



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 108 - The Tightrope

### Manifestation, Publishing Challenges & Trusting Your Spiritual Journey

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you today? I want to talk about something that's been hugely present in my life lately—manifestation, validation, and the emotional rollercoaster of following a spiritual path. Specifically, I want to share my experience with trying to get my book published and the lessons spirit has been teaching me along the way.

### The Reality of Seeking Validation

I've been trying to get my book published. It's fully written, and honestly, I think it's pretty damn good! I went into this process fully believing I was manifesting success. I visualized it, spoke about it as if it had already happened, and felt deep in my bones that I was getting that book deal.

But here's the thing: It hasn't happened.

And that has triggered so much stuff—not just about publishing, but about self-worth, validation, and trusting my path.

Spirit has told me for years that I'm good enough. I get amazing messages from all of you, I have fantastic reviews, and yet...

I still thought this book deal would be the thing that finally made me feel validated.

Spoiler alert: External validation is never enough. The only validation that truly matters has to come from me to me. And that's a lesson I am apparently still learning.

### Ignoring My Own Intuition

Here's the kicker—I knew this wasn't going to work out the way I wanted.

My gut instinct told me. My body told me. Every time I visualized a book tour and a deal, something inside me whispered: This isn't the path for you.

But I ignored that feeling.

I convinced myself that I had to keep believing, keep pushing forward, keep manifesting. And then reality hit me like a spiritual slap in the face.

### The Publishing Experience That Crushed Me

I submitted my book to various publishers, and one came back saying they liked it and wanted to meet with me in person.

They were coming to the UK four months later (four months of waiting!). But I stayed positive, believed in the process, and kept visualizing success.

Then, a week before the meeting, they asked to move the time earlier. Being a good girl, I agreed.

- So there I was, on a 6:45 AM train, heading to meet the director of a publishing house, thinking my life was about to change.

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And then it all unraveled.

They hadn't even read my book.

They didn't know the title.

They hadn't looked at my website, my social media, or even listened to this podcast.

Instead, they told me:

- You don't have a big enough following.
- You need a PR company.
- You need media and presentation training.

And then they wrapped up the meeting with: It's not a no yet... we'll think about it and get back to you.

That was four weeks ago, and I haven't heard a thing.

## Processing Rejection & Moving Forward

I sat on the three-hour train ride home, sunglasses on, lip quivering, trying not to cry.

This wasn't just about the book. It was about everything I've worked for.

It felt like the universe had yanked the rug out from under me. But the truth is, I always knew this wasn't the right path for me.

So now, I'm taking control. I don't need a traditional publisher telling me what to do. Maybe I'll self-publish, or maybe I'll start my own spiritual publishing house—who knows?

But one thing is certain: I am done waiting for validation from others.

## The Manifestation Filter: Are We Asking for the Wrong Things?

This experience got me thinking—does the universe filter our manifestations?

I was so sure I was manifesting a book deal. I did everything right:

- Visualized it
- Spoke as if it had already happened
- Took inspired action

But I still knew, deep down, it wasn't right.

So, does spirit block certain manifestations because they're not truly aligned with us? Is there a universal "Hell no, girl, not that one" filter?

Maybe I wasn't supposed to be manifesting a book deal—maybe I was supposed to be manifesting the impact my book will have.

## The Truth About Trusting Your Path

This experience has taught me so much about trust, surrender, and following my own guidance.

I always thought there would be a point in my spiritual journey where I'd finally have all the answers. Spoiler: That point doesn't exist.

We are always learning, always growing, always rebuilding.

The Tower card in tarot keeps coming up for me—everything I thought I knew is crumbling so that something better can be built.

So if you're in a space where something isn't working out the way you hoped—maybe it's time to ask yourself:

- Am I manifesting too specifically?
- Am I trying to control the outcome?
- Is my body already telling me this isn't right?

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Because as much as we want to believe in manifesting, sometimes the best thing we can do is let go and trust.

What's Next for Mediumship Matters?

This episode is airing on June 29th, which means there are just two days left to join the Mediumship Matters Spiritual School at the founding member price!

Inside, you'll get:

- Live lessons with me & other teachers
- A growing library of spiritual development content
- Coffee & Questions sessions for open discussions
- Demonstrations, practice sessions, and more!

If you're ready to grow your mediumship in a real, raw, supportive way, now's the time to jump in. And as for my book? It's coming. It might not be how I expected, but I trust spirit has a better way.

Final Thoughts: Keep Going, Keep Trusting

If you're feeling knocked down, you are not alone.

I feel like I'm living in Tubthumping by Chumbawamba—

I get knocked down, but I get up again, you're never gonna keep me down.

That's all we can do. Keep going. Keep refining. Keep evolving.

And if nothing else—I am going to make sure that publisher regrets their decision! 😊

Thank you for being here. Thank you for listening. And remember—spirit has a plan, even when you don't see it yet.

Love,

Hannah x

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