



# Mediumship Matters Podcast Transcripts

## Season 4 Episode 24 - Altar Magic

### The Power of Ceremony: Rituals, Stillness & Calling in Energy

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

Today, we're diving into something a little different—ceremony and ritual.

If you're like me, you might struggle with stillness and surrender. I'm naturally a doer, always creating, always moving, but I've found that ceremony helps me take action towards what I want energetically while keeping me in a state of flow instead of frustration.

So, let's talk about how to create simple, powerful ceremonies to align your energy, manifest your desires, and bring intention into your daily life.

### Why Rituals & Ceremony Matter

Ceremonies aren't just about candles and crystals (though, let's be honest, we love those!).

- They create space in your life for focused energy.
- They help you align with what you want instead of just thinking about it.
- They give you a moment to pause, connect, and call in the energy you need.

And here's the big thing: there's no right or wrong way to do it.

You don't have to follow a book or someone else's script—your ceremony should reflect YOU.

“The first ingredient in any ritual is you. You are the energy, the magic, the focus. Make it yours.”

### Creating Your Own Sacred Space

Your ritual space doesn't have to be fancy. It can be:

- A small shelf in your bedroom.
- A corner of your desk.
- A window ledge where you place a candle and a few meaningful objects.

The key is intention.

- What energy do you want to call in?
- What do you want to release?
- What do you want to create?
- And then you start building a space that reflects that energy.

# Mediumship Matters Podcast Transcripts

## Choosing Objects for Your Rituals

Rather than following set rules, listen to your intuition. Objects carry energy, and you can use them intentionally:

### Crystals

- Don't just go by what books say—ask them what they want to bring to you.
- If a certain crystal keeps calling to you, there's a reason for it.

### Candles

- Lighting a candle is a physical act of setting intention.
- Use your favourite candle, not the dusty one you've been saving!

### Nature Objects

- Sage or herbs for cleansing.
- Feathers for spiritual guidance.
- Acorns or seeds for future growth.

### Household Items

- A bowl of coffee for energy.
- A mirror for reflection and clarity.
- A ruler to symbolise expansion and measured growth.

“I once put a broken fairy light on my altar to remind myself never to let anyone dim my light again.”

The objects don't have to be “spiritual”—they just have to mean something to you.

## Setting Intentions & Activating Your Space

Once your space is set up, activate it with intention:

- Light a candle and think about what you're calling in.
- Take a moment to visualise how it would feel if that energy was already in your life.
- Ask spirit, your guides, or the universe for support.
- Be open to signs and synchronicities that follow.

“When I called my energy back from all the places I'd left it, I received an email from someone who had tried to stamp out my light. It was a painful but powerful confirmation.”

## Surrendering & Trusting the Process

Ceremonies aren't about forcing results—they're about aligning with what you desire and trusting it's coming.

- If something isn't manifesting, it's not because you're doing it wrong.
- Sometimes spirit is asking you to surrender and allow things to unfold naturally.
- Even if things feel slow, trust that shifts are happening.

“Even in stillness, energy is moving. Just because we don't see it doesn't mean it's not happening.”

# Mediumship Matters Podcast Transcripts

Final Thoughts: Make It Yours

Your ceremony doesn't have to look like mine—or anyone else's.

- Use objects that mean something to you.
- Follow your intuition, not a book.
- Keep it simple, but intentional.

If you create a space, I'd love to hear about it! Send me a message, and let's share the magic.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Rituals for manifestation, energy alignment, spiritual ceremony, mediumship practices, candle magic, creating sacred space, working with crystals, setting intentions, law of attraction rituals, personal ceremony, spirit connection.