



Mediumship Matters Podcast Transcripts

Season 4 Episode 2 - Let's Get Physical!

The Mind-Body-Spirit Connection, Energy Manipulation & The Realities of Spiritual Growth
Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Season 4 is here, and I have to say—this one feels energetically different. Maybe it's the time off (or my version of time off, which isn't really time off at all), but there's a huge shift happening. I've got some incredible guests lined up and loads of new insights to share. So let's get into it!

The Energy of Growth: How Every Step Shapes You

For those of you who've been with me for a while, you know I struggle with taking breaks. My mum once suggested I manifest winning the lottery, and I was horrified—I don't want free money, I want to work for it! Such a classic Capricorn.

Even when I step back from one thing (like recording the podcast), I'm still working on the Mediumship Matters School, which has been incredible but also filled with new lessons, boundary-pushing moments, and growth.

Here's the thing:

- Every time we set an intention, our energy starts preparing for what's ahead.
- The moment you decide to join a circle, practice mediumship, or step into a new space, your energy begins shifting to match that frequency.
- Sometimes, the transformation starts before you even realize what's happening.

This isn't just about psychic perception—it's your energy working ahead of you. It could be aligning itself for something 20 years down the line that you can't even see yet. That's the magic of the nonlinear nature of energy.

Why I'm Going Down the Self-Publishing Route (Even If I'm Sulking About It)

If you've followed my book journey, you know it's been... a ride.

- A publisher initially showed interest but kept me waiting months for a meeting.
- When I finally met them, they didn't even remember me or the book.
- It was crushing—one of those “do I even want to do this anymore?” moments.

Since then, I've had a few offers, but honestly? They were shite.

So, I'm self-publishing. And while I've had a little sulk about it, I also realize—

- Traditional publishers don't always understand my approach to mediumship.
- Waiting for validation from others has never been my path.
- Every major step in my journey, I've had to build from scratch—so why stop now?
- It's funny how much of my work has been about creating my own spaces. From my school to my podcast, I've had to be the one making decisions, learning, and leading. And while it's exhausting at times, I also know it's exactly what I'm meant to do.

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The Physical Body & Spiritual Connection—How I’m Finally Listening to Mine

I’ve spent years focused on my spiritual development while mostly ignoring my physical body. But recently, spirit has made it VERY clear that I can’t keep separating the two.

So, I’ve been making changes:

- Giving up alcohol – Not because I “had to,” but because I could feel how it was lowering my vibration. Every time I drank, I felt disconnected from spirit for days.
- Moving my body – I’ve started gentle jogging, not for weight loss, but because of how it makes me feel afterward.
- Being mindful of my food choices – Not in a restrictive way, but in a way that honours how I want to feel.

The results? More clarity, more energy, stronger connections to spirit.

I used to believe spirit would always be accessible, no matter what state I was in. And in a way, that’s true. But my ability to FEEL them, TRUST them, and channel their messages? That’s directly linked to how aligned my energy is.

Navigating The Little Deaths: Who You Were vs. Who You’re Becoming

I’ve been reflecting a lot on how much I’ve changed.

- If I met Hannah from 20 years ago, I don’t think we’d even recognize each other.
- Even the version of me that wrote my book isn’t the same person I am today.

We go through so many tiny deaths in our lifetime—

- Relationships end.
- Careers shift.
- Beliefs evolve.

But here’s the thing: We ASK for transformation. We set intentions, we do the work, and then we resist the very thing we called in!

Instead of fearing change, what if we embraced the journey of shedding old versions of ourselves?

Mediumship & Growth—The Ed Sheeran Principle

There’s this brilliant interview with Ed Sheeran, where he gets annoyed when people say he’s lucky to be talented.

He says: “I practiced every day. I worked my arse off. That’s not luck.”

Mediumship is the same! People say:

- “You’re so gifted!”
- “It just comes naturally to you.”

But the reality? I’ve spent YEARS practicing, refining, failing, and learning.

- If you want to improve your mediumship, you have to put in the work.
- You have to push through the doubts and frustrations.
- You have to be willing to be wrong before you get it right.

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Final Thoughts: Embracing The Full Journey

This episode has been a bit of a wild ride—from energy shifts and self-publishing to the mind-body connection and the necessity of practice.

So, what's my takeaway?

- Your energy is always preparing you for what's next. Trust that process.
- Your physical health impacts your spiritual work. Honour your body.
- You're allowed to want more. Ambition isn't unspiritual.
- Your past versions are stepping stones, not mistakes. Keep evolving.
- You are responsible for your own growth. No one can do the work for you.

Thank you for being here, and I can't wait for what's coming this season! Send me your questions, share your thoughts, and let's keep growing together.

Until next time—trust spirit, trust yourself, and keep moving forward.

Love,

Hannah x

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