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SPEAKERS

Hannah Macintyre

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Hello, and welcome to medium ship matters. With me, Hannah Macintyre, how are you doing? So today we're going to be looking at red flags, because I think it's important to talk about it, I know that I spend more time in the shadow than the light, take from that what you will. But on my journey, there have been so many moments where I have disempowered myself, because I, I, you know how I was talking the last episode about that sort of kind of, we've got to be good for spirit, we've got to fit in for spirit. And there's kind of that sort of subconscious idea that if I let myself think if I accept that I am thinking that something isn't right, that I am somehow not being a good spiritual person. Have you made notice that in yourself, so you go for a reading and you think, Well, that was utter crap? And then you think, well, I mustn't think that because I should be grateful for the message that I got from spirit, I should be grateful for this. And you listen to somebody speaking you think well, I don't agree with what that they're saying? And then you sort of gaslight yourself into No, no, I mustn't think like that I must be completely and utterly grateful for the message. And I feel like I've done that to myself all the way through this journey. And perhaps, to a certain extent, continue to do that. And I wanted to talk to you guys about this today. Because I feel very strongly that I damaged my path and damage my mediumship by giving my power to people who didn't deserve it. And that bears talking about, I think. So I want to cover today, both red flags for mediums, and for spiritual teachers. And I'm going to do my usual thing of possibly ruffling some feathers. But it just keeps coming up for me, inescapably, I just know, that spirit want me to talk about this. And I know that I keep trying to avoid it. Because it's hard is hard to be on this path when you want desperately to fit in with your peers. But you also know that part of your work here is about forging a new one. You can't you can't stay on the old path. I think that's a massive problem that we've had in mediumship so far, is that people have been afraid to rock the boat to shift the status quo, to ask when something doesn't make sense to query to try a different way. And as a result, I do think that mediumship development plateaued for a bit. And so it's, you know, it's important. So, waffling aside, let's start with talking about things. For me, that would be big red flags for mediums. And one of the things I think you really have to be aware of when you're going out there and putting yourself in that vulnerable position of having a reading with somebody because it is a vulnerability is a big punt is making sure that the mediums that you work with know who they're communicating with, know if they're working psychically, and they're reading your energy, which is their interpretation of your energy, or whether they are communicating

with spirit. And I may well have told you guys this story, but it bears repeating. So I'm going to tell you again, you can just snore off, but this really manifested for me when I went to see a medium at a local pub. Now I live in quite small village, in, in a community, I'm quite well known in the community, because my children went to school. There, I did a lot of volunteering at the school. And also, I volunteered for Girl Guides. So people know me know of me recognise my face. And I went to see this medium in a pub in the local pub, and I was really excited. Because as you will have heard me say, I absolutely completely believe that you should watch as many mediums work as you can when you're on a development journey, not to judge but just to see all the different possibilities and ways that you can work. And I went to the local pub, and I'm just writing down a note. Oh, well, I remember it. Because otherwise, I'm gonna forget it. It's for the next section. So professional here. Okay, right, just so I can concentrate, welcome to my brain. I went to the pub, everybody there knew I was a medium. And the medium that was working, isn't local, so didn't know that I was a medium. And it was really confusing. Her mediumship was confusing. Now her teacher was there. So this is not the mediums fault, this the way that she's been taught by that teacher, I don't necessarily feel like it's the teachers fault if the teacher was taught, and so on and so forth. It just becomes this sort of self fulfilling, you know, repeating of behaviours. But that woman did not know what frequency she was in, and she was moving through all of them with no rhyme or reason. So one minute, she'd be talking psychically. The next minute, she'd be talking that she was with a communicator, the next minute, she'd be talking to spirit guides. And what that did was made it really confusing for all the recipients of her readings. Because you didn't know it's really hard. I mean, it's hard. If you've ever had a reading a, you know, an evidential, for example, with your loved one. It's hard to remember everything about them. Because sometimes evidence is so unexpected. And I like unexpected evidence, because it means it cannot have been picked out of my aura psychically. But it does mean that you're like, Oh, my God, did they do that? Oh, my God. Yeah, they did. And you're having to think, let alone if you're having to think about that, but also think about your own energy field. But also think about things that your spirit guides might want to say to you. It makes it it's hard work for the sitters, as well as for the mediums. And then unfortunately, she came to me, and I just wanted the ground to swallow me up. Because I'd watched her do six links for other people. They were all very confusing and nonsensical. There was a lot of sort of incredibly ambiguous evidence like there is a male energy around you could be dad could be granddad could be brother could be son, would you understand a male energy that could be around you? That kind of thing. And so I know that I'm always talking about sitters having ridiculous expectations of mediums. But there is some times you know, you are allowed an expectation and you are allowed to be like, say what? And she came to me, and I just I was like, no, please, please don't. And I had a male energy around me. Could be dad could be granddad could be brother could be son could be uncle could be friend. But I was sad when he passed. Can I recognise anyone like that? It could even be a great grandfather. And so I said, Yes. Because I was like, Well, yeah, hasn't everybody got somebody that would fit that description in their lineage? Like what? And then she said to me, he shows me you in a car. And I waited for her to expand on this. And in my waiting, she took that as a no. And so she said, You don't have to have been driving the car. But you could have been a passenger in the car. Do you understand that you have been in a car in the last three months.

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And I said, I mean, bearing in mind, we're in a village with no public transport. I said, yeah, yeah, I've been in the car, she went, well, there you go, then there you go. There's the proof, like I was being really difficult. And it was a fantastic lesson for me in my development, about sticking into one frequency at a time, and really building power in that space. And you can

move between frequencies, but it's important to recognise when you are, and to move through it. But just Yeah, gave me tummy ache, and was really difficult. And then when I left, I had this kind of, I don't know if it was like a superstition. But it was almost like I wouldn't let myself admit to myself how bad it was for fear that people would judge me. But I have to be honest, and say, if I'd gave a reading that vague, I would judge me, I would be calling myself to account. So first thing I want to say is, if you are feeling that, that wasn't very good when you go for a reading, or you go to see a medium, and you know that you've given them a fair crack, and you know that you have brought a lovely energy and been supportive and all of that stuff, then in that case, in that space, you are allowed to pull it apart. And you are allowed to look at why you didn't feel it was very good, and what you would do differently. Because as soon as I allowed myself to actually sit with spirit and say, What was it about that? That was so weird, what was it about that entire experience with that medium that left me so bamboozled and the like, disheartened by it, it was then that Spirit brought in the information to me about the five frequencies which I've talked about on this podcast and a part of my book. So I had to ask that question, in order to be able to get the answer. So although the reading was a bit pants, it was actually the greatest one of the greatest gifts I've ever had from spirit. Take from that what you will, it's fascinating. So I'm not saying she wasn't working with spirit, I'm just saying it was a confusing mess. And obviously, from my point of view, that was fantastic. Because it opened me up to the five frequencies, which completely changed my style of teaching, and my understanding, but it for everybody else there. I don't know. I don't know. I will say this. I did a reading the other day for somebody whose name I won't mention, but initial a who, when I said how did you find me said I found you at that horrendous Mind Body Spirit fair you did in London. And they were such a brilliant sitter and they brought such a lovely energy and they have so much potential, it was such a pleasure to work with them. And I have to accept that may be the entire purpose of that trip to London was being able to connect with that one sitter who booked with me who hopefully has taken the advice spirit gave her and is starting to follow her own development path. Maybe that's all it was for maybe my that entire experience with that medium. Was that medium going? Oh my god, I just haven't got it tonight. This is rubbish spirit and are intervening. Spirit, please intervene and spirit were intervening because they were getting me the learning that I needed. They were filling a gap in my knowledge. And that knowledge has been passed to 1000s of students now and 1000s of listeners. So there's nothing wrong with recognising a red flag and sitting in the energy of it. And work working out why what it's for what it teaches you. A slightly more simple red flag that I have for mediums is predictions without context. So I do believe that we create our path as we go along it. As you know, I do believe that there are certain aspects of that path that are predestined, although I don't fully believe in the timing of them. So I believe, for example, that I was supposed to meet my husband. And I believe that the growth that we have both experienced in our marriage has completely changed us, I am not the same person that I was when I was 21. When I met him, over half my life ago, I didn't even work with spirit, then let alone all the other stuff. So I'm a completely different person. And we have managed to rub along together and grow and shift and change together. But I don't think that I was predestined to necessarily meet him at 21. I think that was just a moment of alignment. And if it hadn't worked at that moment, because I hadn't been able to get into alignment for myself, then there would have been another period of time, I know that I had to end a relationship in order to take things forward with my husband. And I know that I had known that that relationship was not working for quite some time before that. And, and I knew that that person I was in that relationship with who I loved, had a choice. And they weren't really ready for a proper grown up relationship. Like I wanted a proper grown up relationship, I wanted a future I wanted to build a life together. And yet, I was really young to want that. But that is how I felt. And so I had to go through the process of waiting and hoping and realising that wasn't going to work in order to be able to release it in order to be able to heal from it in order to create space for Alex to come. So I think predictions without context are

dangerous. Because if you say to somebody, you're going to meet the love of your life, in the next six months, and they're going to be this, this and this than this. But forget to mention that they need to do work on themselves, or forget to mention what it is it's going to take them into alignment to make that happen, then when it doesn't happen for them, they're going to feel like they've been punished, or got something massively wrong. Or think that all of this is a load of rubbish. So I really feel that predictions are great if you get that information. But you should be providing context so that they understand if it doesn't help them, when you're predicting it, there will be a reason for that and explaining them to them how a universe that we walk through that we create works. Another big red flag for me is spirits that people can't take. Now, in a one on one reading, I do ask people now who they want to hear from. And the reason why I do that is because I have just got so fed up with people saying they don't care who they hear from, and then you bring someone through and they're disappointed. So if you care who you hear from, what if you book a reading with me, tell me who you want to hear from, I can't guarantee that I will get them. But I think I'm at about 98% success. And there are plenty of bits of evidence I can give you to validate it is who you want it to be, that are beyond the relationship. There's so much more there. But one of the things that I have seen mediums do, which to me is a red flag is write things in their booking systems. Like if you can't recognise who comes through, then it means they're a spirit guide. And I just think that that to me is like in the danger zone because yeah, that's really comfortable. Isn't that lovely to have no accountability. I've brought all this information through. You can't recognise them. Oh, that's because they're a spirit guide. But I also think that's a little misleading. And it's that funny balance between trusting who are coming through but also accepting that you in your opening up of your mediumship imagine it like a ship's radar. Like boop, boop, boop, boop. As you stretch

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out your aura, you may land on a spirit for that client. That is not the Spirit they want to hear from and that is okay, so finish with that spirit quite quickly, and then move to the one that they want. And say to them, this isn't who you want to hear from is it? Who do you want to hear from. And then when you've got your radar going like playing battleships, you know that this vibration of the person you're trying to get ahold of, you know, whether it's a warship or a rowboat when you're reaching out. So you are attuning yourself and your radar into that frequency to be able to pick them up. If you have got a medium who is bringing you through several spirits for you, and none of them can be taken. And none of them can be validated, and none of them can be verified, you've got to ask yourself, What's going on there. Because they should always be able to give you some evidence, even if you can't, you don't know much about them, they can give evidence about you and things that they've seen you doing and their family tree and stuff like that. You don't just go oh, well, you don't know who this is, but I'm gonna carry on working with him he had a spoon that nobody knows about, you've got to be able to validate it and spirit are intelligent, Spirit are clever. So they're not going to bring forward some random from way back in the family tree that you've got no connection to, unless there's a reason for it. So if you I heard somebody the other day, saying that they went to see a medium and they were really excited about it. And then the medium got through three spirits for them, none of whom they recognised. And then proceeded to say that that medium was brilliant. And I just think if that happened to me, and it has happened, I've had a reading, you know, I've had a disastrous reading with somebody where I knew that their husband was there, but I just couldn't build enough power to make it happen. I got in the way. My nerves are in debt. But I don't expect that lady to be going around go and Hannah MacIntyre is a brilliant medium. I expect her to be going around go God, I went to her and she was pants. That's what I

fully expect that that's okay. And I think that this kind of boy, you've got to be grateful for what you were given because that comes in with mediumship and readings is just not true. When I went for a reading, and I really desperately wanted to hear from my loved ones in spirit, and I got I booked an evidential reading. And the person that did that reading proceeded to tell me that my spirit guide was a unicorn. I felt like weeping. I felt like crying. Because, number one, the only reason they went with unicorn is because I was wearing all the colours of the rainbow. I was in my summer get up. I like lots of colours. If you chew up a mouthful of Skittles, they should, you should be able to fire them at me and it would just blend in with my outfit. That's how I you know, I do dress it up. But weirdly. And this is just personal. I find unicorns a little nauseating. I like crazy unicorn stuff. I don't like chintzy unicorn stuff just for me if you love unicorns, fabco. But that just shows to me that that medium wasn't even working psychically. Because if they were working psychically, they would know that unicorns were not my bag. But to be working, evidentially, for me to be missing out on communication from my grandparents, or my aunt, or my student who passed into spirit. Or my school friend that passed into spirit to just to not be giving me any connection from any of those people that are in the spirit world. But to be giving me the unicorn says it's like you because you are colourful, and they want to bring more colour to your life. That is a red flag guys. If you're not getting what you asked for that is a red flag. And that should be something for you to be aware of. That makes sense. I hope so. Now let's move to oh, I'll tell you what, as well. I would love for you guys to get in contact with me and tell me your red flags. Because I know that we like to be positive and we like to build up mediums and we do but I Also think for developing mediums you have to know that these things are not acceptable. That lady in the pub, no one had had said to her, what are you doing? You know, she, her teacher should have said, that is not enough. That is not specific enough evidence to be out there demonstrating, instead of telling her it was brilliant, I don't think it does anybody, any favours to be told something is good when it isn't. And I know that makes it hard. But it's also so important. Teachers, I've had such a difficult journey with teachers. And in my experience, there is a real problem with teachers being put on pedestals and students fulfilling that, and buying into that. And somebody said to me the other day, when you're dealing with people, in churches, in the churches or in the schools and things like that with spirituality, the bigger the smile, the bigger the knife that will stab you in the back. And that has certainly been my experience. And for a long time, I forced myself I kind of gaslit myself into, you should be grateful, you should be grateful that you're in their class, you should be grateful that they're teaching you and didn't accept that actually, the quality of the teaching was absolutely shocking. And that there was no love behind it. So here are some things that have happened to me on this bumpy old road that I think bear mentioning. So first of all, I know I've mentioned this on the podcast before, but I had a teacher that I was really excited to work with, who would spend the beginning of the lesson talking about something glorious that they had done in mediumship. Which I think it's important to share your stories if they are relevant. But you can't just talk about your best bits with no context. No, they don't tie in with a lesson that you've got planned. You are literally showboating and take up half the lesson. So that's the first thing, if you have got a teacher, who is taking up half the lesson, telling you about the best bits of mediumship, I honestly think that's the red flag.

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A little bit is really great. A good example is really great, but too much, too much of just stories of these brilliant things that they've done, I think is actually a concern. And I didn't realise that. And I would find myself fighting this absolute frustration, that the lessons that the time was ticking and feeling like I was a bad person, and a bad spiritual student, because I was frustrated. So for some of the residential courses that I've done, you know, this is a big thing for

me, I have had to not only pay for the course, but take time off work, my husband has to take time off work to pick up the children from school and look after the dogs. So if I was to invest a week on a course, that week has got to really, really mean something to me. It's got to be valuable. It's not just the cost. It's also the time invested in the disruption to my family. It has to have to feel like I've got something from it. I have to feel like I've developed and in the majority of residential courses that I have done, I have not had that experience. So when you're sitting there, and you're four days in, and you haven't actually done any work yet. And you haven't had a chance to actually practice or do anything. And you're 45 minutes into an hour and quarter lesson, and the teacher is talking to you, and telling a story that they've already told once, about this time, they did an incredible bit of mediumship, you're allowed to feel pissed off about that. That is a red flag, do not do what I did. And tell yourself that you need to stick with them, because they're renowned and well known. And you will suffer if you don't. It's not right, you should be learning. So that's the first thing. Also, I had, I've had quite a few teachers now, that will set you in activity, and then leave the room. And I think that I mean, if there's an emergency for one lesson, that's fine. But if you're on a week long course, and they do that for every lesson, that is rubbish, they should be there, they should be there for questions, they should be there to give you feedback, they should be there to give you pointers, they should be there to help you if you get stuck. So if anything like that happens, that is a red flag, you're allowed to think this is not the teacher for me. I remember asking a teacher for help once. I had a very difficult sitter. And I asked that teacher for help. And that teacher told me that I wasn't really connecting with spirit, and it was my imagination. And they said that to me in front of a whole class. And that did so much damage to me. It took me years to undo that. And I just don't feel that anyone that's in alignment with their soul. And their spirit would say that to somebody, and not in that way. So if you get spoken to like that, if you get shamed, if you get crushed, that is your teacher who haven't, they haven't integrated their lesson, and they're in their ego space. And I honestly think that, that they knew that I had potential, and it was a threat to them. So they were trying to put my lights out. I also have had problems with teachers not liking questions. And those of you that are students of mine will no questions rock my world. I love questions, because it's in the questions that I learn. So just like I was saying that that medium in the local pub, got me questioning. And then because of that, I then found out a load of information. I do believe that that's how it works. It's an opening up to an energy that can only be opened up to if you ask a question. And so it's really, really important that you feel safe to be able to say, I'm not sure. I don't know how that works. Can you explain that again another way? Because I don't think I've got it. But how does that work for this? And how does it work for that? And if your teacher won't let you ask questions, that is a worry. To me, that is a real problem. I think in spirituality, there's an awful lot of lingo and I used to work in financial services. And I think there's more lingo that people don't understand in spirituality than there is in financial services. You know, we just throw away around words with this kind of do you not know what that word means? In fact, inference because we're not teaching and it is hard. You know, when my lovely peeps were editing my book, they did have to say to me, you haven't explained the basics here, you haven't explained the basics here. Because you do get caught up in your own knowledge and your own knowing and what you understand. But you need to be offering a space to your students where they feel like they can point that out to you. And if you're in a class where you don't feel like you can ask a question. That is the problem. Red flag. A red flag for me is also teachers that keep you in the perpetual, perpetual pitch as a perpetual student pup. I think that's something to be very mindful of. It should be in a healthy, empowering way that you should be seeing students be set free. You should be seeing students give up and given opportunities to grow and thrive and expand. And if you're not seeing that, for others, you're not going to see it for yourself. Some of the teachers I've had certainly wanted to keep me in their shadow. And when I wouldn't stay in it, it caused problems. And I think this is really, really important to, to understand that you are allowed to shine, and you are

allowed to develop and you are allowed to step out into the light. And yeah, there are some people in spirituality, who actually just like being perpetual students who treat these courses and these experiences, like holiday camps, and they're all there with their friends and see you next year. And when you speak to them, they've been coming for 25 years. But if they've been coming for 25 years, and they still can't get on a stage and deliver a medium ship link without falling apart whilst saying that they desperately want to be able to do that, then there is something wrong with the quality of teaching that they are receiving. If it was a school, and somebody was on the beginners level of reading books for 25 years, Ofsted would have a field day. There needs to be that kind of thought process from students of Well, that's bloody weird. Why have they not progressed past that? Is this is this them? Because obviously, there's a limit to what you can do as a teacher, or is it that they're being held in stasis?

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It's an interesting thing being psychic, isn't it? Because sometimes it doesn't matter what you say. What people say to you what you say to yourself, you know what you know, and you know that you know it and you don't know how. And if you have got teachers that you feel, are talking about you behind your back, added to by the fact that they are talking about other students in front of you, that is a red flag so big, that it should wrap you up and pull you straight away from them. If you are experiencing that feeling of like being at school, when people are whispering, and you think they're whispering about you, you don't feel safe with that teacher, that teacher is not the teacher for you. And that teacher is not providing a hot lead safe space. So move, leave, find someone else. A couple of things that people have mentioned to me that they have had from other teachers include teachers, looking at them all, in a group, and saying, I know that some of you have the capacity to be mediums, and some of you don't, but it's not my job to tell you. It's your job and part of your journey to work that out for yourselves. If you ever hear a teacher say anything like that, pick up your stuff, leave. That if that teacher wants you to feel uncomfortable, like some of you have got this specialness and some of you haven't. But those of you that haven't, you've got to just flail around whilst continuing to pay them money to work out whether it's you or not. And if you've made the cut, get out of there. If the teacher doesn't believe that everyone can be a medium, that's fine. That's a belief system that people have that you know, you're entitled to your own beliefs. What you're not entitled to do is charge people money, whilst not telling them that they haven't made the cut. It will be like a mechanic taking money to fix your car, whilst not telling you that they can't actually fix that type of car and you will need to go see someone else. It was it's complete, you wouldn't accept it in any other circumstance. So don't accept it on your spiritual journey. Don't let them dim your light. A big one for me is teachers who don't show you what they can do. And so I would be very careful of any teacher that isn't doing readings or isn't demonstrating who is teaching readings and demonstration. They don't have to do it in I mean, I've had students say to me, I want you to do it for me now in this moment. And that's not the most comfortable space for a student that's having a tantrum for you to be able to prove that you can do it. But there are plenty of opportunities for people to see my work. There are recordings of readings on this podcast, there are recordings of demonstrations on this podcast, there will be another live demonstration on this podcast, so on this season, so that there should be the ability to see that teacher work. And that teacher should also be willing to show you in the class, if they're saying, from my point of view, if I'm talking to you, as a teacher and saying, This is what I want you to do, and this is how I want you to do it, I am ready and willing to show you and do it in that class. And quite often I do. And for me, if your teacher isn't willing to do it, there's a bit of a worry there. And that leads me back to the story, which is why I had Charlie Kelly on this podcast, which was that teacher that told him, he should be able to get a phone

number. And then he said, Well, you do it first, and they couldn't. So I think that there should be a proof required, because for me, I realised, and I've only realised probably in the last couple of years, that some of the things that I thought were possible with mediumship nobody is doing or nobody's doing it in regularity. And so these are this is that teach, you know, you've got that golden goose energy, where everything aligns, you've got the perfect audience who are really receptive, and believe in you, you've got spirits that totally are on your fibre, you've got receptive sitters who answer you quickly and are willing to go down this road with you. And it just all comes into this beautiful moment of alignment. You can do incredible mediumship in those moments, but those moments don't happen every time. And so if I was to say to my students, you should be able to do this, this and this and this, but I couldn't do this, this, this and this and this in that moment, then I am misleading them. That is the red flag. So there are things that I very openly admit I can do like getting the spirits name, sometimes. And if you've got a teacher that is telling you, you should be able to do that all the time, then I want to see them do it all the time. I want to see their moment in that moment in that energy that they're asking you to do it in. And if they can't. But you should be, uh, you know, one of my friends went to see a teacher that we know, demonstrate she was really excited about it. And she said it was completely disappointing. It she has been, you know, taught by Him for several years. And now, when she goes to see him, she realises he's not capable of what he's been saying he is. And there's no, and this is the problem. If we were just honest, then everyone would have honest expectations of themselves. But then of course, your students would realise that they've reached their Pinnacle and would stop paying you wouldn't they? The other thing is that I think it's really important is to really have different teachers. That's why I put different teachers on the medium ship back to school, it could just be me. But I didn't want it to just be me because you need to have different experiences and different teachers. And you can completely vibe with somebody's teaching like to biblical proportions, but then you see another teacher and it might just refine it further for you. And there's no shame in that. So if you have got a teacher that is saying to you, you have to stick with me you can't have other teachers because it's confusing or it does this or it does that. That is not a comfortable teacher. And again, I would be questioning whether you want to stick it out with them. One of my first students and one of the first circles I ran was this lovely man who had been told that he had to choose on his first day on the spiritual, the spiritual church, whether he wanted to be a healer or a medium. And I think anything that makes you feel restricted It should be seriously looked at and is certainly a dark pink flag if not a red one. Because all the way through my journey, people kept saying to me like, rein it back, pull it back, focus on one thing. And I haven't I just haven't been able to I love it all too much. I'm like a kid in a candy shop. But as I tried lots of different flavours, I realised the ones that I wanted to work on. So I am not your girl for the Akashic records. I am not your girl for pet communication. I am not your girl for trying to think of other things that I don't do, and I can't think of them but I know that they're around Carla therapy, life coaching, I, you know, my passion is evidential, mediumship teaching evidential mediumship and working with spirit guides. And I have a lot of other things that I can do amongst that I love working with Oracle's but all the way through me, people kept saying to me, you know, make a choice stick to one thing. And actually, the more that you do lots of different aspects, the more that you realise they all interweave. So a really simple example of that is when I worked with lingos knee and Bruce Scott at the shamanic centre. And I had to drum and be watched by people for 20 minutes. And yeah, that was just drumming, you'd say that's got nothing to do with my mediumship. But it had everything to do with my mediumship. Because in that being seen, and holding that space, and holding that beat was the growth for me, was

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Hannah Macintyre 46:49

the torturous insurance of being looked at and possibly getting something wrong and being seen, which now enables me to walk out on a stage the way that I do, wouldn't be able to do it without that. So they all interweave. So don't let anybody and certainly don't let yourself tell you that you have to pick one speciality, and stick with it and do it to death. Be the kid in the sweet shop. And therein ends red flags. But like I said, I would love to hear yours because it just helps everybody to learn from each other's experiences. So you can message the podcast and you can be anonymous, you can drop me a voice note, I now have worked out how to do a voice changer. So we won't even hear your true voice if you want to stay in the shadows. But let's all learn not only from the good and inspiring stuff, but from the shadow. So share your shadow tell us what hasn't worked for you your experiences with teachers with Mediums tell me your good bits and your bad bits. And let's all learn how to be better together. I hope that you've enjoyed today's episode. Please don't forget to leave me a review. Let me know your thoughts and make sure you share this to just help me reach as many people as possible. And I will catch up with you again next week.