow?

Email me at podcast@hannahmedium.co.uk—I love hearing from you!

Thanks for listening, and I'll catch you next time!