



Mediumship Matters Podcast Transcripts

Episode S7, Episode 32 - The One Where Bill Interviews Hannah

Episode: “Spirit, Purpose and the Chaos of Being Human”

Guest Host: Bill Hughes

Guest: Hannah Macintyre

Introducing Hannah

Bill Hughes:

Hello and welcome to Mediumship Matters! I’m your guest host today, Bill Hughes — and yes, your eyes and ears aren’t deceiving you. For one episode only, I’ve turned the tables and put the lovely Hannah in the hot seat!

Before we dive in, here’s a bit about our guest — though many of you already know her. Hannah is one of the UK’s leading evidential mediums, host of the chart-topping Mediumship Matters podcast, Amazon best-selling author, spiritual teacher, and creator of Spirit Social.

Hannah Macintyre:

That was quite the intro, Bill! Thank you. I’m excited — and slightly terrified — but this is going to be fun.

Who Is Hannah, Really?

Bill:

Let’s start simple. Who is Hannah Macintyre when you take the mediumship away?

Hannah:

Oh gosh — that takes away most of me! I’m a wife, a mum, and a self-confessed terrible friend. If you need me to help you hide a body, I’m your girl. But if you want regular catch-ups? I’ll probably forget to reply to your messages for weeks!

I love food — honestly, I think that’s my main purpose on Earth. Cooking it, eating it, discovering new flavours. Throw in a glass of red wine and I’m in heaven.

Bill:

So, to your friends trying to catch you — book a restaurant and pour the Merlot!

Hannah:

Exactly. That’s the only way to guarantee I’ll turn up!

Balancing Work and Home Life

Bill:

You juggle a lot — family, teaching, podcasts, Spirit Social, writing books. How do you manage it all?

Hannah:

Honestly? Badly! I’m great at work, not so great at life admin. I’m the Tasmanian devil of the house — laundry everywhere, kitchen chaos, phone half-packed in the gym bag. My poor husband is tidy and calm, and I’m a whirlwind.

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A Day in the Life

Bill:

So what does an average day look like?

Hannah:

Chaotic! My developers for Spirit Social are in different time zones, so I'm often on calls at 7am looking feral. Then I head to the gym — classes only, because if I go alone, I'll find an excuse not to.

After that, it's straight into work: writing, recording, teaching, managing Spirit Social.

Somewhere in between, I throw together what I call "freezer tapas" — random bits from the freezer for dinner.

Light and Shadow

Bill:

Do you feel you have two sides — the "love and light" medium and the more grounded human?

Hannah:

I used to! My husband once said, "I thought spirituality would calm you down," and I was like, "It's given me more to stress about!" I used to separate my spiritual self and my human self, but now they're one. I'm the same Hannah everywhere — just slightly more professional when I'm teaching.

Quickfire Round

Bill:

Let's do something fun — a quickfire round!

- Favourite food? Chocolate.
- Favourite drink? Red wine.
- Hot drink? Coffee.
- Colour? Pink.
- Movie? The Last Samurai.
- Music? Hole. I love a bit of rock.
- Favourite place? Kefalonia.
- Favourite people? My kids — and, okay fine, my husband (but don't tell him!).
- Favourite time of day? 10am, once the caffeine hits.
- Favourite animal? Dogs — I've got two.
- Perfume? Men's Hugo Boss.
- Mode of transport? A boat in the sunshine!

The Podcast That Changed Everything

Bill:

Now, let's talk Mediumship Matters. Half a million downloads — that's incredible!

Hannah:

I still can't believe it. Honestly, it started from rage. I saw a psychic on Facebook claiming, "Sharing this live builds a bridge to the spirit world — share it in every group you can!" And I thought, "What absolute nonsense!"

I ranted about it online, purple lipstick and all, saying, "That's not how mediumship works!" Spirit basically said, "Well, if you don't like it, what are you going to do about it?" And that's how the podcast began — explaining how mediumship really works, no fluff, no gimmicks.

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Keeping It Real

Bill:

You make it sound easy, but producing a podcast takes effort. How long does it take from start to finish?

Hannah:

Not as long as you'd think, because I don't over-edit. I record in one go, tidy up the sound, and hit publish. If I listened back, I'd delete half of them. Sometimes I think, "This is awful," and then someone messages saying it changed their life. So I've learned to trust the process — lazy editing for the win!

What's Next for Mediumship Matters?

Bill:

What's next for 2026?

Hannah:

Honestly? I'm not sure. It's been a tough year in the industry — a lot of ego, AI spam emails, and spiritual politics. I only want guests who have integrity and genuine energy, and that's hard to find.

I might take a break. I'm bored of myself at the moment — I need to recharge. But I know the next season will come when it's ready.

On Ethics and Energy

Bill:

It's important to only align with people who match your energy. Otherwise, you risk endorsing work that doesn't uphold the same standards.

Hannah:

Exactly. I've had situations where guests seemed fine, and then I got emails about concerning behaviour. It's hard to navigate — you can only stay true to your own ethics.

The Spiritual Industry Today

Bill:

There's been a lot of tension in the mediumship world lately — fraud scandals, public arguments online. How do you deal with that?

Hannah:

It's been disheartening. I've had to mute some mediums on TikTok because the drama got toxic. Calling out fraud is fine — but if your whole platform becomes tearing others down, you're part of the problem.

There's a generation of mediums who've learned technique but not integrity. And that's shifting the industry in a worrying way.

Spirit Social: The Vision

Bill:

Let's move to something positive — Spirit Social! Tell us about it.

Hannah:

Spirit Social came from the same frustration that birthed the podcast. I was watching talented spiritual people struggle to be seen online because of algorithms and scams. I wanted a safe, authentic platform — a social media space for spiritual people by spiritual people.

I thought it would be simple... it wasn't! It's been a wild, expensive learning curve. But I'm proud of it. The community feels like family, and the energy is beautiful.

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And the best bit? There's no algorithm hiding your posts. If you share, everyone sees it. That's how social media should be.

The "Made Simple" Mini Books

Bill:

You've also released a series of mini books — the Made Simple guides. Tell us more.

Hannah:

Yes! They're short, no-nonsense guides covering evidential mediumship, spirit guides, psychic skills, and healing. I wanted something easy to digest — more like an instruction manual than a novel.

Not everyone wants 400 pages of philosophy. Sometimes you just want to know: How does this work? What do I do if it goes wrong? That's what the Made Simple series is for.

Writing "Spiritual Slaps"

Bill:

And your autobiography — Spiritual Slaps. How's that coming along?

Hannah:

It's finished! It's been through a huge transformation. At first, it was me venting — getting it all out. Then I took time to heal, reflect, and rewrite from a more balanced space.

Now, it's honest, raw, and full of the magic I'd forgotten during the hard parts. It's not just my story — it's a mirror for anyone walking their own path of awakening.

Revisiting the Past

Bill:

Writing an autobiography can bring old wounds to the surface.

Hannah:

Absolutely. I cried writing certain chapters. Revisiting trauma brings unexpected healing. It reminded me that spirit was always there — even in the hardest moments. Looking back, I can see the plan woven through it all.

On Mediumship and Inspiration

Bill:

Who inspired you most as a medium?

Hannah:

Originally, a friend from work who gave me my first ever message. It wasn't her technique — it was her essence. She radiated warmth and calm because she knew there was more to life.

And now? My students inspire me the most. Watching them face fear, get knocked down, and rise stronger — that's pure magic. They remind me why I do this.

What Keeps You Going?

Bill:

What keeps you motivated as a medium?

Hannah:

Curiosity. I'm obsessed with how mediumship works. Why do connections vary? Why do mechanics change? Why does one day flow like magic and the next feel like fog?

It's all fascinating to me. I love the philosophy of it — not just the doing, but the why.

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The Evolving Face of Mediumship

Bill:

You're part of a wave of mediums changing the game — questioning rules and embracing individuality.

Hannah:

Yes! Spirit isn't beige. They still swear, laugh, and bring their personality through. That's the beauty of it. Mediumship is evolving — it's becoming more real, more human, more alive.

Looking Ahead

Bill:

Will we see you demonstrating in 2026?

Hannah:

I hope so! I love demonstrating, but it's been tough — the social media landscape has changed, and getting audiences together is harder. I'm learning to surrender and trust where spirit leads. One dream is to host a Spirit Social Live event — bringing together mediums from across the UK for a big night of connection and community.

The Spiritual Retreat

Bill:

Before we wrap up — tell us about your retreat in January.

Hannah:

It's one of my favourite things I do all year. It's a four-day immersive spiritual retreat by the sea — workshops, trance, healing, oracle cards, spirit guide connection, laughter, and transformation.

Everyone leaves lighter, more connected, and often surprised by what they discover they can do. It's the perfect antidote to winter blues.

Final Words

Bill:

Hannah, you're an incredible ambassador for spirit — ethical, grounded, and unapologetically real. Thank you for letting me take over your podcast for a day.

Hannah:

Thank you, Bill! It's been amazing. And thank you to everyone listening — for your support, your messages, and for walking this spiritual path with me.

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