



Mediumship Matters Podcast Transcripts

Season 2 Episode 29

An Unmagical Journey

Navigating the Spiritual Path: Lessons in Trust & Transformation

Hannah Macintyre:

Hello and welcome to Mediumship Matters! Today's episode was meant to be about the Dark Night of the Soul—but as often happens, Spirit had other plans. Instead, we're talking about trusting your journey, spiritual growth, and the winding path that leads us to where we're meant to be.

But first—a quick question for you. Every podcast I listen to has a long, polished introduction with music and a summary of what the show is about. Should I be doing that? Or do we like the “straight in, no messing about” approach? Let me know!

Alright, let's dive in!

The Illusion of the Big Awakening Moment

There's a narrative in the spiritual world that we need a huge awakening moment—some dramatic event that changes everything in an instant.

- The “I was lost, then I found the light” story.
- The “Spirit called me, and I instantly knew my purpose” journey.
- The “Everything fell into place the moment I embraced my gift” myth.

But most of us don't experience it that way.

Instead, we go through little nudges, synchronicities, and moments that only make sense in hindsight. When we're in it, it feels like life—messy, confusing, sometimes exhausting. But when we look back, we see the pattern, the breadcrumbs, the way Spirit was always guiding us.

The Cooking Business That Wasn't Meant to Be

Before I was working as a full-time medium, I had a home cooking business. I was convinced it was my path, my calling—until Spirit (and life) showed me otherwise.

Here's what happened:

- I was exhausted, working ridiculous hours.
- I started noticing little signs—my oven blew up, a freezer broke down, a supplier refused to pay me.
- Then came the final humiliation—showing up at my child's preschool smelling like fish (when I hadn't even cooked fish!).

At the time, I thought, “The universe is testing me! I just need to work harder!”

But Spirit had other ideas. They nudged me to take a week off—no cooking, no social media, no pushing. And in that space, I realized... I didn't even want to do it anymore.

That wasn't failure. That was redirection.

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Stepping Into Spiritual Work: A Journey of Trust

After closing my cooking business, I had no idea what was next. But Spirit was ready with the next nudge: Reiki.

I was already a Reiki Master, but I had never really offered it to clients. Spirit whispered, “Why don’t you give it a go?”

So, I put it out there—a small, quiet offer. And guess what? People booked. Not thousands, not instantly, but enough to show me that something was shifting.

Then came the next nudge: card readings.

I hesitated. “Am I ready? Do I need a qualification? Will anyone even care?”

So, I asked my teacher, “What do I need to do before I can offer card readings?”

She looked at me and said, “I thought you were already doing them.”

And that was it. The moment I realized nobody was coming to give me permission.

I had to step forward and give myself permission.

The Reality of Running a Spiritual Business

Let’s talk money, boundaries, and self-worth.

One of the biggest struggles in spiritual work is balancing helping people with charging what you’re worth.

- I massively underpriced myself at the start.
- I constantly felt like I needed to add more value, more time, more energy to justify my prices.
- I learned (the hard way) that pricing isn’t just about money—it’s about energy exchange.

When you undervalue yourself, you attract the wrong people—the ones who don’t respect your time, who cancel last minute, who drain your energy. The right clients will always value your worth.

Lessons from Spirit: What I Wish I’d Known Sooner

Looking back, here’s what I’ve learned:

- 1** Stop waiting for permission. Spirit isn’t going to send an official letter saying, “You’re ready now.” Just start.
- 2** Not every challenge is a “test.” Sometimes things go wrong because you’re meant to change direction.
- 3** You don’t need a dramatic awakening. Your path unfolds through everyday choices, not one lightning-bolt moment.
- 4** Trust what lights you up. Follow what excites you, what you keep thinking about, what makes you feel alive.
- 5** Your spiritual work is worthy of being paid for. Energy exchange is important—set prices that honour your time, skill, and experience.

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Final Thoughts: Your Path is Unfolding Perfectly

If you're feeling lost, stuck, or waiting for a big "sign"—take this episode as the nudge you need. Start now. Follow what feels good. Trust your instincts. Spirit is always guiding you—even when you can't see the bigger picture yet.

And remember, it's okay if it doesn't look "spiritual." Sometimes, our greatest lessons come from the most unexpected places (like failed cooking businesses and preschool embarrassment). 😂

Thank you for listening! If you have questions or feedback, email me at podcast@hannahmedium.co.uk. I'd love to hear from you!

Until next time—trust your path, take the leap, and give yourself permission!

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