



# Mediumship Matters Podcast Transcripts

Season 2 Episode 20

## Finding Your Light

Finding Your Light: Creating Space for Spiritual Growth

Hannah Macintyre:

Hello and welcome to Mediumship Matters! Today's episode is a continuation of our discussion on creating space, following on from the sludgy pint glass analogy. If you haven't listened to that episode yet, I highly recommend going back—it sets the stage for what we're diving into today. The key message here? If you want things to change in your life, you have to create the energy to match.

Are We Really in Control of Our Destiny?

One of the biggest challenges I see in mediumship is that many people come for readings hoping to be told their life is already planned out—set in stone, completely predestined.

But here's the reality: we create our own future.

Yes, some things may be nudged our way by Spirit for our growth, but the way those experiences manifest depends entirely on:

- Our choices
- Our beliefs
- Our actions

For example, have you ever noticed that when you're having a bad day, everything seems to go wrong? You get cut off in traffic, people are rude at the supermarket, and the negativity keeps piling up. That's not because the world is out to get you—it's because your energy is attracting it. Your pint glass (your energy) is influencing everything around you.

How Social Media & Comparison Dim Your Light

We are constantly bombarded with other people's lives—through social media, advertising, and endless comparisons. It's so easy to lose sight of who we truly are in all that noise.

And when we feel lost, we tend to gravitate toward people who shine brightly. That's natural.

I remember when I first found spirituality—I was drawn to someone so full of energy and light, and I found myself wanting to be like her. And for a while, I mimicked her energy, her perspective, even her style.

But here's the thing: you can't borrow someone else's light forever.

Your journey is about finding your own unique radiance.

# Mediumship Matters Podcast Transcripts

## The Attraction of Light & The Importance of Boundaries

When you begin shining brighter, people in the dark will be drawn to you.

That's why boundaries are crucial. It's not selfish to say no when your energy is running low. It's not selfish to take time for yourself. If anything, it's essential!

Ask yourself:

- What makes my light brighter?
- What drains me?
- Where am I giving my energy away too freely?

## What Truly Feeds Your Light?

I wish I could give you a one-size-fits-all formula, but the truth is, everyone's light is different.

Some people say you must meditate daily to connect with Spirit—but if you ask mediums about their own routines, you'll find many don't actually meditate every day!

That's because spiritual growth is not one-size-fits-all. You have to experiment, try different things, and figure out what works for you.

## How to Track What Lifts or Lowers Your Energy

Here's a simple exercise:

- At the end of each day, sit quietly and reflect on your actions and interactions.
- What made you feel good? What drained you?
- If something brought you down, what can you do to counteract it tomorrow?

Let's say work is a huge energy drain. You might not be able to quit your job, but you can make sure that outside of work, you do something that lifts you up.

Think of your energy like a seesaw—if one side tips too far into negativity, you need to counterbalance it with light.

## Action Over Passivity: Seeking Your Light

Finding your light is not passive. You can't just sit around waiting for joy to arrive—you have to actively seek it out.

Spirit won't just empty your pint glass for you. They won't magically fix everything while you sit back. You have to take the steps.

- Try new things.
- Do what excites you.
- Say no to what drains you.

I had to step back from so much of my work in October, and it took months before I felt ready to start again. But now, I protect my light fiercely—I won't let it get overwhelmed again.

# Mediumship Matters Podcast Transcripts

Energy is Like Food—What Are You Consuming?

Think about your energy the way you think about food.

- Some people are spinach—good for you, but maybe better with cheese.
- Some people are cheeseburgers—delicious, but leave you feeling sluggish.
- And some people are courgettes—and if you like courgettes, I question your life choices.

The same goes for social media, news, and conversations. What are you feeding your mind?

- If you follow accounts that make you feel anxious, angry, or inadequate, why are you still engaging with them?
- If someone in your life constantly brings negativity, how can you minimize their influence?

Use the mute button. Set boundaries. Protect your energy like you would your diet.

Final Thoughts: Find, Follow & Feed Your Light

If you take one thing from today's episode, let it be this:

Find your light. Follow your light. Feed your light.

Do things that make you feel happy, free, and alive—even if they seem silly!

- Go down the slide at the park.
- Dance in the kitchen.
- Have ice cream before dinner.
- Run just for the sheer joy of it.

The more you embrace joy, the more Spirit will connect with you. Their energy is high-vibrational, and the more you lift yours, the more you'll feel them around you.

So don't wait—start today.

And if you have any questions, drop me an email at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk). I love hearing from you!

Thanks for listening to Mediumship Matters!

SEO Keywords: Mediumship, Spiritual Awakening, Energy Healing, Creating Space, Intuition, Manifestation, Spiritual Growth, Energy Protection, Raising Your Vibration, Finding Your Light.