



Mediumship Matters Podcast Transcripts

Season 6 Episode 7 - Season 6 Listener Comments

Law of Attraction, Spiritual Growth & Finding Your Own Path

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you all doing? Me? Frustrated.

I've been trying to record the Audible version of my book, and honestly? It's hard. The quality control for Audible is insane. I'm also getting triggered by my own voice—which is just delightful.

So instead of driving myself mad, I thought, sod this, let's do something that actually feels good—talk to you! And today's episode is jam-packed with your messages, thoughts, and insights, so let's get stuck in.

Personal Altars & Making Spirituality Your Own

First up, I had a beautiful email from Kizzy in Cape Town, who sent me pictures of her altar. (Obviously, I can't show you because this is a podcast, but trust me—it's stunning.)

She wrote:

I've been on my spiritual journey for about a year, and I've learned so much from your podcasts and courses. I already had an altar space, but after your episode on altars, I started using a smaller round board for things that need to shift. Right now, my altar is focused on self-love and healing.

She included:

- A duck painting her daughter made of her, showing her as quirky and fun
- A lemon (because when life gives you lemons...)
- A garden plant that grows tall and proud
- Shells from her favourite tidal pool
- A pendant of Labradorite and Rose Quartz
- A small pot she made as a child with her father

Honestly? That's what an altar should be. Forget the “you must have clear quartz for this, poppy seeds for that” nonsense—it's about what speaks to YOU. Kizzy, thank you for sharing, and keep building your practice YOUR way!

Law of Attraction: The Shame & Blame Cycle

Next up, Andrea wrote in about my “Bore of Attraction” episode.

She said:

I used to beat myself up whenever something bad happened—thinking I wasn't “thinking the right thoughts.” It's such a relief to hear from spirit that we're always in alignment and exactly where we're meant to be. The pressure to be the ‘perfect thinker’ was exhausting!

YES! This is exactly what I've been saying—why do we punish ourselves for being human?

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The Law of Attraction, as it's often sold, is flawed because it ignores:

- The reality of life's ups and downs
- The fact that struggle and growth are part of the experience
- External circumstances that have nothing to do with our "thinking"

It's time to break the self-blame cycle. You're not out of alignment because life gets tough—you're simply living life.

The Spiritual Industry's Money Grab?

Alyssa Edwards (no, not the drag queen—hi Alyssa from Germany!) sent an insightful message: Isn't it interesting that people fixate on Law of Attraction but ignore other Universal Laws? It's like deciding to only acknowledge 'Give Way' signs while ignoring all other road rules!

And then she dropped this truth bomb:

Has the Law of Attraction cult just become the spiritual version of "from dishwasher to millionaire," where success is used to shame people who "aren't working hard enough" on their mindset?

I mean... YES. That is exactly it.

LOA is often marketed by coaches selling expensive programs, promising that if you just think right, you'll get rich. But here's my question:

- Has anyone actually paid for one of those courses and had LOA magically change their life?
- Or did they just get a high-vibe sales pitch and a lower bank balance?

I'd love to hear from you if LOA coaching has truly worked—because honestly? I've yet to see concrete proof beyond coaches getting rich off selling it to others.

Orbs, Spirit Communication & Paranormal Photography

Kim wrote in about a video I posted of orbs, saying:

I've been sceptical about orbs before, but in your video, you can actually see them whizzing around in different directions—compelling evidence!

She also asked:

How can we tell the difference between a real spirit orb and just dust or glare?

Here's my advice:

- Film in a dark room with a flash on.
- Ask spirit to respond. Try: "If you're here, can I see an orb moving slowly?" or "Can you send a bright one across the screen now?"
- Look for intelligence. Dust moves randomly. A spirit orb will respond to you.

But also? Spirit doesn't exist to perform on command.

- I used to use orbs as proof before doing readings.
- Then spirit stopped cooperating—because they wanted me to trust them without evidence.

And that's the key lesson: Spirit communication isn't about proving—it's about trusting.

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The Hard Lesson of Letting Go

Paula from South Carolina shared her journey:

I've spent years trying to build partnerships in my work, only to realise I was always the one doing all the work. I kept repeating the same cycle until I finally understood: I was enough on my own. Oof. That hit home.

If you've listened to recent episodes, you know I've struggled with this exact lesson—thinking I needed partnerships to succeed. Spoiler: I didn't.

The hard truth? Sometimes, we outgrow what we've built.

- If something feels heavy, forced, or draining—it's time to question it.
- If you keep hitting the same wall, maybe you're trying to open a door that isn't yours to walk through anymore.

And that's okay. Growth means shedding what no longer fits.

Final Thoughts: Trust, Let Go & Keep Evolving

This episode was packed with your incredible insights—thank you for your messages, your thoughts, and your trust.

If you take one thing from this, let it be this: You are never out of alignment.

- Let go of self-blame.
- Stop forcing what no longer serves you.
- Trust that spirit is always working in your favour.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Law of Attraction myth, spiritual self-blame, manifesting without guilt, how to work with orbs, mediumship lessons, spiritual growth and letting go, universal laws beyond LOA, personal altars and energy work, mediumship misconceptions, trusting spirit communication.