



Mediumship Matters Podcast Transcripts

Season 2 Episode 57

Love & Light (or not)

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I hope you're well. Today, I'm diving into some thoughts that have been rattling around in my head, and if there's time, I'll move on to some listener questions. Let's see where we end up!

A Shift in Mediumship & the Spiritual Community

Lately, I've noticed a huge shift in the way mediums are working and the messages they're sharing. It feels like even within the spiritual community, we're seeing a divide—people pushing the realism of spirituality (which, if you know me, you'll know I'm all for), while others cling to the “love and light” approach in a way that often feels... well, disempowering.

I recently shared a meme that cracked me up—it was an image of a building on fire, with someone throwing a tiny bucket of water at it, captioned: “Love and light vs. the trauma of your life.”

Now, don't get me wrong—I know that spirit is filled with love and light. But somewhere along the way, we've diluted that message into something so overly simplistic, so twee, that it lacks the power, intelligence, and depth that the spirit world truly holds.

The Importance of Challenging Beliefs

I try to keep my social media feed balanced. I follow people who don't believe in spiritualism, those who question it, and those who are further into the “woo-woo” than I am. Why? Because I believe in challenging my own perspective. Even if I don't agree with certain beliefs, there's always something to learn.

That said, there's a growing conversation about the harm the spiritual movement can do—particularly when it comes to things like medical treatment.

Look, I believe that everyone benefits from knowing they're connected to something greater. But when spirituality is used as a replacement for professional medical care, it becomes dangerous.

Spirituality & Medical Treatment: Finding the Balance

I'll say it: There is no crystal that will cure anxiety. If you're struggling, you may need counseling. You may need medication. You may need actual, qualified help.

Where spirituality can help is by reminding us of our connection to something greater—offering us comfort, guidance, and resilience. But it's not a cure-all.

For example, I suffer from hormonal migraines. They've been brutal—causing dizziness, vomiting, and wiping out entire days. And yes, I've tried everything: meditation, Reiki, reflexology, energy work, all of it. But you know what changed my life? Medication.

Now, does that mean I don't believe in spiritual practices? Of course not! I still use them as

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preventative care—I manage stress, meditate, and take care of my energy. But if a migraine hits, you bet I’m reaching for my prescription. And that’s okay.

Reframing Spiritual Expectations

There’s a damaging message floating around in the spiritual community that if you’re truly spiritual, bad things won’t happen to you. That’s absolute nonsense.

We all have lessons to learn. We all face struggles. The point of spirituality isn’t to avoid hardship—it’s to navigate it with resilience and self-awareness.

Spirit isn’t here to shield us from every difficulty. They’re here to support us through it. And pretending that “love and light” will magically erase all challenges? That’s doing a disservice to what spirituality really is.

The Evolution of Spiritual Practice

I’ve been wrestling with the term spirituality lately. I don’t quite fit within traditional spiritualism, and I know I’m not alone in that. The religious elements of it don’t sit right with me, and yet, I do believe in a higher power.

What do we call this? What’s the right term? Suggestions welcome!

It’s important to ask these questions and to make spiritual growth accessible rather than rigid or dogmatic. One of the biggest issues I see with traditional spiritual spaces (including churches) is that they often resist change. If we’re still doing things exactly as they were done 30 years ago, how can we expect to reach new people?

Lessons from Spirit & Personal Growth

Spirit has been teaching me a lot lately—particularly about choosing the right sitters for my readings. Not every client is the right fit, and that’s okay.

In the beginning, when we’re just starting out, we take every reading that comes our way. But as we develop, we learn that a successful reading isn’t just about our ability—it’s about the energy exchange between medium and sitter. And sometimes, that just isn’t there.

If you’re developing your mediumship, I encourage you to pay attention to who you work best with. It’s okay to set boundaries. It’s okay to refine your practice.

Trusting Yourself Above All Else

If you take one thing from this episode, let it be this: Trust yourself above everything else.

Spiritual growth isn’t about following someone else’s rules—it’s about finding what resonates with you. Take inspiration from others, but always come back to your truth.

And when you mess up? (Because we all do!)

- Recognize it.
- Learn from it.
- Move on.

Final Thoughts: Real Spirituality is Messy

Spirituality isn’t about pretending to be a perfect, enlightened being who never gets angry, sad, or frustrated. It’s about embracing all of it—the highs, the lows, and everything in between.

And if anyone ever tells you that you need to be constantly positive, just remember:

Even the most spiritual among us have days where they blast Slipknot and mutter, “I hate everyone.”

Thank you so much for tuning in! If you enjoyed this episode, please leave a review—it helps more than you know! And if you’d like to develop your mediumship in a supportive community, check out The Gateway at www.mediumshipmatters.co.uk.

Got thoughts on today’s episode? Email me at podcast@hannahmedium.co.uk—I’d love to hear from you! See you next time!