



Mediumship Matters Podcast Transcripts

Series 1 Episode 18

Community

Mediumship Matters – Season 1, Episode 18

Hannah Macintyre:

Hello and welcome to Mediumship Matters! It's me, Hannah Macintyre. Before we dive in, did you know I have an online, pre-recorded, six-week self-healing course? If you're looking to learn about energy, healing, and shifting your frequency, you can get £20 off by using the code podcast at www.readingsandreiki.co.uk.

The Role of Light Workers in the Collective

I wasn't entirely sure what today's episode would be about, but as always, the spirit world has a way of guiding me. Recently, I've been thinking about the way we, as light workers, fit into the world, especially as the collective consciousness continues to shift.

We're all aware that the energy of the planet is rising. Humanity is evolving, though perhaps not as quickly as we'd like. The biggest issue? We've become disconnected. People are more focused on me rather than we, and that lack of collective thinking is causing a breakdown in community and compassion.

Take, for example, something as simple as driving. I've had a few close calls while out running—cars flying past without a thought for pedestrians. If it were their own loved one on the road, they'd slow down. But when it's a stranger? No consideration. It's the same on my live readings—people demanding messages, assuming their need is greater than someone else's. But why? Why do we assume our struggles are bigger, our voices more important? We've lost sight of each other.

Choosing to Be the Light

So how do we change this? We have to be the light in the world, even in the smallest ways. Let me tell you a story about my ridiculous rainbow shoes. I bought these gorgeous trainers that absolutely shredded my feet. But, determined to break them in, I wore them to take my car for its MOT.

As I left the house, I had a nudge—a thought: Don't wear those shoes, you'll need to walk. I ignored it. I got to the garage, only to find out the MOT inspector was late, meaning I'd have to walk home... in the shoes of doom.

On my way back, frustrated and limping, a woman stepped off her driveway in front of me. Instead of just slowing down, I let my irritation take over. I stomped past her, making sure she knew I was in a huff. And then my guides nudged me again: What are you doing?

So, I shifted. I caught up to her and said, "Good morning!" She looked startled and replied, "I didn't see you! I'm struggling with anxiety today, so I went for a walk to clear my head."

That conversation changed the energy entirely. She opened up about her struggles, and as we walked together, I could feel the Reiki energy flowing, supporting her without even trying. Imagine if I'd stayed in my own bad mood—how damaging that would've been to someone already struggling.

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Being of Service Without Losing Yourself

Being a light worker doesn't mean fixing everyone. It doesn't mean abandoning your own boundaries. But it does mean choosing, moment by moment, to be kind, to listen, to be available in the ways that feel right.

I had another moment like this at Gatwick Airport. A stressed-out young mum turned to me in the queue for passport control and said, "Can I talk to you for a second?" She and her family had lost their flights due to an EasyJet technicality. She was exhausted, overwhelmed, and about to break down. Spirit had placed me next to her—not to fix the problem, but to listen, to offer calm in her chaos. And you could feel the energy shift in that moment.

How You Can Make a Difference

You don't have to be a professional medium to be a light worker. It could be:

- Checking in on a neighbour.
- Smiling at a stranger.
- Having a conversation with someone who looks like they need it.
- Driving kindly past a runner or cyclist instead of speeding by.
- Volunteering, however small, in your community.

I run a Rainbow unit in Girl Guides because I believe children need real role models—people who listen, who show them they matter. But your contribution doesn't have to be big. It just has to be intentional.

Final Thoughts

We are the teachers. We are the ones helping to shape this new world. And while it might not feel like we're making a difference, every single act of kindness, every moment of choosing light over anger, ripples out.

So let's make this week about being the change. Not with guilt, not with pressure, but with small, conscious moments of connection. And remember—happy people don't judge or try to control others. They simply live in a way that shines light for those who need it.

Thank you for listening. If you enjoyed this, please share Mediumship Matters and help spread the message. Sending you all lots of love!