



Mediumship Matters Podcast Transcripts

Season 2 Episode 97 - Judgement & Instruction

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing? I have some incredibly exciting news to share—we've officially hit 100,000 downloads of this podcast! 🎉 I can't even believe it. Thank you to everyone who listens, shares, leaves reviews, and supports the podcast in every way. Whether you've bought me a coffee, supported monthly, or simply spread the word, I appreciate you so much. This milestone means the world to me, and I can't wait to keep going with Season 3!

Before we dive in, a quick update:

- One space has opened up for the January Folkestone Retreat due to a cancellation. If you want a fully catered, immersive experience in spiritual development, now's your chance!
- Elevate Course still has spaces available! If you're not a beginner and you're ready to push yourself, face your fears, and elevate your mediumship, come and join us! Morning and evening sessions are available to accommodate different time zones.
- Mentorship Programme: If you join by the end of November, the Elevate Course is included!

Now, let's get into today's topic: self-acceptance in your spiritual journey.

The Human Side of Mediumship

This past weekend, I was teaching a Beginner's Mediumship Course, and it reminded me of something really important:

We are all human.

Even as we open up to the spirit world, we can't escape our human emotions, thoughts, and experiences. This is something that came up during the course in a few key ways:

- Some people had worked with spirit before but stepped away, and now they were returning.
- Others were brand new to mediumship and had no idea what to expect.
- One woman openly called herself a skeptic but felt called to attend.

By the end of the weekend, she admitted that actually experiencing mediumship herself answered so many of her doubts. And I love that! There's nothing like first-hand experience to shift perspectives.

And then, in the middle of this deeply spiritual workshop...

A neighbour banged on the window to complain about parking.

🌀 It was the most hilarious, grounding moment! Here we were, talking about spirit, opening ourselves up, and suddenly—bam! Back to human reality.

It was the perfect reminder that we can't separate our spiritual journey from our human experience.

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Are We Ever “Good Enough” for Spirit?

One of the biggest struggles I see in developing mediums is this idea that we are not good enough for spirit.

- That spirit is judging us
- That we need to be more spiritual, kinder, or ‘better’ before we can work with them
- That our flaws, our past mistakes, or our thoughts disqualify us from deep connection

And yet—spirit doesn’t see us that way.

Spirit knows we are human. They love us anyway.

We don’t have to wait to be “perfect” before working with spirit. In fact, if we did, none of us would ever get there!

I can tell you from experience:

- I still have unkind thoughts
- I can be judgmental
- I can have moments of frustration and impatience

And spirit still works with me. Because that’s what unconditional love is.

Why Do We Judge Ourselves So Harshly?

It’s funny, isn’t it?

- We hear stories of other people’s journeys and find them inspiring.
- We watch celebrities overcome struggles and celebrate their success.
- We admire others’ resilience—but refuse to give ourselves the same grace.

Why is it that we deny ourselves the right to have a journey?

Why do we judge our own struggles as failures, rather than seeing them as essential steps on our path?

Every difficult moment, every mistake, every lesson—it’s all part of the journey. And spirit sees the bigger picture even when we don’t.

Spirit Loves You—Yes, YOU!

One of the biggest lessons I’ve learned is this:

Spirit loves me when I’m meditating and doing readings. Spirit loves me when I’m drinking too much wine and crying about RuPaul. Spirit loves me when I’m being difficult, stubborn, and grumpy. Spirit loves me when I’m spreading kindness and love.

They don’t pick and choose. Their love is constant.

The only person who ever cuts us off from spirit’s love is ourselves.

When we think we aren’t good enough, when we push ourselves away, when we tell ourselves we have to be better—

That’s us, not them.

Spirit is always there, whispering: Take it. It’s yours. You are already enough.

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Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- You don't need to be perfect to connect with spirit. Spirit works with you as you are.
- Stop judging your own journey. Every challenge, every step, every lesson is valuable.
- Unconditional love means exactly that. Spirit loves you—flaws, mistakes, humanness and all.
- The only thing stopping you is YOU. Spirit is always ready. Are you?

If you take one thing away from today's episode, let it be this: You are enough. Right now. As you are.

Thank you so much for listening! If you enjoyed this episode, please leave a review and share it! And remember—if you want to work more deeply with spirit, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨