



Mediumship Matters Podcast Transcripts

Season 2 Episode 108 - Perfectly Imperfect Manifesting Part 2

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! This is part two of our special end-of-year manifesting extravaganza—so if you haven't listened to part one, go back and catch up first!

Now, let's dive into the energy of letting go, healing, and creating space for new beginnings.

The Art of Letting Go & Trusting the Process

One of the biggest lessons in manifesting is that you cannot create change by staying the same.

- ◆ You have to create space—mentally, emotionally, physically.
- ◆ You have to allow things to leave that no longer serve you.
- ◆ And sometimes, letting go feels uncomfortable—but that's part of the journey.

I like to think of it like trying to push two magnets together that just won't click—there's an energetic resistance, and that's your sign that something isn't aligning.

This is where discernment is so important. You don't need to completely isolate yourself from the world, but you do need to be mindful of where you put your focus and energy.

Lessons from Lockdown & Finding Peace Within

I found lockdown fascinating from an energy perspective.

- For the first time, there was no need to be accountable to anyone else.
- It was just about me and my family, finding peace in stillness.
- It really showed me how much energy we waste trying to keep up with external expectations.

Of course, lockdown was hard for many people, but like everything, there were lessons in it. The biggest takeaway? 🟡 Stop overdoing it. Find balance. Make peace with yourself first.

Why You Can't Force What Isn't Right for You

This is a BIG one, especially in manifesting.

We all have things we're determined to make work—whether it's a relationship, a career, or a situation we're convinced is “meant to be.”

But here's the truth: 🟡 If it's not right for you, spirit won't let it stay.

- You can't manifest someone into being who you want them to be if they simply aren't that person.
- You can't force a business or career to succeed if it's draining you.
- You have to be willing to trust that better things are coming.
- And trust me, I've learned this the hard way.

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My Journey: Letting Go of My First Business

I used to run a cooking business, and if you'd asked me back then what I wanted most, I would have told you I wanted it to succeed more than anything.

- I was working until 1 AM, waiting for food to cool before freezing it.
- The smell of onions followed me everywhere.
- My whole life revolved around catering, exhaustion, and stress.

And yet, when spirit finally got through to me and showed me how damaging it was, I had to make the hardest decision:

☞ I had to let it go.

I grieved for that business.

- It felt like a failure.
- I had to admit that it wasn't the right path for me.
- I had to close it down without knowing what was next.

But guess what? Now I smell like incense instead of onions! 😂

And looking back, I see it wasn't a failure at all—it was a stepping stone to where I was meant to be. Sometimes, we hold on so tightly to something that isn't right for us because we can't yet see what's waiting beyond it.

Healing Is a Lifelong Process

One of the biggest misconceptions people have is that healing is a destination.

It's not.

- ☞ Healing is a lifetime's work.
- ☞ There's always something to process, always something to release.
- ☞ The moment you think you've "healed everything," life will show you another layer.

And that's okay. We are always evolving.

The Power of Focus: Where Energy Flows, Attention Goes

Let's talk about focus, because this is where manifesting gets tricky.

Yesterday, I messaged my friend Amanda (who is a Law of Attraction expert), having a bit of a moan about how nothing was happening fast enough.

She responded with some annoyingly accurate truth, which I didn't want to hear but needed to hear:

☞ "If you focus on what isn't happening, you amplify the energy of lack."

Oof. That one hit.

But she's right—when you focus on what's missing, you create more of that lack.

So instead of obsessing over when something will happen, shift your focus to:

- Finding joy in the present
- Creating space for new energy
- Trusting that spirit knows what they're doing

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Manifesting & Taking Inspired Action

Manifesting isn't just about sitting back and waiting.

- Some things require action—like setting up a business, putting yourself out there, or creating opportunities.
- But some things need patience—where you simply hold space and trust.

So how do you tell the difference?

- ◆ Follow the energy. If something feels aligned and exciting, take action.
- ◆ Check where the urge is coming from. If it's from fear or pressure, pause and reassess.
- ◆ Listen to your soul, not just your brain. Spirit's guidance comes from a place of inner knowing, not logical control.

Affirmations & Rewiring Your Mindset

One of my favourite tools is affirmations—they help shift your energy and reprogram your beliefs.

Right now, my affirmation is:

☞ “I do less, I achieve more. I do less, I earn more.”

(And yes, this one triggers me—which means it's exactly what I need to work on!)

When using affirmations:

- Keep them in present tense (e.g., “I am a phenomenal medium,” not “I will be a phenomenal medium.”)
- Say them daily—on walks, in the mirror, whenever you remember.
- Notice any resistance that comes up—it's a clue to where you need healing!

Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Letting go is part of the process. Trust that spirit knows what's best for you.
- Healing is lifelong. Don't rush it—integrate and grow.
- Energy flows where focus goes. Stop amplifying lack and start embracing joy.
- Manifesting is a co-creation. Take action when needed, but don't force it.
- Affirmations can shift your mindset. Find one that empowers you and use it daily.

Thank you so much for listening! If you enjoyed this episode, please leave a review and share it!

And if you're ready to take your manifesting and mediumship to the next level, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨