



Mediumship Matters Podcast Transcripts

Season 3 Episode 33 - Interview with Law of Attraction Expert Amanda Riley

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I am beyond excited because I have my dear friend, supporter, and all-around incredible human, Amanda, joining me to talk about the Law of Attraction and Manifestation!

Amanda helps me at my events, picks me up when I'm a weeping mess, and generally reminds me that everything is going to be okay. So, let's dive into it!

How Amanda Discovered the Law of Attraction

Amanda's journey began with *The Secret*, the book that many people stumble upon. She wasn't sure about it at first, but after going through a difficult time, she revisited it and started to explore mindfulness, vibrational alignment, and conscious manifestation.

Her journey took her through Buddhism, the teachings of Jon Kabat-Zinn, and eventually into a deep understanding of how our thoughts and energy shape our reality.

What Is Manifestation?

Manifestation is consciously creating the life you desire by aligning your energy with what you want. Everything is vibrational, and your mindset plays a huge role in what you attract.

- If you focus on lack, you create more lack.
- If you focus on abundance, you align yourself with opportunities and experiences that bring it to you.

It's about being specific, trusting the process, and allowing the universe to work in its own way and time.

Amanda's Manifestation Success Stories

Amanda started small, testing the process. She manifested: ✓ A small white pebble, exactly as she envisioned it. ✓ A black convertible Peugeot—within four months! ✓ A thriving upcycled furniture business with a shop and branding designed effortlessly. ✓ Her husband, dream home, and a life full of synchronicities.

She describes her house as exactly what she envisioned—right down to the roses, gravel driveway, a nearby pub, and a well in the garden!

The key? Absolute clarity and deep belief.

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How to Get in Vibrational Alignment

- ◆ Believe it's already yours—just like when you order something online, you know it's coming. ◆ Visualize your future self already living it—Amanda and her husband even went to the pub near the house before they owned it, acting as if they belonged there. ◆ Avoid obsessing over how it will happen—your job is to align, not micromanage the universe.
- If you struggle with patience (hello, me! 🙄), practice mindfulness to quiet the doubts.

Overcoming Resistance & Doubt

One of the biggest blocks to manifestation is attachment to the outcome. The more desperate we are, the more we focus on what we don't have, which keeps us in a state of lack. Amanda's top tip? If something doesn't come, trust that something better is on the way. Every "failure" is actually a course correction towards something even greater.

Money & Manifestation—Shifting Your Mindset

Many of us, especially in spiritual work, struggle with charging what we're worth. Money is just an energy exchange, and undervaluing yourself blocks abundance.

- Know your worth—the right people will be drawn to your confidence.
- Stop comparing prices—charge based on your value, not what others are doing.
- See money as a flow—it's meant to move, not be hoarded or feared.

Amanda's 5 Top Tips for Manifestation

1 Start Small – Build your confidence by manifesting little things first. Test the process. **2** Be Specific – The universe loves detail. Know exactly what you want. **3** Prioritize & Refine – Make sure what you're asking for aligns with your true desires. **4** Detach from the Outcome – Trust that it's coming and let go of the "how." **5** Practice Gratitude – High vibrations attract more good things. Be thankful in advance.

Does Manifestation Have a Timeline?

Amanda believes the timeline depends on your belief and resistance. If you have deep doubts, your manifestation takes longer because your energy isn't fully aligned.

Starting with smaller manifestations builds trust, making bigger ones easier over time.

The Spiritual Side of Manifestation

Everything in mediumship, spirituality, and manifestation is interconnected. Your beliefs shape your experiences.

- If you expect NOT to hear from a loved one in a reading, you might block the connection.
- If you focus on what you DIDN'T get from a reading, you miss the magic in what you did receive.

Just like in manifesting money, relationships, or success, our expectations create our reality.

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Amanda's Mentorship Program

Amanda offers personalized manifestation mentorship, helping people: ✓ Identify and clear blocks. ✓ Shift limiting beliefs. ✓ Develop a personal roadmap to abundance. ✓ Work through resistance in real-time.

You can find her Facebook page, The Creative Collective, where she shares powerful insights and guidance. I'll link it in the show notes!

Final Thoughts—Keep Learning & Expanding!

Amanda will also be joining me on my July retreat, leading a vision board workshop to help participants tap into their manifesting power. If you'd like to join us, there are still a few spaces left!

✉ Have questions? Email me at podcast@hannahmedium.co.uk.

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