



Mediumship Matters Podcast Transcripts

Season 2 Episode 85 - Healing Through A Calling

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you? I hope you're doing well. I'm fresh back from a six-day trip to Kefalonia, which was much needed. But, of course, because I can't help myself, I worked while I was there—because that's just who I am. Right now, I'm deep into writing my next book, which is proving to be much more intense than I imagined. Not in terms of ideas—I've got plenty—but in terms of keeping up with everything I want to say. My fingers can't type fast enough, and honestly? It's testing my patience! This trip and my current projects have got me thinking about imposter syndrome, spiritual development, money, and trusting your calling. So, let's dive in!

Imposter Syndrome & The Reality of Putting Yourself Out There

One of the things I always struggle with—and I know many of you do too—is imposter syndrome.

- Who am I to write a book?
- Who am I to charge for a retreat?
- What if I fail?

It's that constant internal battle between knowing you're capable and feeling like a fraud. And, of course, when money is involved, the stakes feel even higher.

I recently booked a venue for an in-person retreat in July, and it has been a wild ride. Originally, I found a venue that seemed affordable, only to discover it was disgustingly dirty when I visited. So, I had to scrap that plan and find a better option.

The venue I've now secured is five times the price—but it's stunning, fully en-suite, and offers an incredible experience. And despite my own fears about pricing, I've already had more bookings for this one than the cheaper one.

Lesson? Sometimes, what we think we're "worthy" of isn't actually what aligns with our highest potential.

The Fine Line Between Giving & Charging for Spiritual Work

A while ago, a listener asked whether I offer free readings or services.

I thought my answer was fair, but when I listened back to my response on the podcast, I realized it didn't come across quite how I intended.

Here's the truth: I would love to offer everything for free. But I simply can't. This is my job, and like anyone else, I have bills to pay.

I've experimented with different models—Facebook Lives, membership programs, supporter subscriptions—but they all came with their own energetic challenges. Some people brought huge entitlement, demanding messages just because they'd paid a small fee. And as someone who struggles with people-pleasing, that became incredibly draining.

So, I had to make a choice: protect my energy and value my work.

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If you're struggling with charging for your spiritual work, remember: money is an exchange of energy. And, in my experience, people who invest in their development tend to show up differently.

Spiritual Slaps: The Hard Lessons We Need

Let me tell you about a brutal but necessary wake-up call I had recently.

I've been running a private closed circle for a long time. Spirit has told me repeatedly that it's time to close it, but I've resisted—mostly out of guilt and obligation.

Then, the other day, I was scrolling Facebook and saw that a member of my circle had become a top fan of someone who deeply hurt me in the past—a former student who copied my work and betrayed my trust.

It was like a punch to the gut. But the truth is, that's on me. I kept the group open for them, thinking they needed me. But clearly? They didn't.

Lesson? If spirit keeps telling you to let go of something, listen. Holding onto things out of fear or ego only keeps you stuck.

The Truth About Callings: It's Not What You Think

For the longest time, I thought a spiritual calling would feel like a dramatic moment—some divine, undeniable event, like Gandalf showing up and declaring, "You shall go on a quest!"

But my calling hasn't been a single, massive moment. It has been slow, layered, and ongoing. And often, I've found myself waiting for permission—even though I know deep down, spirit has already given it.

If you're feeling stuck, wondering whether you're "meant" to do this work, here's the truth:

- Your calling doesn't have to be obvious.
- It doesn't have to be a big bang moment.
- If you can't leave it alone, that's your calling.

Mediumship, spirituality, and healing are things I choose over and over again—not because I'm waiting for confirmation, but because I love it.

So, if you're waiting for a divine sign, let this be it: Go for it.

Healing & Growth: It's Not Linear

A final thought: Healing isn't a straight line. It's a spiral.

- You think you've worked through something, then—boom—it comes back again.
- You heal, grow, and then get triggered again, but this time, from a different perspective.

It's not proof that you're failing—it's proof that you're evolving.

Right now, I'm in a phase of huge growth—with the book, the retreat, and revising my courses. And, naturally, all my old doubts are resurfacing. But rather than seeing it as a setback, I recognize it as a deeper level of healing.

If you're in a similar space, know this: Every challenge is shaping you.

Final Thoughts & What's Coming Next

Thank you for listening to another honest, unfiltered episode of Mediumship Matters. If today's episode resonated with you, I'd love to hear your thoughts!

Upcoming Events:

- Beginners & Advanced Mediumship Courses (Starting Soon!)
- July 2025 Retreat – 5 Nights of Spiritual Deep-Dive!
- Live Workshops & Online Classes

Visit www.hannahmedium.co.uk for details!

And as always, if you enjoyed this episode, please leave a review—it truly helps.

Until next time—keep shining your light! ✨