



# Mediumship Matters Podcast Transcripts

Season 2 Episode 64

## Back In Alignment (For Now)

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre!

Now, for you, this is just another episode—business as usual. But for me, I've just had two weeks off, so I feel a little bit creaky! (Let's be honest, though, when am I not?)

I've just returned from a holiday in Sorrento, and before you say, "Oh, how lovely!"—let me stop you right there. It was a disaster. Absolute chaos. Imagine Oxford Street on the last Saturday before Christmas—but add heat, overpriced food, and a bonus round of food poisoning for me!

Yep, it was that kind of holiday.

But I promise I'm not just here to moan about my terrible trip—I actually had some big takeaways from it, especially around alignment, spiritual lessons, and why taking a proper break really matters. So, let's get into it!

### The Unexpected Benefits of a Disaster Holiday

So, despite everything, this trip ended up being exactly what I needed. I fully switched off from work, spirit, and any urge to create—and do you know what? It did me the world of good.


For the first time in ages, I surrendered. No pushing, no planning, just being. And as a result, I came home feeling amazing. It was like a spiritual reset—almost as if spirit had been waiting for me to stop micromanaging everything so they could work their magic.


And now? I feel in alignment again—that deep sense of this is right, which I haven't had for a long time.

### Exciting Announcements: A New Retreat & Glastonbury Plans!

Since coming back, I've already taken action on something that's been calling me—a brand-new retreat!

 17 July 6th, 2026 – A Three-Night Spiritual Renewal Retreat

 Location: A stunning venue with its own private forest and river for wild swimming

 Focus: Healing, spirit guide connection, self-reflection, and deep renewal

More details to come, but if this is calling you, save the date!

And speaking of exciting plans—I'm finally going to Glastonbury! Not with my family (let's be honest, they'd hate it), but with Amanda. We'll be doing a demonstration and possibly a workshop while we're there. It's time to visit Chalice Well, soak up the energy, and make it a proper spiritual trip.

### The Wild World of Trademarks (A Spiritual Lesson in Disguise?)

Now, let's talk about something completely unexpected—getting hit with a legal warning while on holiday!

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Remember when I interviewed Kimberly Meredith, the medical intuitive? Well, I titled that episode ‘Medical Medium Kimberly Meredith’—and apparently, Medical Medium is a trademarked term. Who knew?!

Cue an email from a legal team threatening to take down my entire podcast if I didn’t fix it.

Now, I’ve sorted it—I changed the title and artwork. But it really got me thinking.

Should I be trademarking Mediumship Matters? Should I be taking things more seriously and protecting my work? Or am I just too laid-back about these things? Maybe it’s a nudge from the universe to be a little more business-minded... (Stay tuned for that journey!)

## The Modern Spiritualist Movement: Where Do We Belong?

A listener, Denise, sent me a fascinating version of the Lord’s Prayer—translated from Aramaic. And let me tell you, it’s so much more aligned with how I see spirituality:

Detach the faults that bind us, like we let go of the guilt of others. Let us not be lost in superficial things, but be freed from that which keeps us from our true purpose.

Isn’t that beautiful? No guilt, no sin—just personal responsibility and spiritual growth.

But this leads me to a bigger question: Where do modern spiritualists belong?

- Traditional churches don’t always feel right.
- Spiritualist churches often mimic Christianity, which doesn’t resonate with everyone.
- Online learning is great, but where are the in-person spaces for non-religious spiritualists?

We need more inclusive, open spaces for spiritual development. And if you’ve ever thought about starting a circle or gathering, this is your sign!

## The Medication vs. Spiritual Healing Debate

I knew this would ruffle some feathers, but let’s talk about medication vs. holistic healing.

Yes, I believe in energy healing, crystals, and spiritual practices. But I also believe in medicine.

Example? My migraines. They’re brutal, they plummet my vibration, and they make me spiral into negative thoughts. One tablet can stop that in its tracks—so why wouldn’t I take it? Why would I choose to suffer for three days if there’s a safe, effective treatment available?

This isn’t about “Big Pharma” vs. spirituality—it’s about balance.

Use the tools that work for you. If that’s crystals, great. If it’s medication, also great. The key is empowerment, not shame.

## That Sneaky Little Inner Critic

Now, for a bit of self-reflection...

A friend recently messaged me, raving about a medium she saw—how fast he was, how incredible his evidence was. And my immediate reaction?

Panic. Self-doubt. Imposter syndrome.

What if people see him and then see me and think I’m rubbish?

I share this because I know I’m not alone in these thoughts. Whether you’re developing your mediumship or just navigating life, we all have those moments of self-doubt.

But here’s the lesson: someone else’s greatness doesn’t diminish yours.

So, if you’ve ever been in a development circle and someone else gives an amazing reading, and you think, Oh no, now I’m going to look terrible—just know we all feel that way sometimes. It’s normal. The trick is to keep going anyway.

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Final Thoughts: Growth is Messy, But It's Worth It

If there's one takeaway from today's episode, it's this:

🌟 You don't need to be perfect to be on the right path. 🌟 Taking breaks can lead to big breakthroughs. 🌟 Spirituality and personal growth are constantly evolving—and so are you.

Join The Gateway: Your Spiritual Development Community

If you're looking for a place to develop your mediumship, connect with spirit, and find a community that gets you, The Gateway is here for you! Inside, you'll find live workshops, practice sessions, and a group of like-minded people walking this path with you.

Join us today at [www.mediumshipmatters.co.uk](http://www.mediumshipmatters.co.uk).

Thank you so much for listening! If you enjoyed this episode, please leave a review—it helps more than you know! And if you'd like to share your thoughts, email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk)—I'd love to hear from you!

See you next time!

Transcribed & adapted for accessibility & SEO.