



Mediumship Matters Podcast Transcripts

Season 2 Episode 104 - Awakening The Awakened

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Can you believe we're here for the penultimate long episode of the year? Time has flown, and today I want to reflect on the spiritual journey—where we start, how we evolve, and the layers of understanding we uncover along the way.

I've been witnessing a lot in my own journey and in others, and I think it's worth talking about how we see ourselves, our growth, and our relationship with the spirit world.

So, let's get into it!

How Do We Come to Spirituality?

For most people I meet, the journey into spirituality and mediumship usually comes through one of two routes:

1. Grief & Loss

- A deep-seated loss leads them to question more about life after death.
- They start feeling their loved ones around them and search for answers.

2. Disillusionment & Struggle

- Life throws too many lemons their way, leaving them feeling lost and hopeless.
- Spirit finds a way in, offering hope and guidance.

Of course, some people are born as mediums, experiencing spirit from childhood. But for most, it's one of these two paths that leads them to their awakening.

👉 If your journey has been different, let me know—I'd love to hear about it!

The Stages of Spiritual Awareness

At the beginning, we often see spirit as external.

- We view the spirit world as separate from us.
- We think of guides and loved ones as coming in from the outside.
- We believe that one day we'll return to spirit, but for now, we're just humans.

For many, this level of understanding is enough.

- They want to know their loved ones are okay.
- They enjoy tapping into spirit for love, support, and inspiration.
- They may use tools like oracle cards, meditation, and signs from spirit.
- But for some of us, the pull to go deeper is undeniable.

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The Path of Spiritual Development

Once you step into spiritual development, everything changes.

- It's no longer about spirit proving themselves to you.
- It becomes about you proving yourself to yourself.
- You start to see spirit is not separate—we are part of the spirit world, right now.

And here's the tricky bit:

This is when the real work begins.

- We have to raise our vibration.
- We have to reprogram our conditioning.
- We have to work through our resistance to truly surrender to spirit.

And that's when things get challenging.

The Rollercoaster of Mediumship Development

When I first started, everything felt magical.

- I saw signs everywhere.
- I felt spirit all the time.
- It was full of excitement and wonder.

But once I stepped into evidential mediumship, the experience shifted.

- Suddenly, I needed proof.
- Suddenly, I was pushing limits instead of floating in wonder.
- Every success led to higher expectations, which sometimes sucked the joy out of it.

And let's be honest—mediumship is hard.

- You sit in people's grief and heartbreak.
- Even when you bring amazing evidence, their pain remains.
- You start to wonder, Am I really helping?

It's not all love and light—it's real, raw, and emotional.

And yet, something inside you keeps pushing forward.

Awakening the Awakened: The Next Level of Awareness

This is where the real expansion happens.

- You realise you don't have all the answers—and that's okay.
- You understand that spirituality isn't about absolute truths, but about constant evolution.
- You see that our perception of spirit must keep growing.

I used to take everything my mentor said as absolute fact.

Not because she demanded it, but because my logical mind craved certainty.

- But spirit has taught me: 🌟 Truth isn't fixed—it expands as we grow.

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The Problem with Stagnant Spirituality

One of the biggest issues I see in spirituality is the recycling of old knowledge.

- So much of what's shared today has been repeated for decades without question.
- We need to start challenging outdated teachings and asking: What's next?

For example:

- Spirit doesn't have a voice box, yet people still assume we "hear" them as if they do.
- Mediumship isn't one-size-fits-all, yet many still claim it has to be done a specific way.
- We talk about a new energetic age, but we keep using the same old practices.

We need new perspectives, new insights, and fresh understanding.

Being Brave in Your Spiritual Expression

If you're out there sharing your mediumship—whether in readings, podcasts, or social media—you need to ask yourself:

- 👉 Am I just repeating what I've heard?
- 👉 Or am I sharing my own experience and understanding?

People crave authenticity.

- They don't want the same generic quotes.
- They want to hear your truth, your experiences, and your perspective.

And yes—when you speak your truth, you will trigger people.

I recently had someone on social media call me a "terrible medium".

- It stung. 😞
- I had a large glass of Sauvignon Blanc afterward. 🍷
- But ultimately? Her opinion is her opinion.

Not everyone will like you. Not everyone will agree with you.

But that's the price of growth and authenticity.

Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Spirituality is a journey—not a fixed destination.
- The more you grow, the more your understanding will evolve.
- Mediumship is tough—but the pull to continue means you're meant for it.
- We need to push for fresh perspectives, not just repeat the past.
- Speaking your truth will attract the right people and repel the wrong ones.

So, my question to you is: 👉 Where are you playing it safe in your spiritual journey? 👉 Where can you expand your understanding and challenge what you've been taught?

Thank you for listening! If you enjoyed this episode, please leave a review and share it!

And if you're ready to deepen your connection to spirit, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨