



# Mediumship Matters Podcast Transcripts

## Season 4 Episode 40 - Finale

### Surrender, Spiritual Evolution & Lessons from 2023

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

How are you doing? Apologies for the delay in this episode—I've been really unwell, and getting back to work has been a struggle. But I'm here now, and I have some big updates about the podcast, reflections on this past year, and insights into where we're heading. So, let's get into it!

### Changes to the Podcast: Surrendering to a New Format

This year has been one of intense lessons, and one message from spirit has been coming through loud and clear: surrender. And, let's be honest, I'm rubbish at it. Absolutely, ridiculously bad. But I've come to realise that I've been forcing content creation in a way that isn't serving me anymore.

- I pulled back from social media because I recognised how toxic the pressure of constant content creation had become.
- And I now see that I've been doing the same thing with this podcast—pushing myself to create, even when I'm not inspired.

So, here's the change:

- The podcast is shifting to a seasonal format. Instead of two episodes a week, I'll be recording in blocks, releasing a full season, then taking a break before the next one.
- This will allow me to stay aligned, keep the quality high, and ensure every episode is truly meaningful.

The next time you hear from me, fingers crossed, I'll be sharing the introduction to my book, which should hopefully be out early next year! Keep those fingers crossed.

### Spiritual Experience Retreat: Last-Minute Openings!

At the time of recording this, I've had two last-minute cancellations for my Spiritual Experience Retreat in January (25th-28th).

- Three nights in a lovely hotel
- 10 sessions with me
- Like-minded company, private ensuite room, and amazing food
- If you'd love to join, drop me an email for the booking link!

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## Physical Mediumship: Final Thoughts (For Now)

I know, I know—I've talked about physical mediumship a lot lately, but I just want to clarify a few things:

- I do believe in physical mediumship. I've seen lights flash, heard voices as a child, and experienced enough to know something is happening.
- But I also think there's fakery involved. I've seen videos of certain mediums caught in obvious fraud. And their explanations? "Spirit made me do it." Seriously?!
- Belief doesn't mean blind acceptance. We can hold faith in something while still questioning its authenticity.

One fascinating conversation I had was about whether belief itself shapes our experience. Maybe some people see real physical mediumship because it's part of their journey, while I struggle with it because it's not part of mine. Food for thought!

I still hope to witness a truly mind-blowing demonstration—but I need it to be genuine. If anyone can recommend a physical medium who doesn't require pitch-black rooms and theatrical theatrics, let me know!

## Pop Culture & Spiritual Lessons

If you've been listening for a while, you'll know I love pop culture and spirituality. Some of my biggest awakenings came while watching RuPaul's Drag Race (seriously!).

Two things I've been obsessed with lately:

### 1. Britney Spears' Book: A Soul's Tough Journey

- If you haven't read *The Woman in Me*, I highly recommend it.
- Through a spiritual lens, her journey is fascinating.
- She's endured things completely out of her control, which raises big questions about manifestation, destiny, and free will.
- What did her soul sign up for? And what was simply imposed upon her by others?

### 2. Selling Sunset & Boundaries

Yes, *Selling Sunset*—stick with me!

- Chrishell's journey of self-worth and boundary setting has been so relatable.
- This season, she's finally enforcing her boundaries, and the backlash is intense.
- People around her are uncomfortable with her change—a classic reaction to spiritual growth.
- The manipulation tactics? Guilt trips, exclusion, and the whole "we're a family" pressure.

It's a powerful reminder that when you start enforcing boundaries, people who benefited from your lack of them won't like it.

## Twin Flames: The Netflix Doc & Why I Don't Believe In Them

Escaping Twin Flames Universe on Netflix? Mind-blowing. Horrifying. Absolutely a cult.

- I've never believed in twin flames. It's disempowering.
- The idea that there's one person who completes you? No. We are whole on our own.
- Instead, I believe in soul families—a network of souls who come to teach, support, and challenge us.

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Romantic obsession in spirituality is dangerous. Relationships are work, compromise, and growth.

- I met my husband at 21, married at 24, and we've had amazing and absolutely awful times.
- The idea that one person will effortlessly "complete" you is just unrealistic.
- Twin flames = toxic, manipulative narratives disguised as spirituality.

Please, be careful with any spiritual teachings that take away your personal power.

## 2023: The Year of Hard Lessons

Looking back, 2023 felt like a collective Tower card moment. Everything crumbled so we could rebuild stronger.

Key lessons:

- Social media is not the be-all and end-all.
- I've settled into the kind of medium I want to be.
- Approval from others is irrelevant—self-acceptance is key.
- Boundaries are essential, even when they upset people.
- My family and personal well-being matter just as much as my work.

I've also been battling migraines, losing half of every month to pain. I've finally started new medication, and while I was scared it might affect my connection to spirit, I also knew I couldn't keep suffering.

This year wiped the slate clean—now, it's time to rebuild. 2024 will look very different.

## Final Thoughts: Onwards to Season 5!

- The podcast will return in a seasonal format.
- I'm focusing on depth, not just content for content's sake.
- I'm more aligned than ever and excited for what's next.

Thank you for being here, for listening, for questioning, and for growing with me. Please keep sending in your questions—I love hearing them!

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

Love,

Hannah x

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