



Mediumship Matters Podcast Transcripts

Season 3 Episode 38 - Validation

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I'm slightly pumped because I've just been making a ridiculously silly video for TikTok. By the time you hear this, it will have been posted on Reels or Facebook, so you may have already seen me embarrassing myself!

So, how are you? I hope you're having a good day. Today, I want to share some spiritual lessons (or as I call them, spiritual slaps). You know, those moments where the universe smacks you upside the head and says, "Hey, you still need to work on this!" They hurt, they often come out of nowhere, and they always teach us something... eventually.

Let's get into it.

The Lesson I Keep Getting: Doing It Alone

I can't remember if I've told you this before, but I desperately want to work with other people. Not just in a casual way—I crave having mediumship friends to journey with, to demonstrate alongside, to share the highs and lows.

But again and again, spirit tells me I have to do this alone. And I hate it.

This message has shown up in so many ways:

- A shamanic journey where I was put in a hot air balloon with only one seat (not subtle, spirit, not subtle!).
- Business partnerships that crashed and burned—even when I saw the warning signs and ignored them.
- Trying to organize collaborative events, only to realize I was the only one putting in the effort.

Each time, spirit gently (or not so gently) reminds me: You are meant to carve your own path. And yet, I keep resisting it.

Seeking Validation & The Cost of Craving Approval

Let's talk about validation—that sneaky little gremlin that whispers, "You're not good enough unless someone else says you are."

I know, intellectually, that craving validation steals joy. But knowing and acting on that knowledge? Two different things.

A while ago, I invited some fellow mediums and teachers onto my podcast. Some ignored me, some acted like I'd handed them a turd with a bow on it, and others flat-out rejected me in not-so-nice ways.

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At the time, it hurt. I wanted their approval, their recognition. But here's the irony—

💡 This podcast has now grown far beyond what I imagined. 💡 Those same people who rejected me could have benefited from this platform. 💡 And yet, I still let that rejection sting!

Why? Because humans are wired for validation. Even when we know better, we still crave it.

My Most Embarrassing Spiritual Slap: Paying to Teach

Let me tell you about the biggest, reddest flag I completely ignored recently.

I was invited to teach at a weekend retreat, which sounded amazing. But... here's the catch—I had to pay to attend.

▶ RED FLAG #1: Teachers are normally paid to teach, not the other way around. ▶ RED FLAG #2: The organizer forgot I booked... twice. ▶ RED FLAG #3: I kept getting invoices for extra charges, even after being told I wouldn't have to pay them.

And yet, I ignored all of these signs because I thought, "Maybe this is my chance to be part of something bigger!" Spoiler alert: It wasn't.

Eventually, I had to face the truth: I had once again undervalued myself, putting my need for approval ahead of my self-worth. Ouch.

When Students Reject You as a Teacher

A while back, I was teaching a group of Reiki Masters, and we had a deep discussion about attunements. I asked:

💡 "Do you really think I can 'give' you an ability that isn't already within you? Or is Reiki just helping you remember what's already there?"

One student was outraged. She felt I was "taking the magic out of it" and promptly left my community, unsubscribed from my mailing list, and ghosted me.

And it stung. Not because she left, but because I still struggle with wanting to be liked by everyone.

💡 I know I'm not the right teacher for everyone. 💡 I know different people resonate with different approaches. 💡 I know rejection is part of the process.

And yet, deep down, I still want everyone to think I'm a great teacher.

The Real Lesson: You Can Be Successful & Still Struggle

Here's what I'm realizing:

💡 You can be successful and still feel insecure. 💡 You can receive tons of validation and still crave more. 💡 You can evolve and still repeat old patterns.

Social media makes it look like everyone is cutting ties, standing in their power, and being unapologetically themselves all the time. But the truth is—

🌱 Growth is messy. 🌱 Healing is a spiral, not a straight line. 🌱 We all have moments where we doubt ourselves.

So if you ever feel like you're backtracking, you're not alone. We all get spiritual slaps from time to time!

Final Thoughts—Owning the Journey

I wish I could say I've fully learned these lessons, but I know they'll probably show up again. And that's okay.

If this episode resonated with you, or if you've been through something similar, I'd love to hear your thoughts!

✉ Email me at podcast@hannahmedium.co.uk.

Thank you for listening, and as always—have a bloody marvellous day!