



Mediumship Matters Podcast Transcripts

Season 2 Episode 67

The Healing Journey

Welcome to Mediumship Matters!

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

Before we dive into today's episode, I have some news—I've launched my new mentorship program! 🎉 Plus, my website has had a major refresh. If you're curious about mentorship or just fancy a nose around my new site, visit www.hannahmedium.co.uk and let me know what you think!

Right, onto today's topic: Healing & the Spiritual Journey. I know we've covered healing before, but I want to explore it from a fresh perspective—because healing is never a one-and-done process. Let's get into it!

What Energetic Season Are You In?

Lately, I've been thinking about energy in seasons.

If I tune into myself right now, I feel like I'm in spring—new growth, fresh ideas, things coming to life. But for the past year? I was in winter—a season of stillness, reflection, and feeling stuck.

So, let me ask you: What season are you in?

🍂 Autumn – Letting go, reflecting, slowing down.

❄️ Winter – A time of deep rest, introspection, and stillness.

🌱 Spring – Growth, change, movement, new beginnings.

☀️ Summer – Flow, abundance, action, expansion.

Understanding where you are energetically can help you accept your current state instead of fighting against it. You wouldn't wear a bikini in a snowstorm, so why push yourself to be in “summer” when your energy is telling you to rest?

Healing is a Lifelong Journey

Healing and spiritual growth are intertwined, like strands of DNA. They're not separate—they evolve together.

Imagine your journey as climbing a mountain:

⬆️ Some days, you make huge progress.

⬆️ Other days, you need to stop and rest.

⬆️ Sometimes, the path crumbles beneath you, and you feel like you're sliding backward.

But no matter what, you're still climbing.

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The Energy of Release: Moving Forward

Healing isn't about ignoring pain—it's about clearing space.

I often think of our energy like a blackboard covered in scribbles: thoughts, emotions, memories, worries, self-doubt. Spirit only needs a tiny space to write their messages. The more we heal, the clearer our blackboard becomes, making spirit communication so much easier.

And healing is available to everyone. You don't need a Reiki certification or a spiritual title—just set the intention to heal. One of my favourite ways is placing a hand on my heart and one on my stomach, breathing deeply, and simply asking spirit to help clear and balance my energy.

The Unexpected Challenges of Healing

As you raise your vibration, expect some shifts in your life:

💔 Relationships may change. Friendships that once felt solid might start to fade, not because anyone did anything wrong, but because your frequency is different.

😞 People around you may feel more negative. Not because they've changed—but you have. You might notice gossip, complaining, or fear-based thinking more than before.

🔄 You may revisit old lessons. Healing isn't linear. Sometimes, you feel like you're circling the same issue—but each time, you're learning at a deeper level.

The Current Energy: Holding Your Light Amid Fear

Right now, the collective energy feels tense—a fresh wave of fear-mongering is rolling in. And even if you don't buy into it, as an empath, you still feel it.

So, what can we do?

- ◆ Stay in your own frequency. Don't get sucked into negativity, even when it's everywhere.
- ◆ Limit exposure to the news & social media. Protect your peace.
- ◆ Focus on gratitude & joy. What lights you up? Lean into that!

You're not here to fight the darkness—you're here to hold the light.

Prioritizing Your Peace

One last message from spirit: Prioritize your peace above all else.

Right now is not the time to call people out on their bad behavior. If old triggers are resurfacing, step back, not in.

- ◆ No response is a response. Walk away if it's not worth your energy.
- ◆ Allow time before reacting. Instant reactions often come from emotion, not clarity.
- ◆ Let go of what doesn't serve you. You don't need to fix everyone—you just need to be in alignment with yourself.

Final Thoughts: Your Energy is Everything

- 🌟 You don't have to heal everything at once. Small steps matter.
- 🌟 You are allowed to change and grow. Not everyone will come with you—and that's okay.
- 🌟 Keep focusing on what lifts you. Gratitude, love, and light will always lead the way.

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Thank you so much for listening! If you enjoyed this episode, please leave a review—it helps more than you know! And if you'd like to share your thoughts, email me at podcast@hannahmedium.co.uk—I'd love to hear from you!

See you next time! Transcribed & adapted for accessibility & SEO.