



Mediumship Matters Podcast Transcripts

Season 2 Episode 41

Making Yourself Small

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Can you believe we're already at Episode 41? Time is flying!

Today, I want to carry on from my last podcast because I've had an interesting message from someone that really made me think. Plus, I'm personally navigating a big energy shift, and returning to "normal life" feels... well, odd. Let's get into it!

Navigating Energy Shifts & Feeling "Different"

I've just come back from Arthur Findlay College, and something has shifted within me. I feel different—but not in a way I can fully articulate yet.

This happens after deep spiritual experiences. I always tell my Reiki students that after a weekend of attunements and energy work, life will feel different. But here's the kicker—it's not that the world around them has changed; it's them that has changed. And that's exactly how I feel right now.

I've also just finished helping my husband train his staff for his business, which has now freed up two days a week for me. This was something I wanted, but now that it's here, I'm feeling slightly unmoored. What do I really want to do next?

Signs from Spirit Are Often Practical, Not Profound

People often ask me, "What's the most magical experience you've ever had with spirit?"

And I always feel like my examples are a little disappointing because they're not grand, cinematic moments of ghosts appearing in full Victorian attire. Instead, spirit works with me in practical ways.

For example, the other day, my husband and I were driving home, and I casually mentioned that my throat felt sore. He misheard me and thought I was talking about my car brakes. This led him to randomly ask, "When's your MOT due?"

Turns out—my MOT was two months overdue! Whoops!

To me, that's spirit at work. They didn't send a booming voice from the heavens—they nudged my husband to mishear me so that I would check my car's paperwork. That's how aligned energy works when you give spirit space to guide you.

Advanced Mediumship Groups—Do They Create Hierarchies?

A listener, Eddie, recently commented on my Facebook page, saying he doesn't agree with the idea of advanced groups in mediumship. And honestly? I love this kind of discussion because it really made me think.

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I think what Eddie meant is that calling a group “advanced” can create a false hierarchy—implying that some people know it all while others are beginners. And I agree! In spiritual work, we should always remain students because the second we think we’ve mastered it, we’ve lost the magic.

That said, I do believe there’s value in practicing at different levels:

- Beginner groups allow you to build confidence and get comfortable with energy.
- Mixed groups expose you to different levels of experience, which is great for growth.
- Advanced groups push the boundaries of what’s possible in mediumship, encouraging experimentation and deeper development.

The key is balance. We shouldn’t separate ourselves to the point where we think we’re superior, but we also shouldn’t pay for a course and then spend half the time covering things we learned five years ago.

Why Do We Make Ourselves Small?

Here’s a big question I’ve been reflecting on lately: Why do we make ourselves small?

For me, this realization hit hard after my last podcast, where I finally said out loud, “I’m a good medium. I feel proud of my work.”

The moment I hit publish, my brain went into self-sabotage mode:

- “Who do you think you are?”
- “You probably sound like an egotistical arse.”
- “People will judge you.”

And guess what? I had to listen back twice just to make sure I didn’t sound like a complete idiot.

Why? Because I’ve been conditioned to dim my own light.

But here’s the thing: No one ever explicitly told me to make myself small. So where did this come from?

- Is it empathy? As empaths, we feel when others are uncomfortable, and we instinctively shrink ourselves to avoid making others feel bad.
- Is it fear of judgment? The worry that if we succeed, others will resent us.
- Is it past experiences? Maybe as children, we were too loud, too happy, too much—and that reaction shaped us.

I genuinely want to hear from you—who made you small? Or did you do it to yourself? Email me at podcast@hannahmedium.co.uk and let’s talk about it!

The Evolution of Mediumship & Breaking Free from Stagnation

Mediumship is evolving. The way we work with spirit is shifting. And that’s a good thing.

At Arthur Findlay, Tony Stockwell spoke about how mediumship needs to progress, and I was sitting there thinking, Yes! It’s not just me who feels this shift happening!

But then you go to places where mediumship has been done the same way for 70 years, and the energy is stagnant. You see people attending demonstrations who seem... bored.

Where is the WOW factor? Where is the excitement that we’re communicating with the spirit world?!

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Here's my message to all mediums:

- If you don't love it anymore, why are you doing it?
- If you feel uninspired, what needs to change?
- If you feel stuck, maybe it's time to break some old habits and try new ways of working.

If You're in the Wrong Group, LEAVE.

If you're in a development group that doesn't feel right—where the teacher holds back knowledge to keep you paying for more courses, or where you feel small instead of empowered—LEAVE.

The best teachers want you to shine. They don't put themselves on pedestals. They don't make you dependent on them.

Imagine ten confident mediums, all at a high standard, pushing the boundaries of mediumship together. Imagine what we could create if we worked as equals instead of hierarchies. That's the energy I want to work in.

So whether you're developing your mediumship or just figuring out your next life step—don't let anyone, including yourself, make you small.

Final Thoughts: Shine Your Light, Unapologetically

So, my dear listeners, I leave you with this:

- Stop making yourself small for the comfort of others.
- Find a development space that encourages your growth.
- Trust in your own abilities and celebrate your progress!

I'd love to hear your thoughts on this—email me at podcast@hannahmedium.co.uk and let's continue the conversation.

Thanks for listening, and until next time, keep growing, keep shining, and most importantly—keep being YOU. 🌟