



# Mediumship Matters Podcast Transcripts

## Season 2 Episode 76 - The Waiting Game

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and today, I want to start with some exciting news. The podcast has just passed 80,000 downloads! That is absolutely mind-blowing! Thank you all for your support—whether you listen, send in questions, share episodes, or leave reviews. This podcast is truly a collaborative effort. But, because I love a challenge, I'd love to hit 200,000 downloads by the end of the year! Why not? What's life without goals?

This ties in beautifully with today's topic: The Waiting Game. I see so many people waiting—waiting for permission, waiting for the right moment, waiting for something to happen. Today, we're going to break that cycle!

### The Energy of Waiting

One thing I notice a lot in my readings and mentorships is people feeling stuck. They have incredible ideas, but instead of taking action, they sit in hesitation:

- “I really want to do this, but should I?”
- “I want to offer this, but is it the right time?”
- “I need a sign from the universe before I move forward.”

We often think we need external validation before acting, but deep down, we already know what we should be doing. The problem? We don't trust ourselves!

### Balancing Inspired Action & Surrender

I fully believe in surrendering to the divine plan and allowing spirit to work in our lives.

However, we also need to balance that with taking action.

Sometimes, we block our own progress by trying to control every detail. We assume we know best, but in reality, spirit has a far better plan than we do.

That said, spirit also requires us to meet them halfway. They won't just deliver everything on a silver platter—we have to show willingness, commitment, and energy!

### Overcoming Disempowerment

Many people assume inspiration will come from an outside source—a mentor, a book, a perfectly timed opportunity. But what if the inspiration we're waiting for is already within us?

I've recently done a series of spiritual assessments and card readings, and do you know what I've noticed? People already know the answers—they just need to hear them out loud.

So, why do we dismiss our own inner knowing? Why do we insist on waiting for permission to follow what our soul is already guiding us toward?

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## Momentum: The Key to Everything

Spirit has been talking to me a lot about momentum. Here's what I've realized:

- Mediumship requires momentum. You have to build energy at the beginning of a reading to sustain the connection.
- Manifesting requires momentum. You can't just wish for things—you have to start moving in the right direction.
- Personal growth requires momentum. You won't wake up suddenly fearless—you gain confidence by taking action.

If you start slow, you stay slow. But if you start with energy, you build power.

## The Myth of the "Big Leap"

One of the biggest myths holding people back is the idea that change happens in one huge leap.

- "I want to be at the top of the mountain, but I don't want to climb it."
- "I want success, but I don't want to take the small steps to get there."

We dismiss small actions as insignificant, but they are essential. The journey happens one step at a time.

Think about my journey with demonstrating mediumship:

- I started with tiny practice nights in my home.
- I booked small venues where I could test the waters.
- I experimented with different formats until I found my style.

If I had waited until I felt "ready," I would still be waiting.

## Trusting Yourself & Taking the First Step

So, here's my advice:

- Stop waiting for permission. You don't need it. You are allowed to create and explore.
- Start small. A small step is still movement. It builds momentum.
- Accept imperfection. You don't have to be flawless—you just have to be authentic.

If you feel stuck, try asking spirit:

"What can I do today to move toward my goals?"

## Final Thoughts

I hope today's episode has sparked something in you! If you're feeling stuck, remember—you have everything you need to move forward.

So, what small step can you take today? Let me know, and as always, thank you for being part of this journey.

If you enjoyed this episode, please share it, leave a review, and keep building your momentum!

Until next time—keep shining your light! ✨