



Mediumship Matters Podcast Transcripts

Series 1 Episode 21

Spiritual Slaps

Mediumship Matters – Season 1, Episode 21: Spiritual Slaps & Life Lessons

Introduction

Hello, and welcome to Mediumship Matters! It's me, Hannah Macintyre, and today we're diving into one of my favourite topics—spiritual slaps. If you've not heard me use this term before (trademark pending!), spiritual slaps are those hard-hitting life lessons that spirit likes to deliver, often with the subtlety of Peggy Mitchell from *EastEnders* slapping Pat. Seriously, if you don't know what I mean, Google Peggy slaps Pat—that's what a spiritual slap feels like.

So, let's get into it. Why do we get these wake-up calls from the universe, and why do they so often feel like an absolute gut punch?

The Myth of an Easy Spiritual Path

A lot of people believe that once you start working with spirit, life just flows. You become all enlightened and wise, everything falls into place, and you just float about on a cloud of love and light.

Let me tell you—that is nonsense.

Yes, there are moments of ease, times when things align beautifully, and it's all very plumbing marvellous. But we are here to learn, and sometimes those lessons are painful. The reality is that spiritual growth is often uncomfortable. Spirit won't just hand you a smooth ride—they'll chuck in obstacles to force you to step up and evolve. Fun, right?

My Own Spiritual Slaps

To prove I'm not just talking theory, here are a few of the spiritual slaps I've received over the years:

1. Discovering My Mediumship

The first time my grandfather came through via a friend, I was completely unprepared. I was in a really bad place—struggling with my mental health, feeling completely lost, and stuck in a job I didn't enjoy. I had no idea that I was an empath, let alone a medium, so I was just soaking up everyone else's emotions with no boundaries at all.

Spirit didn't show up in a gentle, whispering way. Oh no, they showed up loud and clear, shaking everything I thought I knew. That moment forced me to start questioning, opening up, and realising that I was capable of more than I ever imagined.

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2. The Mortgage Market Crash & A Complete Life Overhaul

Years later, after settling down with my husband, we got hit with another huge lesson. We had a young baby, we'd just moved to Kent, and then—bam! The mortgage market collapsed, my husband lost his job, and suddenly we were completely financially unstable.

At the time, I was still working in financial services—a very male-dominated, target-driven environment (which I actually quite enjoyed because I love a target). But spirit had other plans. That situation forced me to rethink everything. It pushed me out of my comfort zone and set me on the path to working full-time with spirit. Looking back, it was exactly what I needed, but at the time? It felt like an absolute disaster.

Why Spirit Uses Tough Love

So, why does spirit deliver these slaps instead of gently nudging us along? Because if they whispered, most of us wouldn't listen. We ignore the red flags, make excuses, and cling to what's comfortable. Sometimes, we need a crack to actually make a change.

- If you're avoiding a lesson, spirit will keep bringing it around until you get it.
- If you won't take the leap, they'll push you.
- If you keep repeating the same mistakes, they'll make the consequences louder.

And yes, it's frustrating as hell, but it's also necessary. We're here to grow, and real growth doesn't happen in your comfort zone.

How to Handle a Spiritual Slap

If you're currently in the middle of a big, messy life shift and wondering why the universe is being so extra with you, here's what to do:

- Stop fighting it. The more you resist, the harder the slap.
- Look for the lesson. What is spirit trying to show you? Where are you being asked to grow?
- Trust the process. It might feel awful now, but in hindsight, you'll probably see it was exactly what you needed.
- Give yourself grace. You're not failing just because things are hard. You're evolving.

Final Thoughts

So, my friends, spiritual slaps are part of the deal. They might feel like chaos in the moment, but they are always guiding you somewhere better. If you're in the middle of one, know that you will come out the other side stronger, wiser, and hopefully with a sense of humour about it.

I'd love to hear about the biggest spiritual slaps you've had—pop over to Mediumship Matters on Facebook and share your stories! Thanks for listening, and I'll catch you next time.